the LEAGUELOS Junior League of Waterloo-Cedar Falls



In this issue: YOLO Y.E.S P. 3 | Governance Changes P. 6 | Annual Dinner Recap P. 7





2015-16 BOARD OF DIRECTORS

Je	ss (Dee) Krogh, jlwcfpresident@gmail.com	
Sa	rah Pauls, jlwcfpresidentelect@gmail.com	President-Elect (both Board & Mngmt.)
E	mily Cabbage, cabbee68@hotmail.com	
Н	aley Davis, haleywhlr@msn.com	Treasurer
D	anielle Wingrove, danielle 2206@yahoo.com	Lead Placement Advisor

2015-16 MANAGEMENT TEAM

Samantha Barrett, jlwcfcommunityimpact@gmail.com	VP of Community Impact
Shaylin Girsch, jlwcffunddev@gmail.com	
Krist Tibben, jlwcfmarketing@gmail.com	VP of Marketing
Julie Girsch, jlwcfmembership@gmail.com	VP of Membership
Terri Briggs, t_gav@hotmail.com	Management Secretary
Cheryl Ewers, cherewers@hotmail.com	Bookkeeper

OFFICE HOURS: MONDAY AND THURSDAY 9:00 A.M. -3:00 P.M. OFFICE MANAGER: ANNE LANGE

TEL.: 319.232.8687, EMAIL: JLWCFOFFICE@GMAIL.COM

Like

INFORMATION

Be sure to check your email every Friday for the Weekly Update. Get up-to-date information including upcoming events, volunteer opportunities, reminders, and more. Contact the Junior League office at jlwcfoffice@gmail.com if you are not currently receiving the Weekly Update.

Don't forget to like us on Facebook!

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.

MEETINGS & SCHEDULED EVENTS

GMM SCHEDULE

September 8, 2015

October 5, 2015

November 2, 2015

December 7, 2015

MANAGEMENT TEAM SCHEDULE

August 24, 2015

September 28, 2015

October 26, 2015

SAVE THE DATES!

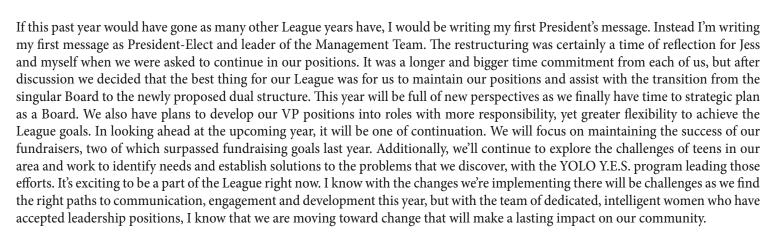
Touch-A-Truck - Saturday, August 8 CHARITY BALL - SATURDAY, DECEMBER 5

President of President-Elects MESSAGES

Year 78 - here we come....with a new look and feel from a Leadership perspective! In the 2014-2015 League Year we moved to a spilt Leadership team of a Governance (Strategic) Board and a Management (Tactical) team. The President's role is to lead the new Governance Board and the President- Elect's role is to lead the Management Team. The main goal of the 2015-2016 Governance Board is to set long-term strategic goals and plans for our League to ensure that the Junior League of Waterloo-Cedar Falls remains in existence for another 78 years! With both the financial and people resources available to focus on this strategic planning, we are very excited about the outcome that the Governance Board will produce this year. I am looking forward to seeing all of the wonderful items the Management Team has planned for this year, particularly the continuation of our Community Impact Focus Area of Teen Issues. As this spilt in Leadership will have its fair share of struggles to resolve this year, the potential it provides to our League is truly priceless.

Yours in Voluntarism,

#drivenbyourpassion



Waterloo-Cedar Falls, li 1968

Yours in Voluntarism,

South faul

YOLO - Y.E.S.

