



JUNIOR LEAGUE OF SPOKANE

Women building better communities®

League At A Glance

VOLUME 21, ISSUE 1
JANUARY 2013

President's Message

Happy New Year! I hope everyone has recovered from the busy holiday season. We had a wonderful Holiday Luncheon in December and honored Ellie Adolphson as our newest Outstanding Sustainer. Ellie not only served the Junior League of Spokane for 14 years as an active member, but also used her training and leadership abilities to significantly impact the Spokane community as a sustainer. She is an inspiration to all of us, and we congratulate her for this accomplishment.

The Junior League of Spokane is off to a busy start of 2013. We are in the process of our Annual Fund Drive and have raised about \$1250 so far. It is not too late to contribute. If you did not receive a letter in the mail and wish to make a donation please contact the Junior League of Spokane office. Funds raised help support our community projects and are greatly appreciated. I would like to extend a special thank you to everyone who has contributed to date.

For our January General Membership Meeting we will be completing an Impact Spokane project called the "Top Drawer Drive." We will be collecting gently used socks and bras as well as new underwear for Women's Hearth. Cathy McFaul from Women's Hearth will be our guest speaker and will be offering a tour of the facility on Saturday, January 26 for interested active members or sustainers.

Our 2012-2013 Provisional Training is underway. We are excited to welcome our new Provisional Members to the Junior League of Spokane and congratulate Amy Dowell (Membership Chair), Cynthia Gustafson (Membership Director) and the Membership Committee for all their amazing hard work and effort. This committee has taken this year's "One size does not fit all, offering greater flexibility in membership" theme to a new level. We are also attempting to reconnect with our "lost" sustainers. Due to issues in our office we lost contact with over 100 sustainers between 2010 and 2011. Please contact the Junior League of Spokane office to assist us in relocating these valuable members.

The Junior League of Spokane has a busy Spring schedule planned. We will be attending "Capitol Days" in Olympia on February 17-18 and have the opportunity to host "Northwest Exchange" March 22-24. We will also be participating in a "Kids in the Kitchen" project on March 16 and are planning a "Clean Your Closets" fundraiser and community event. Please save your gently used professional women's clothing, shoes, handbags, etc. for this event. We would be happy to pick up your donations if you contact the Junior League of Spokane office.

January is national thank-you month. I would like to personally thank every member and community partner for your support and all you do for the Junior League of Spokane. We could not be successful without you and value every contribution or sacrifice you make.

With Gratitude,

Julie Munson (1999)
Junior League of Spokane President

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2012 Outstanding Sustainer Honored at the December Holiday Luncheon

Ellie Adolphson was pleasantly surprised at the December Holiday Luncheon with the Outstanding Sustainer Award. It was announced to her and the other luncheon attendees in the form of a whimsical poem, Dr. Seuss style, written by Bridget Piper, which had the whole crowd in stitches. She received an engraved silver bell and was joined by nearly a dozen previous Outstanding Sustainers who joined in with her ringing their bells and leading the crowd in the Jingle Bells Christmas tune.



Adolphson was honored for taking her 14 years of active Junior League membership to the next level in the community as an active Sustainer. She has gone on to be the President of Women Helping Women, Interfaith Hospitality Network. She served on the SNAP board, was President of the Lewis and Clark High School PTSG, and the development director for Cataldo Catholic School.

In their nomination, sustainers Carol Wilson, Pam McLaughlin and Bridget Piper describe the award winner's successful work style, "She often starts at the committee level in organizations listening and learning. Then she rises to the top of each organization as its leader, a benevolent leader who cares deeply about the future of children and the needs of people."

Adolphson chaired numerous committees while in the JLS relating to her personal passion for quality child care and human services. Her work in and out of the League was noticed and she went on to chair the Mayor's Commission on Daycare. Adolphson is currently serving on the Assistants Board as its President-Elect.

Candace Mumm
Sustaining Director
CandaceMumm@aol.com

Welcome New and Renewed Sustainers:

Jennifer Brumblay-Dailey
Karal Cox
Mimi Gustafson
Jean Kendall
Otilie Paulsen
Jeannine Poulsen
Jeanette Toole

A New Approach to Provisional Training

The Membership Committee has been working tirelessly to recruit and bring in new Provisional Members with several meet-and-greet socials to kick-start the JLS year. A different approach has been taken this year to have several one to two hour provisional retreats to review AJLI and JLS History, as well as important socializing and getting to know each and every lady that attends.

