

# the LEAGUELog

Junior League of Waterloo-Cedar Falls



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JUNIOR LEAGUE OF  
WATERLOO-CEDAR FALLS

# about our LEAGUE

## 2013-2014 EXECUTIVE COMMITTEE

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Sue Smith, <a href="mailto:jlsue@aol.com">jlsue@aol.com</a> .....	Sustainer Representative

OFFICE HOURS: MONDAY AND THURSDAY 9:00 A.M. -2:00 P.M.

OFFICE MANAGER: ANNE LANGE

TEL.: 319.232.8687, 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.

## MEETINGS & SCHEDULED EVENTS

### GMM SCHEDULE

April 7, 2014

### BOARD SCHEDULE

March 31, 2014

## 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.

**SAVE THE DATE!**  
ANNUAL DINNER: MAY 5, 2014  
DETAILS TO COME!

# President's MESSAGE

Everything looks and feels different on this side of January 1st. Our League year has only a few short months left and next year's leadership slate has already been determined. At the same time, we have so much left to do this year. We are knee deep in determining the course that our Community Impact work will take in upcoming years.

We just finished our first Teen Night Out, and got rave reviews from the teens who attended the event. Our volunteers also had a blast facilitating the "Minute to Win It" style games. Now we have shifted our sights to our annual Prom's Closet and our new Teen Service Day coming up in April.

In the midst of this, we have launched a new initiative in the Suitcase Project. Our goal for this outreach is to give kids aging out of the foster care system all the things that they need to live on their own. These suitcases will be filled with sheets, towels, kitchen utensils, plates, and all sorts of other things that they will need in a first apartment. Many kids aging out of foster care don't have the ability to buy much of this, and our suitcases could make a huge difference in their lives.

In light of all the new projects this year, and the hope that these sort of events will continue in the future, we added a new Events Committee to our Community Impact Council. Words cannot express how excited I was when the board voted to add this committee! I see this as a huge step forward for Junior League sponsored programs in the Cedar Valley. Working with other groups and helping with their events is wonderful, but there is nothing like working at an event that was created by your own organization.

We are heading into the future with enthusiasm and I am confident that very soon we will find where our passion as an organization lies.

Yours in voluntarism,

*Amanda M. Blum*



# Charity Ball

Looking back on our night in New York.....



The Hilton Garden Inn was beautifully transformed into the Big Apple on December 7 in celebration of the 76th anniversary of the Junior League of Waterloo-Cedar Falls. This year's Charity Ball, "New York City Nights," wowed the 175 attendees with a red carpet arrival, a Cedar Valley Chamber Music string trio, city skyline photo opportunities by Muse Photography, and dancing with Ultimate Entertainment.

Event attendees enjoyed their choice of New York Surf and Turf, Blue Cheese Crusted Pork Loin, or Salmon a la Grecque with a delicious skyscraper and "I Love NY" themed cupcakes provided by Scratch Cupcakery for dessert. The ballroom was adorned with thousands of dollars in New York City decorations, graciously donated by Tammy Green, Owner of Ladybugs Event Planning & Rental. Specialty tables featured Yankee Stadium, Central Park Zoo, Carnegie Hall, Broadway, NYC Firefighters, Police, and a tribute to 9/11 featuring the Twin Towers and two glowing light beams. It was an amazing sight and the Junior Leaguers are truly grateful for Tammy's generosity of her time, consulting services, and incredible vision for the evening.

The program included a Heads and Tails game, a chance to buy a key to unlock a Treasure Chest worth more than \$800 in local gift certificates, an impressive silent auction of 70 packages, and an exciting live auction courtesy of the auctioneering talents of Jodi Sweeney-Egeland. Highlights of the live auction included a Gary Kelley print, Iowa Hawkeye sports package, gourmet dinners, and trips to Keystone, Cape Cod, North Georgia, and New York City! In addition, a beautiful diamond pendant, donated by Facets by Susong, was won by Darci Ritter.

New York City Nights raised more than \$32,000 thanks to the support of Charity Ball attendees and hundreds of corporate and individual sponsors. This amount successfully exceeded the League-set goal of \$25,000 by 30 percent! The Charity Ball committee was led by Event Chair, Traci McCausland and Assistant Chair, Julie Girsch. Committee members included Amanda Harrison, Shannon Kazynski, Shaylin Marti, Kristin Meany-Walen, Kellie Robbins, Brittany Ruff, Stacey Simmer, and Alison Walker.