You Only Live Once - Youth Empowerment Series

The Community Impact Committee kicked off our new focus area, Teen Issues, with a youth empowerment series. After polling some young adults, the committee came up with the name, YOLO (You Only Live Once) Y.E.S. (Youth Empowerment Series) for the series of four meetings held at Bunger Middle School. About 20 Bunger students came each month to learn important life-skills in a fun environment. At the end of each session, the students who attended were entered into a drawing for gift cards and snacks to take home. At the end of the series, one lucky student had their name drawn to win an iPad mini.



The first session focused on career exploration, with business owners and professionals speaking about what they do and how they got there. The students then got to do hands on activities to learn about more about those careers.

In the second meeting, the youngsters learned about healthy eating and exercise. They each took a turn making a turkey wrap, and got to take home all of the ingredients for a yogurt parfait. In addition, two UNI exercise science majors volunteered their time to teach them new and challenging fitness exercises.

The third meeting included information about financing and household budgeting. A game was created in which the kids had to work with a budget and determine where they wanted to spend their money. In the last session, the students put everything they learned together and were tasked with navigating through life based on their careers, budget, and life choices.

YOLO Y.E.S successfully kicked off our Teen Issues focus area, and the Community Impact Committee is looking forward to organizing this event again in the coming year!





President-Elect Travels to Orlando

Association of Junior Leagues, Inc. Winter Conference



President-Elect, Sarah Pauls, traveled to Orlando, Florida for the Association of Junior League, Inc's 2015 Winter Leadership Conference. The conference, held from January 25-26, provides the opportunity for Executive Vice Presidents, President-Elects, and President Elect-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, diversity and inclusion. Attendees collaborate and discuss ways they can individually learn the skills and tools necessary to begin their journey creating goals and plans for the upcoming year.

The two-day conference included break-out sessions, workshops, a Governance Plenary, and Guest Speaker, Vicki Clark, who is a continual contributor to AJLI's leadership trainings. Sarah was able to connect with other Junior League President-Elects and Elect-Elects

from surrounding Midwest Junior Leagues. They enjoyed dinner together and shared various League fundraising activities, membership structures, community impact events, etc. Specifically, for Sarah and subsequently our League, the especially useful sessions revolved around fully utilizing AJLI's resources on the website and the session on issue-based Community Impact, because locally we are working on rolling out our new focus of Teen Issues.

Sarah was truly proud to represent us at the national level. We learned that our projects are very comparable in size and often more profitable, than many other Junior Leagues our size, which is a major testimonial to the work that we do. Attending the conference puts our League in a very strong position, by training our board and developing their capacity to lead an organization and carry out the JLWCF mission. The conference structure is ideal for this type of training. Each representative spends time with those from similar sized Junior Leagues. This allows for the women to share ideas, talk about unique challenges and provide suggestions to one another in a collaborative learning environment.

And of course one of the most enjoyable parts of the conference is getting to know the members of the other Junior Leagues. Since President, Jess Krogh, was on maternity leave, Sarah enjoyed the company of the Junior League of the Quad Cities who "adopted" her and made sure she was taken care of during her trip. These relationships built on the commonality of women wanting to change their communities for the better are one of the greatest offerings of the network of Junior Leagues.

Certainly, Sarah feels so much gratitude to the JLWCF for budgeting for these conferences. The experiences are invaluable and she looks forward to the next few years where we will be implementing the training information right here in our local League.





Kristi. Search the Cedar Valley. com

SEEKING New MEMBERS!

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

If you answered 'YES!' to the above question there is still time to join! Please contact the New Member Committee Co-Chairs at the following address:

jlwcfnewmember@gmail.com

Upcoming Events/Dates





WHEN: Saturday, August 8th from 11:00 A.M. - 2:00 P.M.

