Volunteering with DIAD

By Madeline Adams

The Done in a Day (DIAD) Committee was busy this fall planning and organizing volunteer events for the JLP community. We successfully offered close to 200 Mission Credit opportunities in the first half of the 2010-2011 League year. The members of DIAD have worked enthusiastically with organizations both new and familiar to the JLP community.

The comments from participants have been positive, and the DIAD Committee is continually taking notes so that future experiences can be improved. Everyone who has come out to a DIAD Mission Credit has participated with gusto and enthusiasm. The DIAD Committee is constantly looking to expand its list of community groups in need of volunteers and to enhance volunteer opportunities in the greater Philadelphia area.

This fall/winter season, we have packed boxes at Philabundance, prepared meals with MANNA, provided support for Vision 2020 and the Philadelphia Marathon, cheered on athletes at the 2010 Special Olympics in Villanova, and assisted with longtime partner organizations like Riverbend and The Wellness Community of Philadelphia. We also began new relationships with organizations like the Veteran’s Comfort House and the Southeastern Pennsylvania Chapter of the MS Society and continued our efforts in helping the Ronald McDonald House and assisting Councilwoman Jannie Blackwell to provide for the homeless. We have also begun working with some of the Mayor’s Initiative organizations for volunteering. We’ll be providing many of those new opportunities alongside familiar ones into 2011.
President’s Perspective

By Dianne Smith

‘The strategic planning process: A time to reflect on the successes and challenges of the past, so adjustments can be made to improve the processes, impact, and outcomes for the future.’

I hope everyone had a warm and wonderful holiday season. It is difficult to believe that we are already halfway through the League year. We still have so much to plan for and look forward to in the coming months. Over the past several months, the Board has been hard at work redefining the Strategic Plan and laying the groundwork for the League’s next 100 years of service. We have identified the key areas that need to be addressed, and these key areas will be the pillars upon which the Strategic Plan takes shape. The purpose of the JLP’s 2010 Strategic Plan is to provide a roadmap to help our members succeed by focusing our individual and collective energy in a single direction, concentrating on common goals that will help us fulfill our Mission and Vision. The Strategic Plan is being created as a fluid three-year document that we, as an organization, will refine each year.

The Strategic Plan articulates our Mission, Vision, and stated set of values. Additionally, it will help the League to focus on four Key Result Areas: developing and sustaining community projects, increasing member engagement and satisfaction, developing and implementing fundraising strategy, and increasing awareness of the JLP and our Mission. The plan blends tactical and strategic elements that will allow the JLP to make significant changes over time and is a culmination of a multi-phase development process that includes substantial membership involvement and research.

Through this process, the Development Council will be instrumental in compiling information to help lead us in the right direction. To ensure that well-informed decisions can be made by the Board, Director of Development Melissa Finnegan, along with the Project Research & Development Committee, will be reaching out to local universities, the United Way, and other resources to gather as much relevant data as possible about the needs in the Philadelphia community. Catie Wolfgang, Mayor Nutter’s Chief Service Officer, has agreed to assemble a panel of leaders from community organizations who are very knowledgeable about the areas of need within our local community. Completion of the Strategic Plan will help us all feel comfortable that the best interest of the League has been met.

I am looking forward to presenting the Strategic Plan to the membership in the spring. In the meantime, please don’t hesitate to contact me if you have any feedback or suggestions.

Awesome Autumn at SMITH The Kids’ Play Place in the Park

By Liz Blum

On Saturday, November 20, over 60 children enjoyed the HIP Kids Committee’s Awesome Autumn activities. A turkey trail led the children to each activity. At the first stop, children created their own bird feeders with pine cones, bird seed, and soy butter. Afterward, there were lots of sticky fingers and well-fed birds in the City of Philadelphia. At the next stop, children made their own wreaths. We gathered and used SMITH’s colorful leaves to create the perfect fall decoration. The trail ended at the pumpkin ring toss. Children challenged themselves to see how many rings could hit the pumpkins. A great time was had by all! Please come by and visit us at SMITH, Saturday, January 8, as we “Cheer for the New Year!” This free family fun event will be held from 10 a.m. to 12:30 p.m. and is open to children five and under.
Changes are coming to the Hotline

