

the  
**LEAGUE**Log  
Junior League of Waterloo-Cedar Falls

use picture from career day

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JUNIOR LEAGUE OF  
WATERLOO-CEDAR FALLS

# about our LEAGUE

## 2014-2015 EXECUTIVE COMMITTEE

Jess Krogh, <a href="mailto:jlwcfpresident@gmail.com">jlwcfpresident@gmail.com</a> .....	President
Sarah Pauls, <a href="mailto:jlwcfpresidentelect@gmail.com">jlwcfpresidentelect@gmail.com</a> .....	President Elect
Emily Cabbage .....	Executive Secretary
Molly Morris .....	Treasurer
Haley Davis .....	Assistant Treasurer
Holly Risetter .....	VP of Community Impact
Michelle Clark.....	VP of Fund Development
Megan Hannam .....	VP of Marketing
Katy Harbaugh.....	VP of Membership
Traci McCausland.....	Director at Large

OFFICE HOURS: MONDAY AND THURSDAY 9:00 A.M. -2:00 P.M. OFFICE MANAGER: ANNE LANGE  
TEL.: 319.234.8684, EMAIL: [JLWCFOFFICE@GMAIL.COM](mailto:JLWCFOFFICE@GMAIL.COM)

## INFORMATION

Be sure to check your email every Friday for the Weekly Update containing the most up-to-date information including upcoming events, volunteer opportunities, and reminders.

## MEETING SCHEDULES

### GMM SCHEDULE

September 8, 2014  
October 6, 2014  
November 3, 2014  
January, 5, 2015  
February 2, 2015  
March 2, 2015  
April 6, 2015

### BOARD SCHEDULE

August 25, 2014  
September 29, 2014  
October 27, 2014  
November 24, 2014  
January 26, 2015  
February 23, 2015  
March 30, 2015

## OUR MISSION

The Junior League of Waterloo-Cedar Falls, Iowa Inc. 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.

# incoming president's MESSAGE

As we head into our 77th year as a Junior League, we must always look to our past and celebrate the many accomplishments Junior League has had in its 76 years of existence. One success that must be celebrated is our financial health, especially over the past 25 years. In 1989-1990, the Junior League of Waterloo Cedar Falls had 172 Active Members and a total membership of 441 with budgeted net revenue of \$25,426. Twenty-five years later, in 2014-2015, we will be entering with 55 Active Members and a total membership of 270 with budgeted net revenue of \$69,193. Even if you consider inflation over the past twenty-five years, we have continued to bring in more money to our community and League with less and less Active Members. This is simply astonishing!



Another success that must be celebrated is the Junior League's drive to always make the right decisions for Our organization and for Our community. Fifty years ago, in 1964-1965, the Membership was re-thinking the League's role in the Children's Theatre project. Upon reading further on this topic, it is very similar to our current experience of taking a step back to ensure our Issue Based Community Impact approach was the right step for our League.

My point in sharing these excerpts from our past is that each year we celebrate each individual League year's successes and we look to the next year on what to make better and what to improve, but at the core, the Junior League of Waterloo- Cedar Falls hasn't changed - we continue to fulfill our mission each and every League year; we continue to be financially stable and we continue to challenge ourselves to make the best, the right decisions, for our League and our community. As we look to this coming year and the many items to accomplish, let us not forgot all of our past accomplishments!

As this coming League's year is about so many of the same things, financial success by meeting our fundraising goals and spending that money per the designated Community Impact and Membership Training budgeted line items; we also look to improve our Membership engagement and continue with marketing our events in every format possible, but above all, it's really only about one thing - our challenge with how to truly impact our community.

For me, the fundamental entity that has been missing in League over the past few years is a solid answer to the following question, what does the Junior League of Waterloo Cedar Falls do? Some of us have our canned answer that we are women building better communities "or" to fulfill our mission of promoting volunteerism, developing the potential of women, and improving communities through the effective action of leadership of trained volunteers. But, when we say that, what does that really mean to a community member? And besides the meaning, I certainly don't hear passion when I hear our Members say those words.