Our League is looking forward to using the funds raised to further our mission and continue supporting our Community Impact focus areas of "Teen Issues and Healthy Teen Living." Again, many thanks to all Active Members, Sustainers, Charity Ball attendees, Businesses and Individual Donors for helping to make New York City Nights such a fun evening and tremendous fundraising success for our organization. Mark your calendars now for Charity Ball 2014, on December 6!



Special Thanks to Muse Photography for providing their Photography talent at our event!

# New Member Class

2013-2014 New Members gear up for Prom's Closet



The new Member class of the Junior League of Waterloo-Cedar Falls has been busy this year! The first half of the year was spent learning about the various components of our organization. New Members are now putting their new knowledge of Junior League to use as they plan and prepare for our annual Prom's Closet event!

Interested in joining  
Junior League?  
Please contact  
VP of Membership, Hillary Anness  
jlwcfmembership@gmail.com

Prom's Closet will take place on March 28th-29th at Crossroads Shopping Center in Waterloo. Prom's Closet is an event in which new and gently used prom dresses are sold for only \$10 each. The goal of this event is to see that all young women can attend their prom, regardless of their means. Once again, we will be seeking dress donations from community members. We're anticipating a highly successful event!

**WHAT: PROM'S CLOSET    WHEN: MARCH 28-29**  
**GET INVOLVED AND LEARN MORE @ [WWW.JLWCF.ORG](http://WWW.JLWCF.ORG)**

## IN THE KITCHEN.....

Junior League Members have been providing healthy snacks for AMP's monthly meetings. These snacks help fuel the foster kids who attend these meetings but can also be a great snack for adults too! Make this simple dip for you or the kids in your family and crunch yourself to healthy eating!

### White Bean Hummus

- 1 (24- ounce) can cannellini beans or (1/2 pound dried)
- 1 lemon, juiced
- 1 tsp ground cumin
- 2 garlic cloves chopped
- 1/2 cup tahini paste
- salt and pepper to taste (optional)
- 1/2 cup extra-virgin olive oil

\*To cook dried beans, soak them overnight in plenty of water. Drain, put them in a pot, and cover them with fresh water by 1-inch. Bring them to a boil lower the heat, and simmer until they are tender, about 30-40 minutes.

Put the beans into the bowl of a food processor. Add the lemon juice, cumin, garlic, tahini paste, and salt and pepper to taste. Turn processor on and slowly pour in the olive oil. Process until smooth and thick.

Serve with veggie sticks or save in fridge for up to 2 weeks in a sealed container.

# Sustainer Happenings

If there is one thing that Sustainers enjoy, it's an opportunity to gather together socially. We had a great turnout at our Holiday Party in December and recently at our second outing in February. We gathered at Montage in their lounge and enjoyed a social hour and cocktails, then stayed for dinner. The annual spring social with the Active Members will be Thursday, May 1, starting at 5:30 pm, at the home of Tami Stahl (1009 Lake Shore, CF). Hope you will try to attend!

There are several Sustainer groups that gather for reasons other than social (but we still manage to do a little of that). The "morning" book group meets the second Tuesday of the month to discuss a book and share others that they have enjoyed. The dozen or so women who come always provide a variety of opinions. The "evening" book group meets the third Tuesday of the month with a core group of 8-10 women. Both groups make selections months in advance to ensure there is enough time to read the book and have a meaningful discussion.

Learning about investing was such a popular topic that at one time there were three investment groups. The Double D Investment group has been meeting since 1993. The 16 members meet on the fourth Thursday of the month. The Night Traders (TNT) has been meeting the second Tuesday of the month since 2001. The 20 members have assigned stock sectors to follow and make suggestions for purchases. The third group (Generators Investment Partners) has recently disbanded.

The "oldest" sustainer group (meaning it has existed the longest) is Bridge Marathon. Thirty-two members meet for eight matches (set up by the players) between August and April. There is a nominal fee that is used to help pay for mailings, an end of year party, and small prizes.

If you have an interest in joining any of these groups, please contact me at [jlsue@aol.com](mailto:jlsue@aol.com).