Currently, we have 18 confirmed new Provisional Members who have attended retreats and made the commitment to join JLS. But we are not stopping there! If you know someone who is interested in joining, we will continue to hold more retreats as necessary to build this year's provisional class. Each Provisional Member is required to attend two training classes (which will go over flow groups and committees) and two general membership meetings. Once these requirements are met, each Provisional Member will be placed on an available committee and voted in as an active member in April.

Mark your calendars for the upcoming new member training classes! The following trainings will be held from 6: 00 -8:00p.m.:

Wednesday, January 9, 2013
 Thursday, January 24, 2013
 Wednesday, February 6, 2013
 Tuesday, February 26, 2013
 Thursday, March 21, 2013
 Tuesday, April 23, 2013



New Members will receive monthly updates from the Membership Committee with location and further details, as well as upcoming social events. Please contact Amy Dowell (amydowell76@gmail.com) with any questions.

Welcome our newest Transfer Member...Christi Gerhardt!



My name is Christi Gerhardt. I am a physician and moved to Spokane this summer for a great opportunity as Spokane's newest Pediatric Endocrinologist, working at Sacred Heart Medical Center. I am married with two daughters, ages 2 and 4, and my family is enjoying Spokane just as much as I am. As a family we have been camping, canoeing, swimming, learning to ride bikes and playing at Manito Park and other parks. My daughters also love to cook with me, and I love to cook! I also like to ride my Cannondale and have been on a few rides alone or with groups, and am looking forward to more opportunities. I

also like photography and am pretty good at catching great shots of my kids which gives them great joy. I joined Junior League two years ago while living in Seattle to become more familiar with the community and to meet some new friends as well as to get back to giving via volunteer work which is something I used to do a lot more of before education and a busy family life grabbed me away for awhile. During my provisional year I helped organize an annual event for a group of kids who are survivors of childhood cancer and also volunteered through our Done in a Day (DIAD) program with other organizations such as the Jubilee Women's transitional home. Last year was my first year active and I was on the Kids in the Kitchen Committee. Since I care for children with childhood obesity through work I was also invited to present to the ENERGY committee and the planning committee about childhood obesity. I am very interested in continuing to work with children and through the community wing in the next year and thank you for reaching out to me for an introduction!

SAVE THE DATE!!!

Capitol Days

President's Day Weekend: February 17-18, 2013

Join Junior Leagues of Washington State (JLWS) delegates and meet other Washington State League members as we join together to advocate for our League focus areas to our legislators in Olympia. JLWS will be closely following all bills that apply to the Washington State League focus areas (foster children, human trafficking and children's health/nutrition) and will help educate each League on these important issues. Don't miss this valuable advocacy training and opportunity to meet your legislators! Save the date and check with your Public Policy Committee and JLWS delegates for more information and to start your travel plans to Olympia. It's always a lot of fun and a great girls weekend! Contact Public Policy Chair, Alex Mann (alexandra.s.mann@gmail.com), Kerri Stubb (kerri.rose.stubb@gmail.com) or JLWS advisor, Cynthia Gustafson (steelhead@gustafsonhogan.com) for questions or more information.



IMPACT SPOKANE: TOP DRAWER DRIVE

Since 1991, the Women's Hearth has served as a safe drop-in center for women living on the streets of Spokane. Each day the downtown Spokane location welcomes more than 100 homeless and low-income women, providing them a safe place as well as classes and other resources. Help out these women this January by **donating new or gently-used socks and bras as well as new underwear**. Please bring these items to the January general membership meeting on January 15th, which will also feature a speaker from the organization.

Unable to attend the meeting but still interested in donating? Please contact Michelle Grover (michellegrabicki@hotmail.com) to make arrangements to drop off your donations.

Interested in learning more about Women's Hearth? Join us on a **tour of the facility** on Saturday, January 26 at 11:00 a.m. Please contact Michelle Grover to sign up.

RESOLVE TO CLEAN OUT YOUR CLOSETS IN 2013

In preparation for a new event this winter/spring, please start collecting/saving gently-used, professional women's clothing, shoes, jewelry, handbags, and accessories. If you need storage space, contact Kim Koch at kim_aked@hotmail.com.

Event details will be announced at the next GMM.
(We will also take any other used clothing).

Get Ready for 2013 Northwest Exchange in Spokane: March 22-24!