I ask that you think about what makes you passionate about how the Junior League of Waterloo-Cedar Falls will impact our community; what umbrella issue will get you to talk about the Junior League, will get you to ask a new member to join, will get you excited about asking for a donation. The Issue Based Community Impact model is truly the key piece to make all of the other pieces of the League puzzle fit together. It completes the big picture of whom and what Junior League is in our community. Issue Based Community Impact is our vehicle to fulfilling our mission without having to recite our mission statement.

Let's find our passion,

Jess Krogh

# Impacting our Community

## Enabling Grants that have reached many in the Cedar Valley

The enabling fund helps meet the immediate needs within our community, share Junior League resources without project commitment and to increase Junior League's impact and visibility within our community. The following projects were awarded grants through the Enabling Fund:

**1ST GRANT** – The first quarter enabling grant was awarded in October to ASPIRE Therapeutic Riding for \$1000. ASPIRE is a non-profit organization that specializes in offering individuals with physical, cognitive, and emotional disabilities a unique therapy through various horseback riding techniques. The grant was used to purchase additional therapeutic equipment, as well as replace worn out equipment that is integral to safely and effectively serving their clients.

**2ND GRANT** – In November, a \$1000 enabling grant went to The Boys & Girls Clubs of the Cedar Valley. The funds were used to purchase utensils and equipment for developing a cooking club where Club members learned not only about cooking, but also the importance of healthy eating. They now have a cooking club that meets regularly.

**3RD GRANT**- In January, an enabling grant was awarded to the Neighborhood Hub. They used the \$1000 grant for their Circles of Support (COS) program, which is a support group for families “who desire the tools necessary to bring about change in their own lives, and move toward self-sufficiency.” The funds were used to assist families with essential baskets (personal care items), food boxes, gas cards, and phone cards.

## Teen Service Day

### Members get out their gloves and lend a helping hand

We received feedback during our Focus Committee research, that teens in the area would like the opportunity to help others within the community, but they may not always have an outlet or a means to do so. Therefore, we created a Teen Service Day in April to coincide with Earth Day. Our members and teens from the community worked with Grin & Grow Daycare to clean up their Independence Avenue location for the summer. We had more than 20 teens from a local youth group, Quakerdale, and the Salvation Army volunteers. The volunteers raked leaves, cleaned up trash, cleaned the play equipment, and planted flowers to spruce up the area. Afterwards a picnic lunch was held and everyone got to relax and admire their hard work.



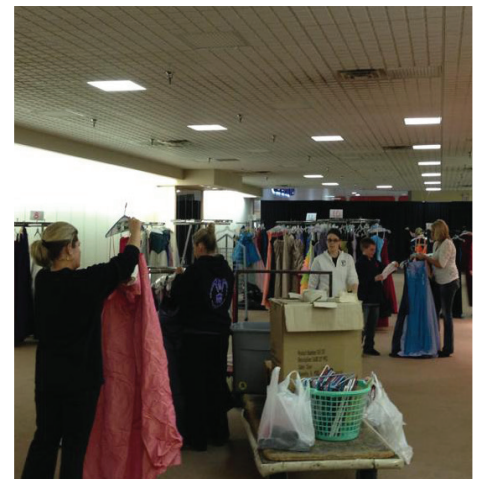
# Prom's Closet

## The New Member Class organizes a successful event

The annual Prom's Closet was a great success! The event was a two day affair; the evening of Friday, March 28 and all day Saturday, March 29. With the help of our generous League women, we were able to promote Prom's Closet throughout the Cedar Valley and collect many gently worn dresses, shoes and accessories.