By Anne Barr

When the Management Council voted at its December 13 meeting to shift the Hotline to a quarterly publication schedule, Chief Operating Officer Liz Kolb noted, “Changing to a quarterly publication schedule for the Hotline will save thousands of dollars, make us a more environmentally conscientious organization, and transform the publication into a genuine periodical.” Though a motion to shift to a quarterly publication was officially accepted in December, the subject has been under discussion for years. Discussion about the change intensified, however, as the Communications Council noticed that it was getting more and more difficult to obtain information for the Hotline not already publicized in the e-Line. Alexandra Lammers, Hotline Committee Chair, then discovered that the savings would be substantial on a longer Hotline published less frequently. Caitlin Spillane, our representative at Innovative Print & Media Group, noted, “Production cost of a 16 pager is actually more efficient than a 12 pager [or 8 pager].” The Communications Council estimates that the shift to producing the Hotline quarterly could save the League as much as $14,000 annually. Producing both an e-Line and a Hotline has been stretching the Hotline committee thin, so there will also be a savings in terms of human resources. Sustainer Chair Bobbie Cameron said that the idea was “a long time coming” and that the Sustainer Board was “very supportive” of the shift. President Dianne Smith also applauded the change and suggested that “by eliminating the monthly deadlines for article submissions, going quarterly will allow us to take a more thorough approach to informing our members about the progress the Board is making throughout the year.” “Moving to a quarterly publication schedule for the Hotline,” added Liz Kolb, “will enable us to focus on our accomplishments and highlight the larger issues affecting our League and membership, without significantly impacting members’ ability to learn about upcoming events.” The change to a quarterly publication schedule will take effect this year, and the remaining issues to be published in 2010-2011 will be February, March, and June. In the 2011-2012 League year, we will begin a quarterly publication schedule with issues published in September, December, March, and June.

Support the 2010-2011 Annual Fund

By Jill Jokelson

Hopefully you noticed the letter mailed to you in October requesting a contribution to the revitalized Annual Fund campaign. Perhaps you set the letter aside thinking you would take care of it once the craziness of the holiday season was behind you. Well, your time has come!

All of the JLP’s projects and trainings depend on funding from various sources, including grants, proceeds from the Thrift Shop, and various fundraising events. Donations to the Annual Fund are used to support the League’s mission of promoting voluntarism, developing the potential of women, and improving our community. Your donation will not only help sustain community projects, but also provide training to volunteers and maintain operations.

Throughout this League year, we are encouraging all members to donate to the Annual Fund to help the JLP continue to improve the community. We are looking to increase participation in the campaign, and all donations are meaningful, regardless of the size. No gift is too large or too small and all are greatly appreciated! After all, high participation rates help the League to qualify for other grants.

The various levels of support are:

- $1-$49 League Friend
- $50-$99 League Supporter
- $100-$249 League Partner
- $250-$499 League Advocate
- $500+ League Leader

Please also consider whether your company has a corporate matching gift program. This often forgotten source doubles your gift! Additionally, all contributions, personal or corporate, are fully tax deductible.

Please consider making a gift online by visiting www.JLPhiladelphia.org/annualfund, or send a check to the JLP Office at 27 West Lancaster Ave, Ardmore, PA 19003.

The JLP’s impact on the community depends strongly on financial support from members. We hope we can count on your participation in the Annual Fund this year.

Members of the Junior League of Philadelphia, Inc learn about its 100 year history.
JLP University Fall Semester

By Bertina Whytehead, Lisa O’Connor, Heather MacClintock, and Lauren Stienes

JLP University, under the auspices of the Education & Volunteer Training (EVT) Committee, closed the fall semester with two terrific trainings that offered not only Mission Credit, but also an opportunity for members to learn about an unfamiliar topic. As with all JLP University trainings, notes from these trainings can be found on the website under JLP University.

Grant Writing: Never Send a Funding Proposal to FedEx via UPS

Rebekah Sassi, Director of Institutional Advancement for the Walnut Street Theatre, provided grant writing tips in this terrific training. Ms. Sassi took the group through the basics of writing a grant proposal, starting with the importance of building and leveraging relationships with people at grant making organizations. She discussed various issues a grant writer faces, including how to align your priorities with those of the grant maker, how to determine an appropriate amount of money to request, and how to properly submit formal and informal proposals. Members had many questions and left with a much better understanding of how to write successful proposals for both the Junior League and other community organizations.

Marketing and Communication: The Art of Storytelling in writing, orally, and digitally

Alice Blast, Executive Director and Founder of the National Foundation for Celiac Awareness (NFCA), reviewed the roadmap of the NFCA since its creation in 2002, when the NFCA established its initial goal to achieve a diagnosis for one million patients. Through extensive marketing efforts, the NFCA gave a face to celiac disease by identifying key public figures and athletes with celiac disease. The organization’s efforts to increase the awareness of celiac disease is based on empowering diagnosed celiac patients to provide them with the tools to inform and educate the medical community, food manufacturers, retailers, and their personal network of friends and family.