That's right: it is *our* turn to hostess the annual gathering of 12 Northwest Junior League chapters. This opportunity comes to Spokane about once every 12 years, so don't miss it! We are one of the few Junior League regions in the country to hold an event like this – and we are the envy of the rest of the Leagues. Here's why: amazing things happen when we gather to learn, share and laugh. NW Exchange enables us to hold a relatively low-cost, high-impact training that involves many members from different leagues who share a passion for community service, who also share similar challenges. This year, we will hold the event at the Spokane Club, beginning Friday evening, March 22, with an informal welcome in the JLS Hospitality Suite. Training begins first thing Saturday morning with the nationally known and beloved Vicki Clark, a frequent and popular presenter at AJLI conferences as well as a consultant for Board Source, followed by break-out workshops presented by several local, well-respected trainers. (*See the next page for our preliminary agenda.*) Saturday will finish up with light appetizers and socializing at a couple local boutiques. We will have a half-day of training on Sunday before we close the event at noon.

The topics of trainings will include: Vicki Clark's *The Eleven Commandments of Wildly Successful Women*, *How to Make Meetings Work*, *Training Burnout (what is it, what to do about it, how to avoid it)* and *Inspiring and Motivating Others* and *Tricks and Tips to Living a Balanced Life as a Junior League Member*. We will also offer *Strengthsfinder 2.0* presented by Susannah Wessel, *Critical Skills for Ensuring Effective Service on a Board (including conflict resolution)* presented by Julie Hushen and *The Basics on How to organize a SPAC (State Public Affairs Committee)* presented by members of the Junior Leagues of Washington State.

Tuition is \$150 (includes attendance at classes, Saturday breakfast and lunch, Sunday breakfast and snacks). We have not yet determined rates for Spokane members wishing to attend some or all of the workshop sessions, but we would like as many of our members who want to attend to be able to, so please stay tuned. (*We hope to be able to offer an exchange - i.e. work a certain number of hours at the event in exchange for admission to certain sessions.*) If you already know you are interested in attending, please contact Julia McGann (jadmcgann@comcast.net).



2013 Northwest Exchange Preliminary Agenda

March 22 (Friday)

5:00 p.m. Hospitality greeting/registration

March 23 (Saturday)

8:30 a.m. Breakfast buffet

9:00 a.m. Welcome and introductions

9:30 a.m. Vicki Clark Topic #1 Training –
The Eleven Commandments of Wildly Successful Women

10:30 a.m. Break – snacks

10:45-12:00 p.m. Workshop Session I (choose one to attend for this time slot):

- WORKSHOP A: JWLS – So you want to learn how to organize a SPAC (State Public Affairs Committee)?
- WORKSHOP B: STRENGTHSFINDER 2.0 (Attendees must submit analysis of online test prior to workshop; details forthcoming)
Presented by: Susannah Wessel
- WORKSHOP C: CRITICAL SKILLS EVERY EFFECTIVE BOARD MEMBER SHOULD HAVE (including conflict resolution skills!)
Presented by: Julie Hushen
- WORKSHOP D: HOW TO MAKE MEETINGS WORK
Presented by: Vicki Clark

Noon-1:30 p.m. LUNCH served

Table top discussion Leagues -- Best Practices, Biggest Challenges

1:45-3:00 p.m. Vicki Clark Topic #2 Training –
Burnout (what is it, what to do about it, how to avoid it) and Inspiring and Motivating Others

3:15-4:30 p.m. Workshop Session II (choose one – see above):

- WORKSHOP A: JWLS
- WORKSHOP B: STRENGTHSFINDER 2.0
- WORKSHOP C: CRITICAL SKILLS EVERY EFFECTIVE BOARD MEMBER POSSESSES
- WORKSHOP D: HOW TO MAKE MEETINGS WORK

5:00-7:00 p.m. Reception at Local Boutiques w/Light appetizers (details TBD)
Dinner – on your own

March 24 (Sunday)

8:30 a.m. Breakfast buffet

9:00 a.m Participating League representative – State of the League

10:00-11:45 a.m. Vicki Clark Finale training session –Tricks and Tips to Living a Balanced Life as a Junior League Member

Noon – Closing remarks, next year hostess League announcement

Kids in the Kitchen Special Event Saturday, March 16, 2013

Special Event! Kids in the Kitchen is putting on its first larger scale event sponsored by Zag Dining by Sodexo (food service at Gonzaga University) on Saturday, March 16, 2013, from 11:00 a.m. – 2:00 p.m. at Gonzaga University! This event will be free, but space is limited. Zag Dining's Certified Executive Chef and sous chefs will be doing cooking demonstrations. We will also have representation from different athletic, nutrition and food organizations around Spokane like Lululemon, Bloomsday, Step Up and Go, Communities in Schools and much more!

