

THE BRIDGE

THE MAGAZINE OF THE JUNIOR LEAGUE OF BOCA RATON, INC.

Volume 24, Number 2

November 2013

Women Building
Better Communities



- What Are You Thankful for this Thanksgiving?
- *The Bridge* : Past, Present and Future
- Trick or Treat So Others Can Eat
- Changing Lives One Diaper at a Time

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THE BRIDGE

NOVEMBER 2013 • Vol. 24, No. 2

The Communication Bridge between the Junior League of Boca Raton, its Membership and our Community.

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The Junior League of Boca Raton, Inc. is an organization of women committed to promoting volunteerism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

The Junior League of Boca Raton, Inc. and the Association of Junior Leagues International, Inc. reach out to women of all races, religions, and national origins who demonstrate an interest in and commitment to volunteerism.



LETTER FROM THE EDITOR

This issue of *The Bridge* focuses on the principle of gratitude, which many of us will spend quite a bit of time pondering over the weeks to come. The holiday season seems to begin earlier and earlier each year and to be busier and more complicated than ever before. Our schedules are packed with holiday preparations and personal, professional and family celebrations. It's a time to reflect on our lives; to remember our past and all of its joys and sorrows; to celebrate our present and those we share it with; and to contemplate our future and our hopes and dreams for ourselves and those we love. As we experience the emotional reflection of the holiday season, we juggle the physical tasks of shopping, hosting holiday parties, decorating, and all that comes with celebrating the holidays in our own individual way.

The physical challenges faced during the holiday season pale in comparison to the emotional struggles faced by many this time of year. As we endeavor to make this holiday season festive and memorable, we cannot help but recall with joy and longing the holiday seasons of the past. The sights, sounds and scents of the holidays bring back memories of holiday celebrations shared with friends and family who are not celebrating with us this year. These bitter sweet memories make us pause during the rush of the holidays to appreciate those around us and the simple joys of the season.

As this Thanksgiving season approaches, I like most, cannot help but stop and ponder the many things for which I am thankful for this year. I personally have much to be thankful for beginning with my loving husband Cory, whose support and encouragement makes it possible for me to juggle a career, family and personal hobbies and endeavors including serving as the editor of *The Bridge*. The greatest blessings in my life are my sons Ethan and Gavin, who are a constant reminder to me of the true meaning and joys of life. I am also blessed with a loving and supportive extended family, always there to lend advice and support with love and understanding. In addition to being thankful for my terrific husband, two wonderful sons, and our loving and supportive extended family and friends, I count myself blessed to be part of the JLBR and for the opportunity to serve my community with so many fabulous women who want to improve our community through volunteerism.

During this season of joy and Thanksgiving, I hope that we each find a way to honor past traditions and to begin new ones, to be enjoyed and honored by those we love for years to come. So that "the joy of brightening other lives, bearing each others' burdens, easing others' loads and supplanting empty hearts and

lives with generous gifts becomes for us the magic of the holidays." ~ W. C. Jones

This issue of *The Bridge* is also focused on gratitude, giving back and highlights the work our organization and its members are doing in our community to enrich the lives of those around us. Members discuss what they are thankful for this holiday season and share some of their personal holiday traditions. In this issue, you will read and see how CHOW has been busy collecting food and feeding children and families in our community. There is an article from the Woman Volunteer of the Year committee about this year's event and the fabulous women who were nominated for Woman Volunteer of the Year. Our provisional class is outstanding and I hope you enjoy reading about what they have been doing to improve our community this year.



This issue also includes articles from The Diaper Bank and Spirit of Giving, each which need your help in the coming months to make the holiday season better for those in need. Spirit of Giving is gearing up for its Holiday Gift Drive and needs your help to make the holidays better for many of the children in our service area. The Diaper Bank

continues to fill a serious need in our community and as you will see there are several ways you can help The Diaper Bank fulfill its mission. Nominating Placement is looking for a few good leaders as highlighted in the article, *The Possibilities Are Endless*. DIAD highlights the organizations being assisted and the work the JLBR members have been doing in the community this League year. Want to ensure the work of the JLBR continues? Then take a look at the article regarding the Endowment and how you can contribute.

The accomplishments and impact of the JLBR you will read about in this issue would not be possible without the hard work of its members, the financial support of our community partners and the continued dedication of local nonprofits in our community. Thank you for all you have done to improve the lives of those in need in our community and for all you will do in the coming months to make the holidays memorable for your family and friends and brighter for others through your kindness and generosity.

Have a joyous holiday season,



PRESIDENT'S PERSPECTIVE

If the only prayer you ever say is thank you, that will be enough.

~ Meister Eckhart

As the holiday season approaches, many of us start to make our "wish list" of what we'd like to receive. It happens every year, so don't feel guilty. There is one thing I hope you all include this year, and no, it's not the latest smart phone, designer handbag or designer shoe. You don't have to drive to Town Center Mall to pick it up, or order it online. We all have access to it, and it won't cost you a dime! It's the gift of gratitude.

Does it sound confusing? It's not; it's actually very simple. Think back to the last time someone said to you, "thank you" for a job well done, or when you opened the mail and saw a handwritten note expressing thanks for helping someone. I guarantee it made you feel wonderful that someone recognized your value. Now, understand that you can give that same feeling to someone else.

Gratitude is a gift, it's an attitude, and it's contagious. I challenge you to make another list this year, a gratitude list. It doesn't have to be complicated. Start small by saying to the woman you see each week at the dry cleaners, "Thank you for always doing such a great job!" How about the minimum wage barista serving your complicated order "Venti, nonfat, no foam, no water, six pump, extra hot, chai tea latte?" Instead of waiting for her to mess it up, acknowledge it's a tricky order, but she nailed it.

Don't forget about the people we are closest to, our family and friends. It's so easy to fall into a routine and expect

everyone to play their assigned roles. Take a moment to thank them for who they are and what they do. After time, they will see it's just your new attitude of gratitude, and they too will want in on it!

As members of the Junior League of Boca Raton, we have a long gratitude list. First and foremost, we are so thankful for the generosity of our community partners and donors through which we have the opportunity to directly impact the lives of those in need in the Boca Raton area. Our sustaining members did the heavy lifting, leaving us a road map to stay focused on the mission. The Board of Directors uses their leadership skills to make the day-to-day and long-term strategic decisions to ensure the viability and longevity of the JLBR. Our Director of Operations, Wendy Orenland, constantly goes above and beyond to ensure the success of the JLBR. Finally, we are a volunteer membership organization. We need the selfless women who show up after a long day of work to help serve a family dinner at Boca Helping Hands, or the women who get babysitters for their own children on a Saturday morning so they can drive to our storage unit to distribute diapers to mothers and babies in need.

I am so grateful to serve as the President of the Junior League of Boca Raton, and I hope I can inspire you to take a small step that will make a big difference!

With gratitude,

Crystal McMillin

Crystal McMillin
President 2013-2014

BULLETIN BOARD

The Junior League of Boca Raton would like to congratulate the following members:

Congratulations to **Molly and Ryan Powers** on the birth of their daughter, **QUINN RYAN**, born on September 10, 2013, 8.8 lbs., 20 in. Welcomed by sisters Hayden, Rylee and Sloan.