The NFCA’s strategy to use partnerships to sponsor events such as the Appetite for Awareness in Philadelphia, a gluten free pavilion at the National Restaurant Association Conference, and comprehensive educational webinars and printable guides available through its website, boosted the awareness of celiac disease among the American public.

BOOST Camp’s Winter Wonderland December Event

By Leah Greenberg

BOOST Camp has gotten off to a terrific start this year! We began the year with an exciting yoga and cooking class in October. November’s fall themed, fun-filled event included Thanksgiving crafts, apple tasting, and baking pint-sized pumpkin pies. December’s event brought fun for all ages with a winter wonderland themed day.

The BOOST Camp Committee worked hard to create several game, snack, and craft stations. We worked together with the children to build paper snowmen and create our own winter-themed wrapping paper and snowman bags. The children also got to make holiday gifts for family members when we made snowman picture frames. Perhaps everyone’s favorite stations were our food-focused activities. Everyone thoroughly enjoyed making (and tasting!) hot chocolate, peppermint bark, and marshmallow and pretzel snowmen. There was definitely something for everyone at this event!

The BOOST Camp Committee would love to hear about any great activity ideas from other League members. If you know of a great children’s activity, please send it our way!!

Stress Management Training

By Adrienne Amey

The Education & Volunteer Training (EVT) Committee continued the popular health and wellness training series with a Stress Management training led by Maureen Krouse, CHES Lankenau Hospital Health Education Center on Tuesday, November 16.

Ms. Krouse spoke about the impact that stress has on the body, both mentally and physically. These effects can include an increase in blood pressure, headaches, disruption in eating habits, and changes in the way we treat people and situations. Ms. Krouse offered many tools to combat stress; the most important tip is to establish and identify your stressors.

After identifying your stressors, a key tool to reducing and eliminating stress is to create (in the order of importance) a list of related tasks and events. Once the list is created, decide which activities can be delegated to others or skipped entirely. Ms. Krouse advised members take deep breaths in and out while saying “I am relaxed,” whenever they feel their stress levels rising.

Ms. Krouse concluded the discussion with a question and answer session where she responded to members’ questions and created a very open and informative forum.
Training on Roses with the Green Volunteer Corps Committee

By Teresa Montano

Join the Green Volunteer Corps Committee at 10:30 a.m. on Saturday, February 5, 2011 at Triple Oaks Nursery & Herb Garden in Franklinville, NJ for a lecture on the history, legend, and cooking uses of roses. Simple growing techniques will also be discussed. We will make rose potpourri and each person will receive a generous bag to take home. There will be a luncheon following the training. Everyone will receive a coupon for 10 percent off rose bushes to use in the spring. This training receives Mission Credit and costs $15 per attendee.

At 1 p.m., there will be an optional demonstration on how to dry roses and make a wreath of dried herbs and dried roses. Participation in the afternoon segment requires an additional payment of $45, sent in advance to Triple Oaks.

Sign up on the JLP website before January 14, 2011 and go to www.TripleOaks.com for directions. Contact Teresa Montano at trsmontano@yahoo.com or 215.731.0110 with questions.

Children enjoyed complimentary yoga instruction at Taste of Fall 2010.

Calling All Cooks and Future Cooks

By Elizabeth Moyer

Did you have a New Year’s resolution to learn to cook or eat out less? Project Fundraising is hosting two new unique events in February and March where you can work on your cooking skills and also support the League.

The two events will be held at the Viking Cooking Center in Bryn Mawr. The first event will feature a menu called Girl’s Night Out in Rome on Friday, February 25 from 6 to 9 p.m. The menu includes:

- Marinated Roasted Red Peppers and Olives
- Homemade Spinach and Ricotta Ravioli with Tomato-Pancetta Butter
- Veal Scaloppini with Prosciutto and Sage
- Chocolate Gelato with Cherries rolled in Bittersweet Chocolate

The second event on Saturday, March 12 from 5 to 8 p.m. will feature a Classic Steakhouse menu including:

- Mushroom Caps stuffed with Crab Imperial
- Bacon-Wrapped Filet Mignon with Béarnaise
- Oven-Roasted Asparagus
- Twice-Baked Tall Potatoes
- Iceberg Wedge with Homemade Blue Cheese Dressing
- Bananas Foster

Both classes are done in a hands-on style so you will be cooking with the instructors and then enjoying the meals you prepared with the other attendees. Complimentary wine will be served with dinner.