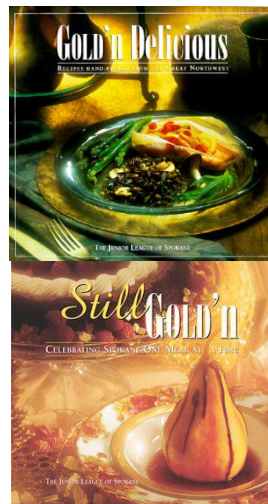
We are in the process of procuring sponsors for different activities and giveaways for children and adults. If you are interested in being a volunteer (or sponsor!), please contact sarahberl@gmail.com.

For more information and some great tips, please like our Facebook Page (<https://www.facebook.com/KidsInTheKitchenSpokane>), Follow us on Twitter @KidsInKitchSpo and our Pinterest Page (<http://pinterest.com/kidsinkitchspo/>).

JLS Cookbook Flash Sale!

The Flash Sale for the *Gold'n Delicious* and *Still Gold'n* cookbooks continues! The cookbooks are \$12 each!

Please stop by the JLS Office during normal business hours to purchase cookbooks at this great price. The member who sells the most cookbooks between now and February 28, 2013 will receive a wine basket (donated by the Board). If you have any questions, contact Kim Koch, kim_aked@hotmail.com.



2012-2013 Calendar

JANUARY 2013

- 8 Board Meeting
- 9 New Member Training, 6:00-8:00 p.m.
- 15 General Membership Meeting
Impact Spokane: Top Drawer Drive for the Women's Hearth
American West Bank (basement conference room)
41 West Riverside Avenue, Spokane, WA
- 24 New Member Training, 6:00-8:00 p.m.
- 26 Tour of the Women's Hearth facility, 11:00 a.m.

FEBRUARY 2013

- 5 Board Meeting
- 6 New Member Training, 6:00-8:00 p.m.
- 17-18 Capitol Days, Olympia, WA
- 19 General Membership Meeting
American West Bank (basement conference room)
41 West Riverside Avenue, Spokane, WA
- 26 New Member Training, 6:00-8:00 p.m.
- 28 LAAG Deadline

MARCH 2013

- 5 Board Meeting
- 16 Kids in the Kitchen
- 19 General Membership Meeting
American West Bank (basement conference room)
41 West Riverside Avenue, Spokane, WA
- 21 New Member Training, 6:00-8:00 p.m.
- 22-24 Northwest Exchange – Spokane, Washington

APRIL 2013

- 2 Board Meeting
- 16 General Membership Meeting
American West Bank (basement conference room)
41 West Riverside Avenue, Spokane, WA
- 23 New Member Training, 6:00-8:00 p.m.
- 30 LAAG Deadline

MAY 2013

- 7 Board Meeting
- 21 General Membership Meeting

Board of Directors

President: Julie Munson
President-elect: Heather Byrd
Treasurer: Mary Lynn Boardman
Treasurer-elect: Maria Cahill
Sustaining Director: Candace Mumm
Administrative Director: Heather Byrd
Community Director: Michelle Grover
Membership Director: Cynthia Gustafson
Funding Director: Jackie Worobec
Parliamentarian, Kathleen Wynia
Presidential Assistant: Maria Cahill
LDC Chair: Marianne Bornhoff
LDC 2-year: Sheree Lobdell
LDC 2-year: Tonya Bingley
LDC 1-year: Anna Fritts
LDC 1-year: Cindy Evans-Bass

Committee Chairs

Meetings and Arrangements: Kathleen Wynia
Communications/Marketing: Angelina Scull and Stephanie Cates
Northwest Exchange: Julia McGann
Membership Development: Amy Dowell
Foster Santa Breakfast: Sue Trautman and Michelle Grady
PR&D/Impact: Susannah Wessel
Public Policy/JWLS: Alex Mann
Kids in the Kitchen: Sarah Clifford
FRM: Cookbook: Kim Koch
Touch-a-Truck: Kristin Griffith



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Our Mission:

The Junior League of Spokane is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

We reach out to women of all races, religions, and national origins who demonstrate an interest in and commitment to voluntarism.

www.jlspokane.org