Congratulations to **Jennifer and Benjamin Gene** on the birth of their daughter, **SOPHIA LEIGH**, born on September 28, 2013, 8 lbs. 4 oz.

Congratulations to Sustaining Member and Past President, **DEBBIE ABRAMS**, for being presented with the AJC Palm Beach County 2013 Women of Valor Award.

Congratulations to Sustaining Member, **PEGGY JONES**, for being the 2013 Recipient of the Woman Volunteer of the Year Award representing Boca Helping Hands!



What Are You Thankful for This Thanksgiving?

by Shawn Sherlock

On Thanksgiving Day, families, friends and neighbors across Boca Raton will sit down and give thanks for the good fortune in their lives. It's a tradition that happens just once a year but this year, I ask each Bridge supporter and Junior League member to consider making gratitude a part of your daily life year round.

Why you ask? Well, have you ever noticed how giving thanks, if done from the heart, makes you feel warm and happy inside? It's not a coincidence. In fact, one quick call to local South Florida Fitness Guru Janine Thompson Brown, and I soon found that giving thanks can trigger a ton of healthy effects on the body and the mind. Giving gratitude can aid with relieving stress, feeling happier, coping with illness, acquiring a new sense of well-being, and improving reaching goals. So with my new understanding of how I could give my body a fresh overall of positive vibes, I headed to the beach with my paper and pen and jotted down these top five things in life I am thankful for.



1. My one year old son Shane "Willy-Wade" Sherlock: It took nearly eight years to have this little butter ball of joy, and just when we thought it would not happen . . . I realized I was already pregnant!

2. My incredible other half, my husband: We celebrate 16 wonderful years together this year, 11 married. We have been through life's ups and life's downs, but are always there for one another with genuine love, respect and laughter! I love you, honey.

3. My "Potter-Maniac," eight year old "#1" son Aiden Luke Sherlock: I fell in love the day I looked into your eyes. You will always have a special place in my heart being the first. I am proud of you as a son, big brother and young gentleman. Big things will come your way young, Wizard!

4. My 3-Peat Champions: The Miami Heat: Die hard to the day I die fan. If you know me, you know why . . . hence my son's middle name. Pretty sure this Sherlock family has red and black in its blood.

5. My friends: Great friends, they are a must in my life. I have some of the best. Many right here with the Junior League. I love you, ladies! You all inspire me every day to be a better person.

So those are mine. Now it's your turn. Not sure what to be thankful for? Grab some ideas from these random lovely League ladies:



This holiday season - I am thankful for my amazing husband, my lovable children, and my fabulous friends and family! I am appreciative of our LIFE - it is very blessed. ~ Yvette Drucker

I am thankful for my hard-working committee - Internal PR! They have creative ideas for our General Membership Meetings, are hard workers and like to have fun! ~ Heather Eastham

I am thankful for the healthy birth of our first child, Sophia (September 28th). I'm thankful for all the advice, support and love from so many amazing JLBR women. ~ Jennifer Gene



I have so much to be Thankful for at the Holidays and I always take time to reflect on how blessed my life is. This year has been an amazing year for me. I have had two new additions to my family, my husband and stepson. I have also been blessed to have an amazing year in business and have my health! Who could ask for more? A fun tradition we started for Thanksgiving is to have a white tablecloth on the dinner table. I put out many different colors of permanent markers. Each guest is then asked to write what they are thankful for on the tablecloth. I bring this back out from time to time at dinners to remind us of what is really special in our lives. ~ Linda Gunn Paton



I am grateful for my two Patricks: My husband who has made all of my dreams comes true since I met him, and my son who blessed me at the age of 40 with his birth. ~ Gina Griffin



Health, happiness, and the love of great family and friends. ~ Sherry Winter

I'm thankful for everyone in my life and everything that I have. I think it's very easy - especially for those of us who live in such a beautiful area, and in the age of 24/7, go anywhere thanks to social media - to look around and want MORE. A bigger

home. The newest bag. A more expensive car. A longer trip to a more exotic locale. A smoother face. I think it's important to take a step back to reflect on all that we DO have, since there are so many people - including our neighbors - who have so much less "stuff" yet still have a positive attitude and a huge smile on their face. They are an inspiration, and they inspire my participation in the JLBR. ~ **Tara Auclair Ryan**



I am very thankful for my son. He is so unselfish, loving, giving and patient with others especially when he realizes they are not like him and need that extra help. For my birthday this year he saved all his own money received from good behavior and chores. He chose to buy me a Pandora bracelet. I was so proud that my 7-year-old thought to save and give me a gift in lieu of toys or games for himself. ~ **Coleen Jackson**

I am ALWAYS thankful for music. Music is not only an art form, connector, motivator and pleasing sound - it is a huge connection I share with my husband. My husband and I met at one of his shows 10 years ago . . . I can only hope that our son shares his same passion for music (he's off to a great start!) ~ **Tracy Sussman**

I am thankful that my mom still insists that I check in with her every day, even though she lives close by. This used to drive me nuts, but now I feel so fortunate to be able to chat with her as often as I do. ~ **Jennifer Shesser Dardano**



"I am thankful for the group of dedicated and talented women I got to work with on Lunafest. I made some new friends,



had a great time, and learned so much." ~**Custodia Olivieri**

I am thankful for the little things that come together to make up my happy life: laughter, anything chocolate, the first sip of a fresh cup of coffee, seeing stars, the sound of the ocean,

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inside jokes, friends who believe in me, writing a beautiful poem, sweet kisses, pop music, the feel of warm clothes coming out the dryer. I am thankful for family, football season, airplanes, and margaritas. I am thankful for my challenging job, my busy schedule, my ever-hopeful heart, and the chance to make a difference in this world. ~ **Florence Kizza**



I am thankful for my family and for our health. I am proud of how well my girls, Alyson and Chloe, are doing in school and that they like to help others in the classroom and in our community. As I read the book, 'Lean In,' I was struck by how lucky I have been to have found a true partner in life, my husband, Jason. ~ **Jackie Reeves**

I am most thankful for my amazing family and incredible daughter. I love watching her experience new things. I am so fascinated by everything she does from learning to drink from a straw, meeting her first Clydesdale to picking out pumpkins. Bailey Ann has made me slow down and enjoy the little things in life that I might have missed before. There is nothing better than watching the world through a child's eyes. ~ **Cristy Harfmann**



This year, no matter what circumstances surround your Thanksgiving; take a few moments to really give thanks. And while you're at it, why not make gratitude a part of your daily routine? It takes just a few minutes to jot down what you're thankful for in a gratitude journal each evening, but the benefits will last you a lifetime.