Being the Sustainer Representative on the Board has been enjoyable. I've met some wonderful young women who are dedicated to our mission. If you have an interest in taking this position next year, please contact me or the President Elect Jessica Krogh ([jlwcfpresidentelect@gmail.com](mailto:jlwcfpresidentelect@gmail.com)).

Sue Smith  
-2014 Sustainer Rep

You're invited!

calling all actives and sustainers!

What: Spring Social

When: Thursday, May 1 at 5:30

Where: The home of Tami Stahl

1009 Lake Shore, Cedar Falls



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# President Elect Travels to Arizona

## Association of Junior Leagues Inc. Winter Conference



On January 24 and 25, President Elect, Jess Krogh traveled to sunny Scottsdale, Arizona for the Association of Junior League, Inc.'s. 2014 Winter Leadership Conference. The theme for the conference was "Leadership Empowered" and the conference provided the opportunity for Presidents-Elects to work together with their counterparts from Leagues of similar sizes to benchmark and learn about best practices in leadership, governance, management, issue-based community impact, and diversity and inclusion to gain the skills and tools necessary to begin her journey on creating goals and plans for the upcoming League year. The two-day conference included break out sessions, workshops, an opening reception hosted by The Junior League of Phoenix at the Children's Museum of

Phoenix, a Governance Plenary and a Guest Speaker, Betsey Bayless, who is a President Emeritus, Maricopa Integrated Health System; Sustaining member of The Junior League of Phoenix; and Former Republican Secretary of State of Arizona, 1997–2003. Jess was able to connect with Junior League President Elects from surrounding Midwest Junior Leagues and enjoy dinner together sharing various League fundraising activities, Membership structures, Community Impact events, etc.

Jess felt honored to represent the Junior League of Waterloo-Cedar Falls at the Winter Leadership Conference. A major portion of the JLWCF mission is to improve communities through the effective action and leadership of trained volunteers and attending this conference is one small part of meeting that mission. The workshops were full of great content and conversation between all of the attendees and having the conference structured to where smaller Leagues were put together helped to share ideas, hear the struggles, and provide suggestions to other Leagues our size. Another thing Jess enjoyed was dinner with the other Midwest Junior League President Elect's. For her, it is truly a great feeling to be around such like-minded women! The knowledge gained during this conference will be mostly shared with the incoming board and incoming leadership team that was recently slated; however, she is looking to host a virtual Lunch and Learn session on all of the valuable resources available on the AJLI website for our members and of course the shopping opportunities for JL apparel and much more!

Jess feels grateful that JLWCF budgets appropriately to send a few Junior League Members to conferences each year and she is feeling confident in her role as JLWCF President for the Junior League Year of 2014–2015. She'd like to thank the Membership for helping to send her to this very important conference!

## Golden Rose

Honoring an outstanding Sustaining Member who has committed their time and efforts to improving Junior League and the Cedar Valley.

Each year, Junior League honors an outstanding Sustaining Member who has contributed her time and efforts to improving Junior League and the Cedar Valley with the Golden Rose Award. Nominations for this prestigious award can be submitted by New, Active and Sustaining Members. Nomination forms will be accepted until Tuesday, April 1, 2014. The recipient will be announced at the Junior League Annual Dinner on Monday, May 5, 2014.

Nomination Forms can be found in the Members Only section of our website, [www.jlwcf.org](http://www.jlwcf.org), under Forms & Surveys. Please return nominations by Tuesday, April 1, 2014, to Jill Becker at P.O. Box 568 Waterloo, IA 50704

If you have any questions, please send an e-mail to: [jlwcfmarketing@gmail.com](mailto:jlwcfmarketing@gmail.com)



# Anne Nass

featured  
**SUSTAINER**

In Anne's eleven active years, she has many memories from Junior League. The positions that stand out most are President, President Elect, and Cookbook Committee.