On opening day, lines of anxious shoppers formed outside the store at Crossroads Center before the opening, excited to find the perfect dress. Radio Station Q92.3 came out Friday to capture the mad rush of young women, friends and families as they made their way through racks of donated dresses. KWVL came out Saturday to continue the media coverage. Customers were also able to enjoy freshly baked cookies, bars and punch (made by our League members) while searching for the right gown. Raffle tickets were also sold for a chance to win prom related items and services. It was great to witness the excitement when a young lady found the perfect dress. We also continued receiving donations throughout the event weekend and sold many of those dresses to eager customers.

Our efforts resulted in the sale of 170 dresses in addition to giving away dresses to 15 high school girls in foster care that were chosen by the Iowa Department of Human Services. In total the event raised \$1924. This wouldn't have been possible without the collaboration and hard work of the Prom's Closet committee and the volunteers who assisted during setup, the event, baking and tear down. Thank you and congratulations League ladies!



# Suitcase Project

## “apartments in a bag”

Our Suitcase Project was kicked off after learning that there is a need in our community for suitcases or “apartments in a bag” to be provided to teens that are aging out of foster care and are moving out on their own into adulthood. Whether or not it be moving into an apartment or going off to college, they often need everyday basics like towels, sheets, detergent and other basic necessities. Our members shopped and put together eight suitcases packed with necessities that will be given out by the local DHS (Department of Human Services) to teens who have a need in the community.



# Annual Dinner

## NEW MEMBER MEETING

Are you or do you know of someone that would be interested in joining Junior League?

If you answered 'YES!' to the above question please have that individual attend the New Member Meeting on August 7th at the Cedar Falls Welcome Center from 6-8 PM.

Please send interest or questions to:  
[jlwcfnewmember@gmail.com](mailto:jlwcfnewmember@gmail.com).

This last a couple of months the Meetings and Education Committee has been planning the year end Annual Dinner. This year, the dinner was hosted at The Cedar Falls Woman's Club. There were 68 Active and Sustaining members who attended and helped celebrate another wonderful Junior League year.

The meeting kicked off by our President, Amanda Kline, honoring our scholarship recipients. These two young ladies, Shayla Kopriva and Emily Halbach, both embodied the values of Junior League such as, leadership, community involvement and academics. After dinner was served, we heard year end results from each of our councils. We also listened to a heartfelt speech from Amanda describing the accomplished year the League has had including record fund raising and the direction of our new pilot project.

The Golden Rose Recipient was honored and the passing of the gavel to our new President, Jess Krogh wrapped up the evening. Jess left us with an inspirational speech where she challenged us to help find and participate in our Junior League of Waterloo Cedar Falls purpose.

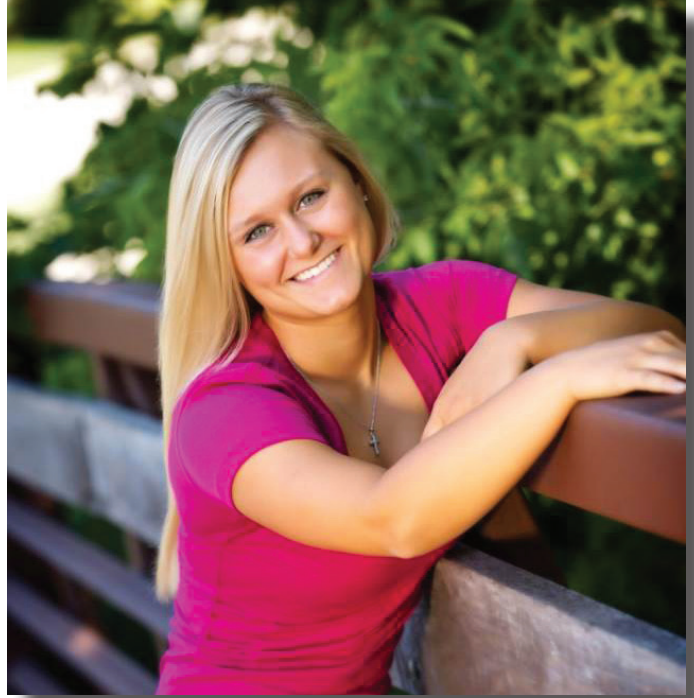


Right: New Member class gets introduced.  
Bottom Left: Active Members enjoy a great dinner with laughter.  
Bottom Right: A powerful group of Actives are announced as new Sustainers