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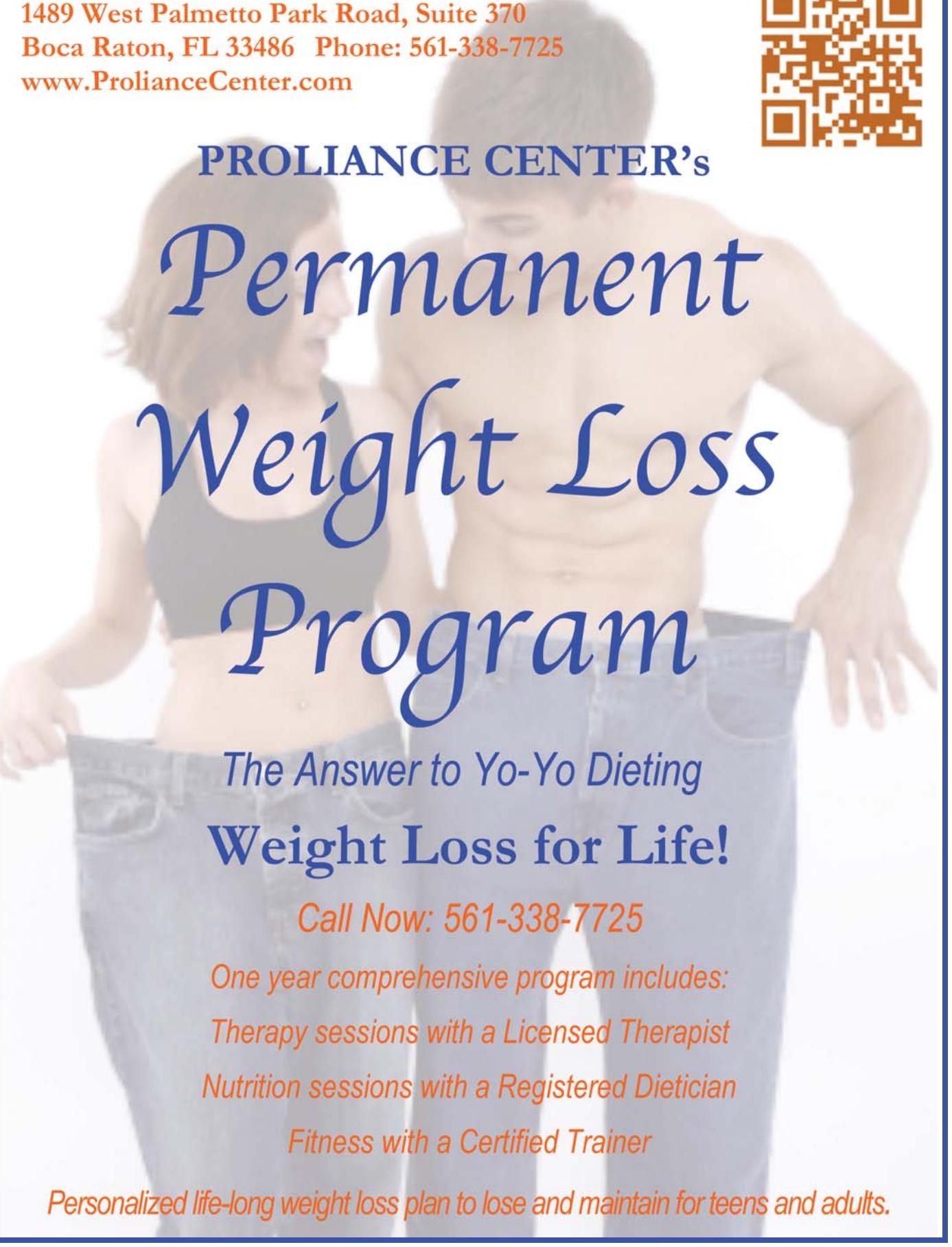
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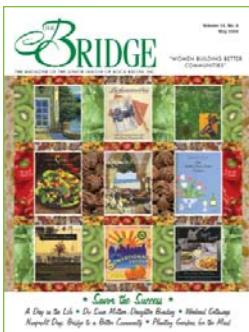
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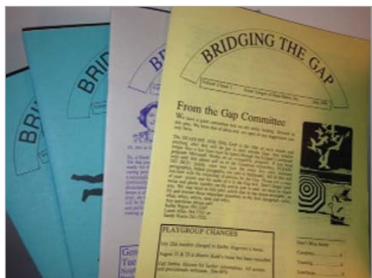
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THE BRIDGE: PAST, PRESENT AND FUTURE

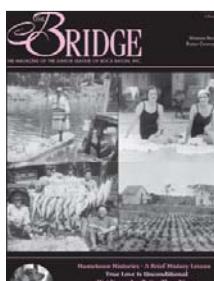
by Shawn Sherlock

Four times a year, local literature lovers across Palm Beach head to their mailboxes and receive the latest copy of *The Bridge*, the Junior League of Boca Raton's sassy and seasonal offering. And time and time again, those readers are awestruck by the amazing stories of passionate League women working to better this community. *The Bridge* was originally written by the Placement Committee in 1977 and professionally printed as a Placement Brochure. Today it's received by more than 1,000 community members and four times per year. *The Bridge*'s history is an exciting and enlightening "journalistic journey," one you may not soon forget.



a JLBR newsletter.

In 1993, thanks to a generous equipment donation from IBM, *The Bridge* was published in-house for the first time. This marvelous magazine became published monthly and sent to League members across the area. Creative Guru Robin Philpit held the title of Magazine Designer for *The Bridge* from 1998-2008. Robin has once again honored *The Bridge* with her insight, this year bringing Editor Alicia Laufer's classic vision to life. Robin, like many of the wonderful JLBR women noted some of her favorite stories.



I used to write an annual column on pets and would ask for JL members for their stories. In the February 2008 issue, the topic was "This Could Be My Story - Rescuing a Pet." Here is a special excerpt from that column on Margie Helschien's pet Katie-Sugar:

Katie-Sugar Helschien's Story: Katie-Sugar was left abandoned on the railroad tracks near Middleburg, Virginia. It looked as though someone had thrown her out of a truck and Katie had landed on the railroad tracks. She was crying and scared. My sister Eileen found her as she was driving in April of 2006. She took Katie home and nursed the approximate



one-year-old, pure white as sugar, dog back to health. Katie loved playing on the big ranch that my sister lives on. There were horses, cows, a big pond to swim in, two young girls to play with, acres of grass to run in, and two other dogs to play with. One day Katie roamed to the farm next door and found they had sheep! When sheep are scared, they just freeze up together and do not move. Katie and one of the other dogs thought it was fun to tease the sheep. They did not want to hurt them, but just wanted them to play. One sunny afternoon in July, they started pulling at the sheep's tails, just to get them to move, but the sheep just huddled together more. The farmer saw what was going on, grabbed his gun and started shooting. Both dogs were hit and the other dog was lying on the ground, motionless. Katie managed to get home and collapsed in the field next to the house. Eileen ran out and called the vet who said Katie would never survive the long drive to town. Eileen sat with Katie overnight, kept a blanket over her, and miraculously in the morning she was alive. Each day Katie got stronger and two months later Katie was back to normal. She had been shot twice through her shoulder blade and her ear. In February of 2007 Katie decided to visit the sheep again. Immediately the farmer grabbed his gun, called the police and Katie went running home as fast as she could. Later that day, the Animal Warden showed up at my sister's and explained that in Virginia there is a law that if a dog bothers livestock, they must be taken away. Katie was sent to the pound. This was a "kill" shelter, unlike the friendly "no kill shelter" for dogs in Boca Raton. In seven days Katie would not be here on this earth anymore. My sister called