Ten percent of the ticket sales and 20 percent of items bought in the Viking store the evening of the event will support the JLP. You will also receive two Ways & Means Credits. Sign up now, limited space is available.

Questions? Please contact Johnelle Whipple at johnelle.whipple@gmail.com or Elizabeth Moyer at eamoyer@hotmail.com.

Save The Date For Taste Of Fall 2011

Mark your calendars now: Taste of Fall will be held next year at The Cancer Support Community of Philadelphia (formerly The Wellness Community of Philadelphia) The Suzanne Morgan Center at Ridgeland, on Sunday, September 25, 2011.

Next year’s highlights will include some of the same great restaurants, vendors and sponsors from this year in the same beautiful setting, along with many exciting new additions. We look forward to seeing you there!
Remembering Betsy Lundquist

By Nancy Greetok

Elizabeth M. “Betsy” Lundquist, 78, successfully completed her volunteer tasks on earth Sunday, October 31, 2010. Betsy was born in Franklin, NJ, formerly lived in Abington and Chadds Ford, PA, summered in Cape May, NJ most of her life, and retired there in 1998. She was a graduate of George School, Newtown, PA, and upon graduation from Beaver College, now Arcadia University, she was a teacher in the Abington School District.

Betsy then began a long career as a “professional” volunteer. She joined the Junior League of Philadelphia in 1965 and served, among other placements, as co-chair of the Outgrown Shop, and on the Executive Board, first as Treasurer and then President from 1972 to 74. During that time, she oversaw the 60th Anniversary year, which included the Mini Follies and a Gala Ball. Other projects were the Phoenix House, a group-home committee project, two Earth Art Exhibits, and the construction of a volunteer room at the Schuylkill Valley Nature Center. It was also during her presidency that the first joint meeting of Sustainers, actives, and Provisionals was held. Betsy continued her leadership as Sustainer chair. During that time, she served on a National Sustainer Committee that achieved an opportunity for Sustainers to have their separate program at AJLI conferences.

In addition to her League work, Betsy spent 25 years as a Red Cross volunteer, were she was Chairman of Volunteers in the Southeastern Pennsylvania Chapter, National Chairman of Building Chapter Leadership Teams, and Chairman of Volunteer Services. She received the National Cynthia Wedel Outstanding Volunteer award in 1999. Betsy was a senior consultant to the Office of the National Chair of Volunteers and served as a National Red Cross Volunteer assisting chapters in their search for new executives. She and her husband, Bruce, were volunteers in the Office of General Counsel in the Investigation, Compliance and Ethics Department, and were National Auditors for seven years.

Betsy’s other non-profit activities included serving on the Board of Trustees of Arcadia University, Board member of Little Brothers of the Elderly, and involvement at ten other non-profit organizations. Betsy was an efficient, organized woman who, along with her marvelous sense of humor, could think outside the box and get the job accomplished with a minimum of effort and a maximum of support. She was a woman extraordinaire.

Betsy is survived by her husband of 35 years, Bruce F. Lundquist, daughter Lee Ann (John) Shaw, a son, Mark Alsentzer, four stepchildren, Mark (Eileen) Lundquist, Bradley K. (Laurie) Lundquist, Laurie (Alan) Schwartzstein, and Lisa (Craig) Freitag; her brother, Robert (Ann) McCann, and 21 grandchildren.  

Sustainer News

Sustainer Chair’s Perspective

By Bobbie Cameron

We all celebrate certain milestone birthdays; turning six and ready for first grade, entering “double digits” at 10, and when we turn “sweet sixteen.” This is followed by becoming legal at, what for us was, 21. From then on, we forget about those milestones until “Lordy, Lordy, Look who’s 40” followed by “Nifty at 50.”

One of our own is celebrating the Big 5-Oh. In 1961, Jane Acton formed The Larks making The Larks the League’s longest-running community outreach program. The Larks, under the music direction of Anjali Gallup-Diaz, are a dedicated group of women who rehearse and perform throughout the year. The current Larks include Jill Acker, Joyce Cafiero, Margy Conlon, Laura Gellrich, Holly Hudson, Anne Markle, Shirley Messina, Jill TenBroeck and Suzanne Vander Veer, along with non-JLP members Sue Dewis, Jill Franks, Suzanne Landen, Cheri McCaslin, Debbie Nevins, Ruth O’Connell, and Gail Parker.

The Larks’ performances, or “troupings,” range from two half-hour, back-to-back “cheer and carol” fests performed every Wednesday morning and afternoon in December at area nursing homes, to longer programs of Jazz, Swing, and Motown performed throughout the year at schools and hospitals. These ladies maintain their high level of musical excellence by joining with professional musicians for a concert at least once a year.