# Scholarship Winners

This year marked the ninth year that we have awarded scholarships to two deserving young ladies. We had thirty highly qualified applications to review. Applications were distributed to all high schools in the following counties: Black Hawk, Bremer, Buchanan, Benton, Tama, Grundy, Butler and Fayette. Two \$750 scholarships were given to two young ladies who demonstrated the qualities that Junior League values including: voluntarism, leadership, and academic achievement. Congratulations Emily and Shayla on your hardwork throughout your high school career and we wish you all the best in the future!



**Emily Halbach** is a senior at Janesville High School. She plans to attend the University of Northern Iowa next year to study Biology/Pre-Med and Spanish. She will also be involved in the Honors Program.

**Shayla Kopriva** is a senior at North Tama High School. She plans to attend Kirkwood Community College to earn an Associates degree; then transfer to the University of Iowa to major in Exercise Science and minor in Spanish. Shayla's ultimate goal is to become a physical therapist.



## SAVE the DATE

Touch-a-Truck Moves to the National Cattle Congress Grounds! Join us Saturday, August 16, 2014 for the biggest Touch a Truck ever! This family-friendly event has grown every year and this year is no exception. We have space indoors and out, guaranteeing great family fun, rain or shine. Kids can get up close and personal with over 30 vehicles including: police car, dump truck, cement truck, tractors, excavator, sports cars, fire truck and many, many more. Throughout the event, there are kid

approved shows and activities, plus raffles and many local food vendors! We expect over 1000 Cedar Valley families to attend this year's event and are grateful for the opportunity to bring this event to the Cedar Valley for the fifth year in a row. This is only possible due to the generous support from our amazing sponsors, truck donations and support from our wonderfully philanthropic community. All proceeds raised go towards furthering the Junior League of Waterloo-Cedar Fall's mission of promoting volunteerism by creating opportunities to thrive for women and children in our area.

-please e-mail [jlwcftruck@gmail.com](mailto:jlwcftruck@gmail.com) with any questions-

# Actives sent to St. Louis

## AJLI prepares our incoming leaders for action

This year we were fortunate enough to be able to send FOUR Members, Jess Krogh, Incoming President, Sarah Pauls, Incoming President Elect, Sam Barrett, Incoming Assistant Vice President of Community Impact, and Danielle Stiegemeier, Incoming New Member Co-Chair to St. Louis to attend the Association of Junior League International's (AJLI) Annual Conference May 15-18th.

Annual Conference consists of an Opening Session where a delegate from each individual Junior League proceeds in the year that League joined the Association. To date, there are a total of 293 Leagues spanning across four countries with a total membership of over 155,000. Annual Conference also consists of breakout sessions that include both League and personal growth along with a Governance Dialogue, Key Note Speaker, Mary Harriman (Founder) Community Leadership Award Luncheon, the Annual Meeting, and an Awards Banquet.

A few years ago AJLI hired global marketing analysts to understand why our greater organization was declining in membership. The findings suggested that the Junior League had systematic issues that needed to be fixed. From here, AJLI created a strategic roadmap.

With the five main questions identified, there became a focus of how to redesign certain aspects of League with the ultimate goal of increased membership and to create a network of women empowered as leaders creating community change.

Between the Fall of 2012 and Winter of 2014, action learning teams were assembled consisting of 79 different Leagues to pilot making the above noted changes in their Leagues. At the 2014 Annual Conference, Phase 1 of the Transformation Rollout was officially shared with the Leagues and AJLI's goal is to have all Leagues operating under the new Community Impact Model (changing from Project Based Community Impact to Issue Based Community Impact) and a Governance and Management Model (Splitting the current Board & Leadership team into two groups, Governance concentrates on the strategic vision of the League and Management concentrates on the day to day management of the League) within the next three years. AJLI has created a step by step process that enables Leagues to learn and implement these new models as they move through a yearlong program. This comes with a strong emphasis on in-League self-directed activities which is supported by online training, virtual discussion roundtables, reading materials, and AJLI assistance. The third area, Membership Model, is yet to come from AJLI and will concentrate both on Active and Sustaining Membership.