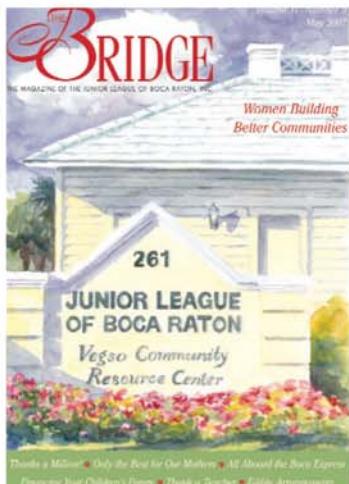
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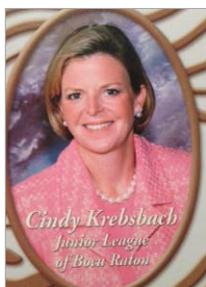
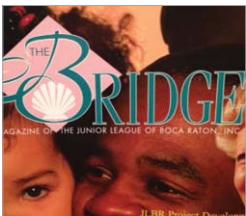
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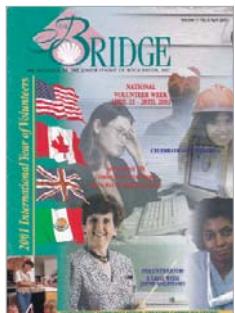
me crying hysterically. I said I would take Katie. The next morning Katie was sprung! And three days later she arrived in Boca Raton. Now there are two boys to play with, a swimming pool to jump in, warm weather year round, a big yard, and a new dog friend named Beau to love! But most of all there are NO SHEEP! Katie is very happy with her family and loves her new life! ~ Robin Philpit

Throughout the late 1990s, *The Bridge* expanded its readership. The creative juices of the Communications Council continued to flow around this time as well. You can see the logo and other aesthetic enhancements this crafty council created.



The Millennium brought about enhanced awareness of JLBR projects and services. These efforts were spotlighted throughout the magazine. More and more local business owners got word of the great outreach and efforts of the JLBR's newest literature. A noticeable increase in ads took place as well. Former JLBR President Cindy Krebsbach says the articles by Anne Henderson were some of her favorites, "Anne had a fabulous style of writing. We could all relate to it. She would have us in stitches with each word she wrote. I recall one article she wrote about Cabbage Patch dolls. It would be fantastic to see one of her pieces down the road back in the magazine."

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In 2001, *The Bridge* hit new records with ad sales. In fact, so much so, that the Publications Committee saved the League \$35,000 by making *The Bridge* self-supporting. By 2004, *The Bridge* was financially self-sufficient. This went on for several years to come, a great testimonial of how powerful "word of mouth" can be. *The Bridge* was published for the first time in full-color in 2007. This remains the same to date. When several JLBR members were asked: "If you could change the name of *The Bridge*, would you and what would it be?" The unanimous response was a resounding "no!" Former JLBR President Barbara Hill said it best, "No. I do not think you should change the name; some tradition is good." A tradition that will continue for years to come. So the next time you head to your mailbox, why not take a look and read up on our past, present, and future in the next edition? And by all means spread the word?

HOW TO'S

- Become a Bridge Patron or receive a copy of *The Bridge*** - Fill out the Patron Form below.
- Advertise in *The Bridge*** - Fill out *The Bridge* Ad form on page 10.
- Make a suggestion for the next edition of *The Bridge*** - Email us at: Bridge@JLBR.org

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We are hopeful that we will once again come in under budget and keep our costs to a minimum. We are asking you to support *The Bridge* with an \$85 donation. Your generous contribution is critical to the magazine because it allows us to give more to the community by defraying some of our publishing costs. Each donor will be recognized as a Bridge patron in all issues.

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CELEBRATING WVOY LUNCHEON

by Linda Gunn Paton

The Junior League of Boca Raton held its 26th Annual Woman Volunteer of the Year (WVOY) luncheon on Friday, November 8, 2013 at the Boca West Country Club. The annual event celebrated local women in the community and their pledge to outstanding volunteerism. More than 650 guests attended the luncheon and fashion show, presented by Neiman Marcus.

When I think about the Woman Volunteer of the Year Luncheon, I think about all of the selfless women who make up our community. I think about how many women give their time, talent and treasures to South Palm Beach County to make it a better place for everyone. I think about all of the organizations we have and how driven we are as a Community to make sure everyone is taken care of.

I was lucky to be a nominee years ago. It was such an exciting wonderful experience. As I attended each event I met more and more women and when I listened to how or what they were doing, it made me want to do more for the Community! I was honored to be asked this year to Co-Chair this event with my good friend, Jan Kucera, who was also a past nominee.

Jan and I sat down and brain stormed about how we could make this a celebration of the women who are nominated. It is such a special event and we wanted to make sure that each and every nominee knows she is a winner! As we all know, it takes a community to raise a child.

We want to thank our wonderful Honorary Chair, Lynn Holcomb. How cool that she and I joined the JLBR in the same class, many years ago! Lynn is just an incredible kind and generous person and it was incredible to have her as the Honorary Chair this year.

At this event, each nominee was honored for her service to our community by our presenting sponsor, Boca Raton Regional Hospital, and **PEGGY JONES**, the nominee from Boca Helping Hands was chosen as the 2013 Woman Volunteer of the Year. Additionally, **PATRICIA THOMAS**, who was nominated by two organizations, Caring Hearts Auxiliary of the Louis and Anne Green Memory and Wellness Center of FAU's Christine E. Lynn College of Nursing and the Debbie Rand-Memorial Service League, received the Lifetime Achievement Award.

We also want to congratulate the Junior League of Boca Raton members who were nominated by other organizations and the Junior League for Woman Volunteer of the Year:

Anita Kreilein - Best Foot Forward Foundation

Peggy Jones - Boca Helping Hands, Inc.

Nancy Dockerty - Delray Beach Public Library

Kristin Calder - Junior League of Boca Raton

Karin Bice - Spirit of Giving

Jessica Wulkan - The Leukemia and Lymphoma Society

Check out some pictures from the Woman Volunteer of the Year Luncheon on the next page.



PEGGY JONES
WOMAN VOLUNTEER OF
THE YEAR AWARD



PATRICIA THOMAS
WOMAN VOLUNTEER OF THE YEAR
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TRICK OR TREAT SO OTHERS CAN EAT

by Alicia Laufer

CHOW and Community Garden co-hosted Trick or Treat So Others Can Eat, a family friendly Halloween party and Fall food drive on October 19, 2013, in the Boca Raton Community Garden (BRCG). It was a wonderful opportunity for Boca Raton families to get together for some Halloween fun and provided them an opportunity to give back to the community at the same time. This event was well attended by hundreds of ghosts, goblins, super heroes, princesses, and pirates. Families enjoyed an afternoon of trick-or-treating, arts and crafts, lessons on harvest and healthy eating, photos in the pumpkin patch, and simple bounce house fun.