The Larks’ most rewarding moments often occur in Alzheimer wards and hospitals where their music has a therapeutic effect on patients of all ages. The Larks truly live up to their goal of entertaining and uplifting the sick and the elderly.

Whether The Larks are working during Christmas with the JLP Garden Club making an estimated 100 arrangements that they distribute to residents after they perform, or coordinating efforts with residents of the Golden Living Center to make some 100 scarves given as Christmas gifts to the children at Paul Fly school, The Larks constantly endeavor to expand their own project methodology to grow and incorporate and merge with other League and non-League outreach programs.

If you would like to learn more about The Larks, are interested in becoming a member, or wish to see them perform, please contact Shirley Messina at 610.645.9696 or dieselem@aol.com. The Larks are truly a Timeless Treasure, and we thank them for their 50 years of dedication and commitment to the JLP and the community and for spreading joy through music!

Please join me in serenading The Larks with “Happy Birthday to you, Happy Birthday to you, Happy Birthday dear Larks, Happy Birthday to you!” Oh, yes, and a Happy New Year to you all!
Junior League Sustainer Cooking Klatch

The JLS Cooking Klatch will meet for a light lunch at 12 noon on January 14 at Bryn Mawr Presbyterian Church. Rather than assisting with casserole cooking this year, members will be providing non-perishable grocery items to stock the food cupboards at the church, which will be donated to the Hunger Task Force. This organization serves homeless shelters and others who have need in both Philadelphia and surrounding areas. Liaison Chairman Linda Webster has indicated that food items after the holidays are in extremely short supply. Each Klatch member attending the luncheon is asked to donate a bag of groceries to fill the food cupboards.

Hostessing this Klatch event will be Jane Mackie, who will coordinate the event with Klatch Chairmen Bonnie Hamm and Lorrie Pennell. Invitations will be sent on or about December 20, 2010. Questions should be directed to Bonnie bonniehamm@yahoo.com, or Lorrie, lorrielinpennell@verizon.net.

Future Klatch dates and details: February 10: Theme - Cozy Winter Dinner, Hostess - Janney Ryan, Co-Hostess - Mary Burr; March 10: Cooking Demonstration, Merion Golf Club, Hostess - Marilyn Sprague

IMPORTANT NOTE: The Cooking Klatch has operated with an "open membership" policy for the past two years. Since there has been an overwhelming response of new members during this period, it has become necessary to re-establish a "waiting list" for those Sustainers who wish to join the Klatch in the future.

2011 Sustainer of the Year Award Nominations

Now is the time to start thinking about nominating a Sustainer for the 2011 Sustainer of the Year Award. Your nomination should be someone who:

- has very effectively demonstrated voluntarism;
- is a proven ambassador for the JLP in the community;
- is an inspiration to fellow Sustainer members;
- continues to make unique contributions to the JLP; and,
- goes above and beyond what is expected of her.

The following is the list of names of the former recipients. These distinguished recipients cannot receive the award again: Anne F. Simpson, Susan W. Myers, Barbara B. Bond, Betsy Lundquist, Sally Hillyer, Mary P. Burr, Marilyn W. Sprague, Marge Devlin, Sally Forester, Suzanne Vander Veer, Sandra Williams, Nancy Greytok, Jean N. Alsentzer, Virginia C. Mulligan, Susan L. Mease, Jane K. Sagendorph, Kitten Susanin, Judy Ruse, Judy Moneta, and Pam Crutchfield.

There will be a nomination form in the January Sustainer Mailer. It will also be available via the member section of the JLP website. Please send or email your nomination by February 25, 2011 to Pam Maimone, 173 Little Turtle Way, Berwyn, PA 19312 or pmaimone173@comcast.net.

Save the Date

Plans for the Spring Sustainer Social are starting to develop. Details to follow, but please Save the Date of Saturday, April 16!
Upcoming Dates

- January 8: HIP Kids Winter Event
- January 9: DIAD Cooks for Ronald McDonald House
- January 12: Finance Planning for Single Women
- January 18: Childhood Bullying Training
- January 18: JLP U: Public Speaking
- January 18: JLP U: Trends in Fund Development
- January 19: General Membership Meeting
- January 22: Workshop with Blades Natural Beauty
- January 25: Science Expo Night at Paul V. Fly Elementary School

More details about all of these events and more can be found on the JLP website calendar: [www.JLPhiladelphia.org](http://www.JLPhiladelphia.org).