For the Junior League of Waterloo-Cedar Falls, the upcoming Summer Board and Leadership meeting will be met with some key decisions on how we want to proceed for our League. Although we were not officially a part of the pilot groups to transform our Community Impact model, we have been working through this model and process and we must consider when to switch to a Governance and Management Model knowing that fairly soon a Membership Model to adopt will be upon our League.

With having our President, President-Elect, a Community Impact Council and Membership Leadership representation at this conference, we have four well trained League Members to help guide these discussions and we are confident we will come out with the best schedule for our League!





# Cathie Mieke

featured  
SUSTAINER

## 2014 Golden Rose Winner

This year's recipient of the Golden Rose is a Sustainer who has never sought the limelight or the power that comes with being in charge. We found a very special quote that perfectly describes her: "Leadership is action; NOT position." Our Golden Rose prefers just rolling up her sleeves and getting the job done. It is her compassion and kindness for others that is her motivation.

As a Junior League Active, Cathie Mieke participated in committee work, fundraising events and outreach projects. Among favorite memories are dancing with her in the Follies...and proofreading every word in the Pig Out Cookbook -- not once; not twice; but three times! She was the Manuscript Coordinator and this award-winning cookbook's recipes are error-free thanks to her! During 1993-94, she served on the Executive Board as Corresponding Secretary. She is a loyal and dedicated Junior League member who cherishes the many, many friendships she made during her Active years.

During those busy Junior League years, she was even busier raising her daughter, Mindy, and son, Matt. Both of them were very involved in school and out-of-school activities and athletics (like the Waterloo Sharks!) and she was an active volunteer at Kingsley, on the Kingsley PTA Board, and co-chair of the Ice Cream Social. As they moved on to Hoover and West High she supported their many endeavors and was a hard-working parent volunteer. Cathie modeled leadership and volunteerism to her children and taught them how important it is to give back to our community. The lessons she taught them -- and the fact they listened her -- were attested earlier this year when her son, Matt, was named one of the Courier's 20 Under 40 honorees for his leadership and volunteer achievements here in the Cedar Valley. We know that was a proud moment for Cathie.

As a Sustainer she has continued to volunteer her talents and support to a number of organizations. She is a valued member of both Womenade and the Community Foundation's Women in Philanthropy group. She has held several offices for her P.E.O. chapter and in Junior League's TNT Investment Group. And although she was just recently named to the YWCA Board of Trustees, Cathie has dug right in and have been assisting the YW with a number of their projects.

One of the most significant volunteer efforts Cathie champions is her service at Westminster Presbyterian Church. Her strong faith guides her every step, and in addition to her personal prayer life she has modeled her Christian faith to others. She leads Westminster as a Ruling Elder, chairs the Membership and Outreach Committee, supports Mission efforts like Prison Ministry and Feed My Starving Children, and sings each and every week with the Chancel Choir.

Cathie was a respected reading teacher in the Waterloo Schools for many years and the encouragement and instruction she gave her remedial students positively impacted their lives.

They say "It doesn't take a great woman to do things, but it is in doing things that makes a woman great." Cathie, congratulations on doing great things for Junior League, your community, your church and your friends.

Nominated by sustaining member, Amy Mieke

Presentation written by Sue Smith and Susie Heaton

## the SPRING fling

Thank you to Tami Stahl, who graciously hosted the Spring Fling for actives and sustainers at her home on May 1. Her home quickly filled with the sound of old friends, and new, catching up with one another. Tami gave each member a May basket before leaving!