The events and activities were fun, festive, and enjoyed by all. Children planted seeds to take home in Halloween-colored pots provided by Whole Foods Market, a founding sponsor of BRCG. Whole Foods Market also provided fresh juices and make-your-own ghoulish smoothies for everyone to enjoy. Additionally, three Gourmet Food Trucks served a variety of lunch specials benefitting BRCG. It was a beautiful day to be outside playing harvest games like candy corn hole, spoon races, jump rope, and soccer relays. A harvest festival would not be complete without arts and crafts,

and there were plenty of those as well. The cupcake decorating was fun for kids and parents alike and everyone enjoyed eating their creations. Paint-your-own masks were enjoyed by kids of all ages as they created pumpkin, skeleton, and witch masks.

Attendees were asked to simply bring nonperishable items as a donation to Boca Helping Hands food kitchen, and the response was fantastic. The Boca Raton community came together by providing a wide variety of nonperishable items to assist Boca Helping Hands as they work to feed those in our community in need. This event was a wonderful opportunity for our children to learn the lessons of harvest and, more important, the valuable lesson of giving back to our community and to our neighbors who are in need. With the help of our community, we collected more than 2100 lbs. of nonperishable food!

The Community Garden committee raised more than \$500 selling pumpkins in the pumpkin patch and personalized brick pavers that will be placed on the premise.

This event would not have been possible without the cooperation of the City of Boca Raton, BRCG, the Downtown Library, Whole Foods Market, Boca Helping Hands, Gourmet Food Trucks, and, of course, the support of our Junior League volunteers and hard work of the C.H.O.W. and Community Garden committee members.




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CHOWTASTIC!

by Shawn Sherlock

Conquering Hunger the CHOWtastic way! It's a motto CHOW Committee members are behind 100 percent. And with the holiday season upon us, feeding the mouths of those in need is more important than ever to this caring crew. CHOW committee members are hard at work on a number of wonderful efforts this JL holiday season. I sat down with Co-Chair Margi Cross to get an update on current CHOW projects, future volunteer opportunities and more.

"Conquering hunger has always been an important issue for me. Hence one of the many reasons I am once again part of the CHOW committee. It's so wonderful to see efforts from beginning to end and all the wonderful impacts we are making in the area."

CHOW will continue to support the existing Boca Helping Hands Backpack Program this season by providing weekly DIAD shifts. Boca Helping Hands is a community-based 501(c)(3) organization that was formed in 1998. Its mission is to provide food and assistance to meet the basic human needs and long term solutions to break the cycle of dependence for area people in need. Shifts are offered every Thursday from November 2013 through May 2014. League members can sign up for shifts via Closerware. Shift times usually take place around 5 p.m. in the evening. Plenty of signs ups are still open.

"We truly have such a wonderful partnership with Boca Helping Hands. They are a well-oiled machine that's been around for a long time. It's such a fulfilling feeling that we can provide the necessary volunteer tools needed to aid them and those in need in our community."

CHOW will also continue to sponsor Del Prado Elementary School's Backpack Program this season. Del Prado Elementary is located on the East side of Boca and is host to nearly 900 students. The Backpack Program aids 150 children attending the school. Volunteer opportunities are plenty for those who would like to help fill backpacks full of food. Backpacks go home with kids during the weekend. This program will continue to run through May of next year.

"Our CHOW committee is thrilled to be able to provide funding for the food in addition to providing the volunteer power to fill the backpacks every Wednesday for the next six months. It's an amazing feeling to see the kids' faces when they receive their backpacks weekly. Any little helping hand goes a long way these days."

CHOW will also aid with Sandwich Days until the end of the JL

2013-2014 season. These are offered twice a month providing local partners such as C.R.O.S. Ministries, Boca Helping Hands, and In The Pines, Inc. with delicious sandwiches. This League year thus far, volunteers have put together and delivered nearly 2,240 sandwiches. I have personally volunteered in this effort for nearly two years. It's a day filled with fun and a purpose.

Two annual favorites, "Thanksgiving in a Box" and "Holiday in a Box" are also right around the corner. This year's drives will provide holiday meals for more than 200 families of four in the area in need. November 20 and 21, 2013, are the dates volunteers will drop off boxes for the "Thanksgiving in a Box" drive. Drop off is at the VCRC on the November 20, 2013 from 8:30 -10:30 a.m. and again from 6-8 p.m. Drop off on the November 21, 2013, is from 8:30-10:30 a.m. Drop off for the "Holiday in a Box" will be posted mid-November.

CHOW will also continue to aid in Pantry Packing days for two local nonprofit organizations. Day shifts for Ruth Rale - Jacobson Family Food Pantry take place on various Mondays and three Sundays throughout the remainder of the year. The second packing day takes place every Wednesday at the Farmworkers Coordinating Council of Palm Beach County.



Educating on Healthy Eating is yet another powerful initiative this fantastic committee is working on this holiday season. CHOW will be partnering with Child Welfare and In the Pines, Inc. to host a six week "Cooking Matters Program" for children and adults. Cooking Matters is a "Share Our Strength" program that empowers families with the skills, knowledge and confidence to prepare healthy affordable meals. With the help of culinary and nutrition experts, participants learn to shop smarter, make healthier food choices, and cook delicious meals. CHOW also plans to host individual cooking and couponing classes with other local organizations in need this coming fall. Check Closerware as well for sign up dates as they become available.

It's a season full of "CHOWtastic" events for all to participate in and make an impact. Non-League members can contact the Junior League office for more information at: 561-620-2553. Helping those in need only takes a little time out of your day. Help make an impact in your community today.



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Changing Lives, One Diaper At A Time

by Barbara Chester

What if you struggled to provide enough diapers for your child each day? How would you feel if your child had to wear the same diaper all day? What if you had to dry and reuse a disposable diaper in order to get through a day?

- 22% of Palm Beach County children under age five live in poverty.
- Food Stamps/WIC cannot be used for diapers.
- Infants require approximately 12 diapers per day; toddlers need eight.
- 1 out of 3 families struggles to buy diapers.
- Diapers for one child costs up to \$150/month.
- Wearing a diaper for too long jeopardizes a baby's emotional and physical health (hepatitis and diaper rash).
- A baby, crying nonstop from being in a soiled diaper for a prolonged period of time, is more likely to be a victim of neglect and abuse.
- Parents are often forced to reuse diapers.
- Childcare requires moms to provide a day's supply of diapers.

HISTORY



The JLBR Diaper Bank began distributing diapers in August 2011 with help from HUGGIES®. Before then there was little help for mothers and babies, since many community-based or public assistance programs do not provide diapers. Today, the JLBR Diaper Bank works with 13 community agencies to identify and screen recipient families. JLBR volunteers manage the fundraising and diaper collection process as well as the distribution of diapers. At the one-year mark, the JLBR Diaper Bank served more than 400 children and distributed more than 125,000 diapers. Now, about 15,000 diapers are distributed monthly from the diaper bank's storage location at Mission Bay Self Storage in West Boca.

Please help these babies:

- Host a diaper drive at your church, synagogue, or place of business.