Susan Hoppenworth was Anne's sponsor and allowed her a ticket into League. After Anne's provisional year, she hit the ground running and never looked back. When her children were young, Anne went from a Rehab Counselor for the Medical Director of Rehab to what she called a "Domestic Goddess". As time went on and her children started to get older, she was looking for opportunities to get back out and involved in the community and Junior League seemed to be a great opportunity to do so. Early on, she recalls the process for the League Log



in which Committee Members had to cut and paste articles, pictures, and ads and tape them onto large boards. Times may have changed for the League Log, however haven't for some of the small projects implemented during Anne's years in League. Anne was proud to have helped establish a new office location (4th Street), and such projects as Hartman Reserve's Expansion, Grin and Grow Day Care renovation, Traveling Tails, and the Boys and Girls Club Computer Lab, all of which continue today and have helped local organizations succeed in many ways. She continued on to later become President, which she greatly enjoyed. Holding office hours and traveling were a few things she mentioned. As President Elect and President, she traveled to Washington D.C., Louisville, Phoenix, San Francisco and Atlanta. Anne also chaired ISPAC for the Iowa Junior Leagues.

Anne was also very instrumental in the production of our current cookbook. With a personal passion for cooking and entertaining, this was a great niche for Anne. From drafts to final production, she enjoyed all the processes this entailed.

Anne is married to Tom and they have one son, Andrew and one daughter, Gabbi. She enjoys attending musicals and concerts - a few of her most recent include Josh Groban and Justin Timberlake. Crafting, beading and scrapbooking help keep her creative juices flowing. Anne and Tom will celebrate 30 years of marriage in June and they will enjoy a trip to Vegas!



**Kristi Tibben**

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# Minute to Win it!

## Community Impact organizes our first Teen Night Out event

The Community Impact Committee hosted a “Minute to Win it” themed Teen Night Out at the new Cedar Valley SportsPlex on January 16. The teens had a chance to check out the SportsPlex before it officially opened and were able to play the popular “Minute to Win It” TV gameshow and other games such as, Face the Cookie, Temper Tantrum and Stack Attack, while enjoying hot cocoa and healthy snacks.

We had approximately 12 teens from the Boys and Girls Club in attendance along with several other teens from the Waterloo-Cedar Falls area. One teen was lucky enough to win an iTouch as the grand prize of the evening!

Our Junior League Members had a great time facilitating the games with the teens and even tried out a few ourselves! We had a few guest volunteers from the Women’s Philanthropy Connection join us for the night as well. Overall the evening was a success and everyone had so much fun!

The Community Impact Committee is working on planning a Teen Service Day for the spring. If you are interested in getting involved, please contact Autumn Hurley.



We will be accepting enabling applications for for this upcoming year. See our website at [jlwcf.org](http://jlwcf.org) or contact the Junior League Community Impact VP for more information: [jlwcfcommunityimpact@gmail.com](mailto:jlwcfcommunityimpact@gmail.com)

# Junior League Sponsors 2013-2014

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

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Ryan and Shaylin Girsch  
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Mike Knapp  
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Words in the Present Tense

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\$50 for 1/4 page ad

\$75 for 1/2 page ad

Reach over 500 addressees!

featured  
**MEMBER**

## Jill Waddle

This is Jill's third active year in Junior League. She has served on the Charity Ball Committee, Marketing Committee, Prom's Closet Chair, and now on the Community Impact Committee.

Curiosity led Jill to get involved with Junior League. She received a letter in the mail inviting her to come to an informational meeting at the Cedar Falls Public Library. She accepted the invite and went to learn more about the organization and was intrigued about the volunteering opportunities as well as the networking with League Members.



Jill enjoys being involved in community outreach opportunities that League offers throughout the year, which she normally wouldn't partake in on her own. She loves meeting and getting to know all the League Ladies, as well as, surrounding herself with people who have a common goal; recognizing the needs in the community and doing what you can to make it better.

Aside from Junior League, family and little ones keeps Jill on her toes. She loves spending time with her family and friends. Her husband, Joshua, and children, Samuel (4) and Kate (2) Charlotte, (5 months) are her main focus and blessings. Weekdays can be such a whirlwind that making the most of her weekends is essential. Also, Jill and 2 of her 4 sisters, all had babies in 2011 and 2 more again in 2013 so they have a lot of fun getting the kids together and watching the chaos ensue.

Jill is an Account Manager at VGM. She travels for work and does her best to juggle a career and personal life as well as her sanity. She gives credit to her husband for being the single parent while away and keeping the house in better shape than when she left it, not to mention the kids are fed, clothed and happy.

While it might not seem like there is much time left in her days, Jill still sets aside time for a little additional volunteering. She has volunteered for Junior Achievement and has served on the Go Red for Women Committee.