# League Hosts Pilot Career Conference

## Young Women get a jump start on success

As a recently trained Gallup Strengths Coach, active member, Traci McCausland volunteered her time to kick off our newest pilot project, the Junior League Women's Career Development Conference. McCausland empowered the crowd of roughly 60 volunteers and attendees through a keynote speech focusing on "Succeeding with Your Strengths."

The conference offered a keynote speaker, breakout sessions in three categories designed to help someone first entering the job market: Resume building, Interviewing Tips and Job Offers. The sessions were led by Junior League members and a panel of area professionals.

"We had tremendous support from our community partners on this event," said Sarah Pauls, conference chair. "Not only did we have many volunteers from several area agencies and schools, but we had over ten different organizations represented during our resource fair."

United Way's Women's Philanthropy Connection (WPC) was also an integral part of the event. Through the WPC's offer of time and speciality mentoring skills, attendees had the option of sitting down and talking one-on-one with a seasoned professional. The WPC would answer specific questions on resumes, attire, or even work/life balance.

A luncheon panel with Junior League representatives concluded the day. Active members Sarah Pauls, Amanda Kline, Jennifer Stevenson, Jill Waddle, Brittany Ruff and Shaylin Girsch, led by President Jess Krogh, offered thoughts on their diverse working experiences and backgrounds. Panelists discussed how their personal paths have developed into leadership roles, and how they've each sought opportunities for growth in their daily lives and careers.

Lucky attendees that won the giveaways took home a copy of Strengths Finding 2.0 or Lean In. But no one left empty handed because all participants took home a Junior League bag stuffed with our cookbook and other goodies.

More importantly than goodies bags, attendees took away many great tips and lessons for improving their skills and career paths. Excitingly, the survey of the event revealed that nearly 100 percent of the attendees would do an event like this again, and nearly all attendees rated the event very high on a satisfactory scale. One survey quipped, "Awesome event - Great job Junior League!"

"The committee for this event was outstanding," Pauls commented. "Each member brought unique skills to the table and we really worked hard as a team. A big thank you to each of them: Shaylin Marti, Melanie Knipp, Jess Krogh, Traci McCausland, Danielle Steigemeier, Michelle Clark, Sam Barrett, Julie Gardner, and Brittany Ruff."

The Women's Career Development Conference was created as a pilot project to test a second issue area in our community. After we complete this pilot we will vote on the issue area that we've been testing and that best fits our League.



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We kindly thank these sponsors for their continued support in making the Cedar Valley a better place!

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## FRIEND (UP TO \$99)

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Words in the Present Tense



JUNIOR LEAGUE OF  
WATERLOO-CEDAR FALLS

P.O. BOX 568  
WATERLOO, IA 50704

Name  
Address  
City, State, Zip

## featured MEMBER



## Melanie Knipp

Melanie has been in Junior League since 2011. During her years in League she has been on the Community Impact Committee, Meetings and Ed Chair and recently on the Ad Hoc Committee for the Career Conference.

She had been looking for volunteer opportunities around the Cedar Valley. Melanie found that while making a small difference she wanted to be part of an organization that could make a big impact. Melanie went to the New Member informational meeting and decided to join there after.

Seeing other women that want to make a difference in our community is what excites Melanie most about League. She likes seeing how a small group of women can make a huge change in the Cedar Valley. She also likes that there are many different types of women who make up our league. Melanie loves the different backgrounds of our Members and how that moves us away from a cookie cutter organization and into a modern League of contemporary women.

Melanie owns and runs Melrose Barber Salon. She is married to Ryan Knipp and they have one son, Michael, who will turn one in July. Aside from being a business owner, mother and wife, she loves to read, practice yoga and travel. She teaches for a color line and that takes her to many cities where she teaches other stylists unique color techniques.

Volunteer work is important to Melanie, outside of League, her salon has partnered with House of Hope. Her staff offers free services to the women who are part of the program. She has also been a volunteer with Habitat for Humanity.