- Get a local business, school, or service provider to host a diaper drive with or without a discount or customer incentive to bring in diapers.
- Host a diaper drive during your holiday parties, birthday parties or children's parties.
- Email diaperbank@jlbr.org for more information or check us out on Facebook at www.facebook.com/BocaRatonELB to learn more.
- Donate diapers. We accept opened and unopened packages of diapers, size Newborn – size 6 at the VCRC.
- Make a monetary donation. Checks can be made payable to JLBR, with "Diaper Bank" in the memo.

The JLBR Diaper Bank's 13 Partner Agencies:

Caridad Center
The Children's Healing Institute
Family Central, Inc.

Family Promise of South Palm Beach County, Inc.
Farmworker Coordinating Council of Palm Beach County, Inc.

Florence Fuller Development Centers, Inc.

Glades Healthcare Foundation

Healthy Mother, Healthy Babies of Palm Beach County

Milagro Foundation, Inc.

The Soup Kitchen, Inc.

Embracing Team Inc.

Guatemalan Maya Center

Dixie Manor Children's Fund, Inc.

Check out the JLBR Diaper Bank Facebook Page at www.facebook.com/BocaRatonELB for details on upcoming events!





Mirya Holman, Jessie Flannery, and Linnea DeGuzman at Milagro Center

HELPING OTHERS CAN HELP YOU TOO!

by Gina Griffin

The Association of Junior Leagues International, Inc. is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Volunteerism is at the heart of Junior League membership, and Done In A Days (DIAD) provide an opportunity to volunteer for a whole variety of organizations and missions.

Members are required to donate a few hours through DIAD each year; hopefully in doing so, one or more of the benefits of volunteering will be discovered, and even more time will be given. For starters, volunteering can lead to a sense of belonging, a feeling of being connected and accepted within one's community. Additionally, while improving and transforming lives, volunteers can make new friends, both socially and professionally. Also a feeling of accomplishment and pride comes from spending a Saturday morning helping others, rather than staying at home taking care of ourselves. Did you know that volunteering also provides improved mental and physical health? It can increase self confidence, decrease depression, and help members stay physically healthy. We all juggle a lot in these busy times, but how many other activities feel as good as volunteering does?

Boca Helping Hands, Caring Kitchen, Del Prado Elementary School, Farmworker Coordinating Council, Spirit of Giving Network, Habitat for Humanity of South Palm Beach County, In Jacob's Shoes, In the Pines, JC Mitchell Elementary School, Milagro Center, One Blood, and Ruth Rales Jewish Family Service are just a few of the organizations that we are working with this year. If you see a DIAD opportunity but don't know what the organization does, then that is even more reason to sign up and find out! It is two to four hours of your time, and in return, you may discover a new passion, make a new friend, feel happier or even get inspired. You won't know until you sign up.



Alicia Peck, Gina Griffin, and Kim Sapashe at the 2013 Spirit of Giving Back to School Bash.

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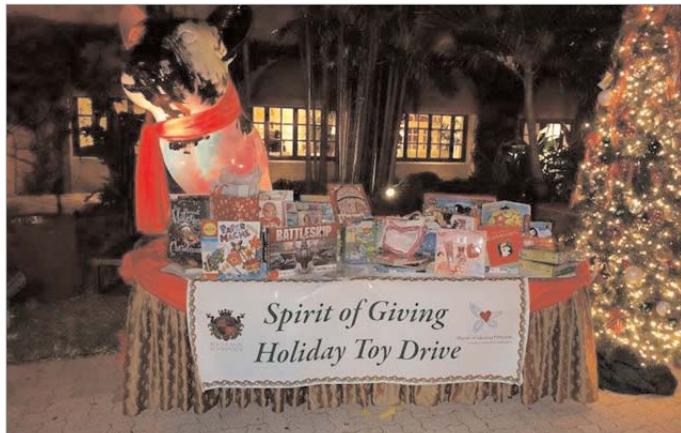
by Sara Ritzler

The 12th Annual Holiday Gift Drive will ensure that the holiday dreams of more than 4,000 children come true. The Spirit of Giving Network, in partnership with the Junior League of Boca Raton (JLBR), is working with 35 agencies to provide toys to needy children in our community.

The Spirit of Giving Network Holiday Gift Drive is the leading organization in our community granting holiday wishes to children, but we cannot do it without your support. What makes this collaboration so special is that the Holiday Gift Drive is able to share resources so that thousands of people in Southern Palm Beach County can benefit. This year, you can help make a child's wish come true in the following ways:

- Sponsor a child by fulfilling a gift on a gift tag
- Collect new, unwrapped gifts – we will provide the collection box
- Make a cash or gift certificate donation and our elves will do the toy shopping for you.

"To me the Holiday Gift Drive is one of the more meaningful projects that I've participated in," says JLBR member Pattie Goldenberg. "It's so rewarding to know that the warehouse space filled to the brim with toys will touch the lives of thousands of people in my community."



The idea of a gift drive began back in 2001 when Barb and Dick Schmidt (Founders of the Spirit of Giving Network) asked their friends to bring a gift for a child to their holiday house party. The response was overwhelming and the rest is history. The Schmidts were compelled to continue their efforts as the needs were greater and greater each year. The enormity of the work involved with collecting, sorting, storing and distributing gifts became so profound, that the Junior League of Boca Raton was asked to partner in the event five years ago.

"It is one of the biggest projects we do each year," says Karen Krumholtz, Executive Director of the Spirit of Giving Network. "We are lucky to have been able to provide gifts to so many children in previous years and thankful to all those who continue to support this wonderful community initiative."

Last year the gift drive had more than 100 community sponsors including: Lynn Financial Group, Jarden Consumer Solutions, SBA Communications, The Continental Group, St. Andrews School, Pine Crest School, Florida Atlantic University, Boca Raton Regional Hospital, Saks Fifth Avenue, Bloomingdales, Lynn University, Twister Gymnastics, and Cendyn. It is also important to acknowledge the Holiday Gift Drive founders: Ann Rutherford, Ann Vegso, Barbara Schmidt, Carol Gunnell, Carol Putnam, Carolyn Cunningham, Deanna Rosemurgy, Deanna Wheeler, DJ Lindsay, Jeanette Himes, Marilyn Osborne, Pat McCall, Rita Head and Susan Whelchel for their unwavering support over the past 12 years.

All gifts and donations must be received by December 9, 2013. Drop off locations include any fire station in Boca Raton, the Junior League of Boca Raton and Mercedes-Benz of Delray. More information is available on our website www.spiritofgivingnetwork.com/holidaygiftdrive. If you are interested in getting involved, please contact Karen Krumholtz at 561-385-0144 or Karen@spiritofgivingnetwork.com.

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SPIN ON THE PROVISIONAL CLASS

by Gretchen Cenese

Introducing a new spin on the provisional class! This year the Junior League of Boca Raton's provisional class is joining and learning about the Junior League of Boca Raton in a way that differs from the way many existing members experienced their provisional year. The changes are most noticed in the provisional year time line, and adding a weekend retreat!

The new "structure" is a retreat weekend (including super Saturday) and three Provisional Member Meetings (PMMs). Each PMM has a theme (Fundraising, Community Issues, and Nominating Placement). Guest speakers are brought into each meeting (board members, chairs, etc.) to share relevant JLBR information on the theme of the meeting from their respective committees and councils. In addition, at each PMM the provisionals complete a Done in a Meeting (DIAM) having to do with the theme as well. For example, the ladies stuffed the Lord & Taylor invitations. At the community issues PMM, the ladies decorated and strung the Spirit of Giving Ornaments. Providing the opportunity of having a variety of guest speakers and doing hands on activities provides the provisional women with a chance to be very engaged and ensure a truly meaningful membership.

Super Saturday is now incorporated into the retreat weekend. Retreat weekend is a fun-filled, information-packed weekend! Just like the PMMs, provisionals interacted with guest speakers from each role in the League. It was really a JLBR 101 session, with the PMMs intending to reiterate and dig deeper into some of the topics. Provisionals took a bus out to a few stops (Community Garden, Florence Fuller, and Boca Helping Hands). What was great about this year, is that in addition to going out to see some of our community issues first hand and hearing from the organization, a mini-DIAM was incorporated at some of the stops. At Boca Helping Hands, the provisionals made 200 sandwiches and assembled lunch bags. At Florence Fuller the ladies donated children's books. At the garden they did

everything from mulching to pulling weeds. Again, there is no better way to get them started with meaningful membership in their League experience, than to have them "dig" right in.

There are 34 provisional members in the Fall class and they are nothing short of wonderful! They are truly engaged, social and philanthropic women and the JLBR will be lucky to have them as our newest members!

There will be a placement fair at the November PMM led by nominating placement. Any committees who have space for more members will be there, and then the provisionals will rank what committees they are interested in much like the active members do in April. Starting in January, they will be placed on committees for the remainder of the League year. We welcome our newest Fall members and cannot wait to meet our new Spring provisional class that kicks off in January.

PROVISIONALS SPOTLIGHT



Heather Chechila: Heather graduated from Florida State University in 2009 and immediately moved to Tampa where she spent four years pursuing a career as a commercial insurance property broker for Peachtree Special Risk LLC. In January 2013, she was transferred to their Boca Raton office to grow her South Florida book of business. Heather joined the Junior League of Boca Raton to meet fabulous women and establish herself in the community. When she's not working, Heather enjoys traveling, horses, fine wine and golf.



Kiara Provenzano: Kiara was born and raised in Boca Raton. She went to college at Florida State University and double majored in Communications and Fashion Merchandising. Ever since Kiara graduated in 2012, she has been working in advertising for The CW West Palm (television station). Kiara is obsessed with the beach, celebrity gossip (she is ALWAYS on Perez Hilton/TMZ), Starbucks, and the New York Yankees. Kiara has wanted to be a member of the Junior League of Boca Raton ever since her mom was a member. She saw how the League made her Mother more involved in the community, as well as, all the wonderful friends she made along the way. In college, Kiara was very involved around campus, and she is so happy the Junior League has given her the opportunity to give back again!

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The Possibilities Are Endless!

by Jamie Sauer

Do you want to be part of leadership in Junior League of Boca Raton (JLBR) and help so many in our League and our community? It is already time to start thinking about it!

Please consider self-nominating for a position on the JLBR Board of Directors. Applications for the 2013-2014 JLBR Board of Directors are due Tuesday, November 26, 2013. Please go to the members-only section of www.jlbr.org, and under Forms you will find the application for Board positions as well as a questionnaire for those interested in applying for the President-Elect position. Please contact either your Nominating/Placement advisor or Jamie Sauer, Chair of N/P, with any questions.

AVAILABLE POSITIONS FOR THE 2014-2015 JLBR BOARD OF DIRECTORS

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V.P. Fund Development • V.P. Communications
V.P. Personnel • V.P. Planning
Nominating/Placement Chair
Community Issues Research Chair • PR Marketing Chair
Training Chair

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1. You can help ensure the strategic future of JLBR,
2. Have the opportunity to lead a Council of dynamic leaders,
3. Explore the possibility of being a future JLBR President,
4. Expand your personal and professional growth,
5. Have a fun, rewarding, and memorable experience,
6. Truly make a difference for so many within JLBR and the community!

LEADERSHIP OPPORTUNITIES

In addition, Leadership Applications for Chair and Chair-Elect positions as well as for Planning Council, Membership Development and Nominating/Placement are due Tuesday, January 14, 2014, to your Nominating/Placement Advisor. Applications can be found in the members-only section under Forms. These positions provide an array of diverse opportunities to utilize your leadership skills and to get to know the framework and processes of the JLBR. We encourage you to apply for a position and share your skills and ideas with the League!



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GMMs ~ Making it Meaningful Together

by Monal Zipper

The Junior League of Boca Raton's first General Membership Meeting (GMM) on September 10th was a huge success, attracting hundreds of active, sustaining and provisional members who were able to reconnect with fellow members after our summer break. Junior Leaguers were excited to come back to The Addison event space and enjoy elegant ambiance; the evening proved to be a beautiful one.

Members stopped at our new "Step-and-Repeat" and hammed it up for the camera with tiaras, wigs, feather boas and masks. At our next GMM, be sure to stop and take a few pictures with your friends! If you tweet, update, or post any pictures to Facebook or Twitter, use the hashtag #meaningfulmembership to join the conversation through social networking!

Our focus on networking at the GMM was well received, with members having the opportunity to meet new women with "ice breaker" questions at their tables. Many members walked out of the meeting having met new people and learned something new about their friends!

The theme of the first GMM was Hunger Awareness, and League members came through at CHOW's food drive by

donating 1,390.8 pounds of food during the week of September 9-13, 2013. CHOW conducted their second food drive on Saturday, October 19, 2013, in the Community Garden. Members brought families to "Trick or Treat So Others Can Eat!" (See page 14 for more details.)

September's GMM had two incredible raffle jackpots, a Tremonti wine cabinet and a Vince Camuto watch! The Leaguers who won those raffles were lucky ladies! Buy raffle tickets or make a donation at our next GMM; the next winner could be YOU!

SAVE-THE-DATE FOR 2013-2014

The Addison
2 East Camino Real
Boca Raton, Florida 33432

- Jan. 14, 2014:** GMM Honoring Sustaining Members at The Addison, Boca Raton
- Dec. 7, 2014:** Holiday Tea at Neiman Marcus Mariposa
- Feb. 11, 2014:** Cottage Meetings at Various Locations
- Mar. 11, 2014:** GMM at The Addison, Boca Raton
- April 8, 2014:** GMM at The Addison, Boca Raton



CENDYN Supports the Junior League and the Tremendous Impact They Make in Our Community!





TIPS TO CELEBRATE THE SEASON

by Shawn Sherlock



Carolyn Kelley North: When having a party with kids, especially with a pool, hire a babysitter so the kids can have their fun and you can have yours also. I sometimes order in food and put it out in my nice serving platters. I then personalize it with salads and appetizers!



Jamie Brodarick: I create an Excel spreadsheet with all of my friends' and family's mailing addresses. When it comes time to mail holiday cards, I simply do a mail merge and create labels from Microsoft Word, which is so much quicker than handwriting each person's address. This also ensures I don't skip anyone.



Jennifer Ekstrand Rosemurgy: I like to do as much in advance as possible. I set the table the night before and love doing personalized name cards for place settings. Then, I put out all my platters in advance with a label for each

platter. There's nothing worse than taking a dish from the oven and not knowing where it belongs for serving!



Sherry Winter: I like to prepare any food that I can in advance, it allows you more time to enjoy your guests. On the day of the event, I get out all my favorite Mariposa holiday servers. They are wonderful because you can heat them to 325 degrees in the oven to keep your hot items warm, or you can chill them in the freezer or refrigerator to keep salads and cold items cool. It has turned into somewhat of an obsession, holidays!



Shawn Sherlock: I always like ending the evening on a high note. Next holiday party, try and give your guests something to savor and enjoy on the way home by offering each a parting favor treat. One of my favorite favors is taking a simple canvas wine bag and stamping it with a cute holiday cheer picture. Then place the bags on a decorative tray by the door at the end of your night to ensure that every guest leaves your party with a memorable token. Cheers!

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Reagan Such, LouAnn Such and Nancy Dockerty

SUSTAINER SCOOP

by LouAnn Such

Boy, oh boy, did we ever start off this year with a bang! More than 80 ladies attended the Fall Fling at Brooke Qualk's home in Royal Palm. The world's biggest THANK YOU to **BROOKE** for hosting such a giganteus event. Brooke was definitely not expecting our biggest gathering in at least 15 years. We had enough food and wine to feed most of Iowa. (Excuse me to those ladies from Iowa. I just figure it has a small population.) I told you that Nancy Dockerty would infuse enthusiasm into the Sustainers. She certainly has done just that. Thank you, Nancy. (See pictures on the next page!)

ATTENTION FASHIONISTAS: Debbie Kellogg has arranged for us to attend a fashion happening at J. Crew in Town Center on **TUESDAY, NOVEMBER 19th** at 7:00 P.M. Lots of new clothing and accessories will be in the store just in time to shop for gifts and holiday party dresses while chatting with friends and getting in the holiday mood. Do let Debbie know that you would like to come by calling her at 561-866-2380.

MONTHLY MINGLER: **THURSDAY, NOVEMBER 21ST** at OCEAN'S 234 on A-1-A on the ocean just south of Boca in Deerfield. This restaurant has the greatest atmosphere and is open to the ocean. Reminds you why you live in south Florida. All you have to do is show up at 6:00 or so and enjoy drinks and appetizers. I assume we will be there at "happy hour." This will be particularly entertaining since we will mingle with the Provisionals. We will meet the next leaders of the Junior League while having fun drinking and eating. (Notice how there is always drinking and eating at our events.) Kristin Pease, a provisional, has arranged this event because she does the restaurant's PR. Lots of new faces so bring a friend and join us.

GINGER BREAD HOUSE MAKING: **THURSDAY, DECEMBER 5th, 6:00 – 8:00 P.M.** Your house is all made, all you have to do is decorate it with all kinds of candy and special white frosting upon which you put the candy. Space is limited so send your check made out to Lisa Morgan for \$52. You get your house, all the decorations and two drinks and appetizers. It is held at the Gulf Stream Bath and Tennis Club on A-1-A in Gulfstream, a gorgeous club house. Send your check to Lisa Morgan, 1140 N. Ocean Blvd., Gulf Stream, FL 33483. Lisa's number is 561-243-1432.

FUTURE ATTRACTIONS: Don't forget that the Old Bags Luncheon is this spring, end of March or beginning of April, so you need to save up purses that could be sold. When you get new purses, don't throw away the old ones if they are reusable. We will have a box at the VCRC if you want to donate a purse, or purses, now. Ask friends if they have

designer purses that they don't want or use. The more money we make on this sale, the more we have to give to our charities of choice. Besides, Linda Eckelson, Juana Franklin and Sue Wicker want to have a great sale, as well as a great and memorable luncheon. Displaying and pricing all of these purses is very time consuming, so Linda is asking for volunteers to help. It really is a lot of fun. Contact Linda at leckelso@bellsouth.net. This has always been our most popular luncheon event so keep those purses coming.

STITCH CRAFT WILL START UP AGAIN IN JANUARY, 2014 at the shop of our own Sustainer, Johanna Felberbaum. Stitch Craft is the name of the store, 399 S. Federal Highway. It is the coolest store with all kinds of fabrics, threads, etc. You all sit at one big table, so you can stitch and chat, or ask questions of Mary Lavalle, the able leader, who can help and inspire you with almost any craft. For more information, call Mary at 561-789-8707.

SUSTAINER FACEBOOK PAGE: We now have our own Facebook page. Go to Facebook and put in JLBSustainers. See new pictures of us, see what is planned for the future, etc. Again, our wonderful Nancy Dockerty has set up this page just for us. So please go there and press "LIKE." Can you believe that just a few years ago, we hardly used computers? My husband complains that it is still true with me. Granted, I am not the most computer literate person, but I did manage to find the Sustainer Facebook page. So, go check it out!

Again another wonderful, entertaining and informative Scoop article by yours truly. You ask how I can be so creative and helpful issue after issue. I honestly slave over these articles day and night until I get it just right. And if you believe that, then I have a nice bridge to sell you in Brooklyn. Can you imagine ladies reading this article for the first time? No, I am not crazy, just a little off. Have a WONDERFUL HOLIDAY SEASON!



CONGRATULATIONS TO SUSTAINER PEGGY JONES, THE 2013 WOMAN VOLUNTEER OF THE YEAR



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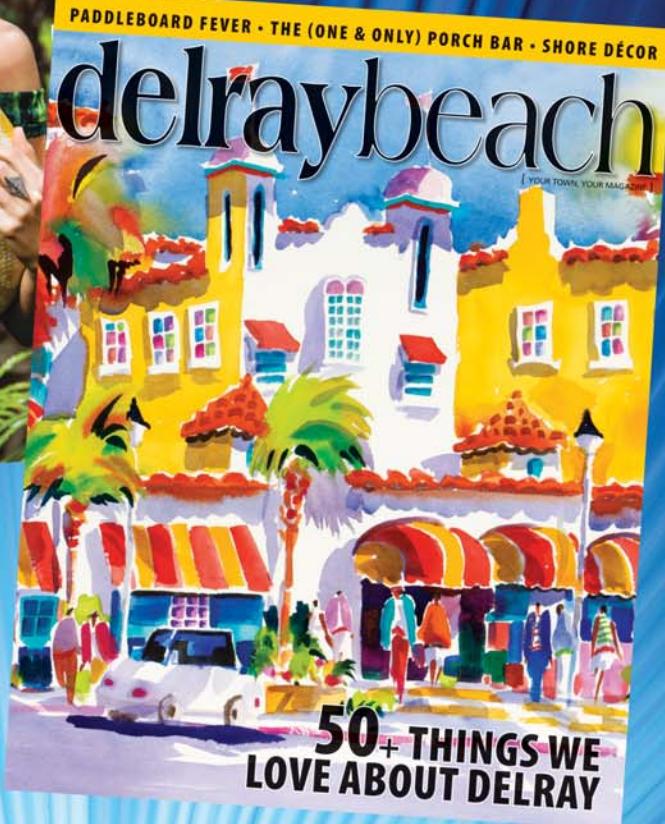
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