WHERE: National Cattle Congress Pavilion

WHY? Explore over 20 trucks, cars (even a Zamboni)
Win a trip to the Wisconsin Dells worth \$500!!
Magic Show starts at 11:30 A.M.
Waterloo Symphony Petting Zoo
Bounce Houses, Balloon Animals, Face Painting









2015-2016 Enabling Grants Available

This year's Enabling Grant Deadlines have been set for
October 5, 2015 and February 8, 2015
Applications for these grants can be found on our website at jlwcf.org or for
more information, please email
jlwcfenablinggrant@gmail.com

Transforming Governance

Big changes are coming not only to the Junior League of Waterloo-Cedar Falls, but many Junior Leagues around the nation. AJLI (Association of Junior League International) has spent the past several years looking at ways to ensure the longevity and success of all Junior Leagues. They worked with a selection of Junior Leagues across the nation to determine the best way to accomplish that. This year, we decided to participate in the Governance and Management portion of this strategic transformation. The purpose of this transformation is to split the Leadership into a Governance Board and a Management Team. The Governance Board is responsible for the strategic plan and long term planning of the League to ensure that we are an integral part of the community. The Management Team is responsible for the day to day decisions and developing and implementing programs to achieve impact on the community through the skills of our Members.

We are almost done with the transformation through AJLI and as of this next League year, we will have a Governance Board and Management Team to move forward. We are sure there will be some kinks to work through, but we are excited to begin the process. We strongly believe that this new system will provide very positive change for our League and all Leagues across the nation.



Annual Dinner

Dinner with a side of Motivation

Annual Dinner was held at the Elk's Club this year and the evening featured drinks, a wonderful dinner and a recap of the year. We thanked current President, Jess Krogh, but due to changes in our governance, rather than welcoming Sarah Pauls as our next President, we welcomed Jess as our President again next year! Sarah's term will start in the 2016-2017 Junior League Year and she will remain President-Elect this year. Our change in Governance was not the only topic of conversation. We discussed the many highlights of the year including, of course, Charity Ball, our very first YOLO Y.E.S events, and record setting years for Prom's Closet and Touch-A-Truck. We were also thrilled to welcome 12 New Members into Active Member status and announce this year's Golden Rose winner, Joni Hollen!

Attendees also enjoyed a motivational presentation by Teri Trask, Orange Elementary's principal who is also known as an "enthusiologist extraordinaire." Teri presented her T2 Training which covered finding your purpose, giving back and taking your life to the next level.

The evening was also highlighted by the presentation of a \$2,000 check to Achieving Maximum Potential (AMP) to support the apartment in a suitcase program for teenagers aging out of foster care. We also awarded two outstanding Cedar Valley teens, Agatha Feneche of Cedar Falls High School, and Sydney Weldon of Waterloo West High School with this year's scholarships.

The only thing that could have made the night better was not saying goodbye to any of our Active Members, but as happens each year, we thanked and said farewell to the following Active Members who went Sustaining: Sara Moore, Emily Tieskoetter, Julie Gardner, Laura Lockert and Amanda Harrsison.







Scholarship Winners

This year marked the 10th 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 \$1,025 scholarships were given to two young ladies who demonstrated the qualities that Junior League values including: voluntarism, leadership, and academic achievement. Congratulations Agatha and Sydney on your hardwork throughout your high school career and we wish you all the best in the future!



Agatha Fenech Is currently a senior at Cedar Falls High School. She plans to attend Vanderbilt University next year to double major in Political Science and English. Following completion of her Bachelor's degree, she would like to dedicate two years of service by joining Teach for America or the Peace Corps. Her eventual goal is to attend law school and then run for office to advocate for education reform.

Youth Service America is one of the primary organizations Agatha has volunteered with as the National Child Awareness Month Ambassador for Iowa. Youth Service America is a national organization that advocates for youth volunteerism and awards grants for service projects. Agatha was awarded a \$1,000 grant for a service project, a school garden, she has been working on since September. She has also served on the State of Iowa Youth Advisory Council, Rotary Youth Leadership Awards, and the Northeast Iowa Community Foundation Teen Trust.

Agatha has also received many honors and awards during her high school career. She is Team Captain of the CFHS Dance Team, Editorin-Chief of the CFHS Yearbook and serves on the CFHS Mentors in Violence Prevention program.

Sydney Weldon Is a senior at West High School in Waterloo. Her future plans are to attend either Iowa State University or Reed College where she will double major in Environmental Studies and Biology. Her career goal is to become a park ranger where she can spread environmental awareness and positively influence the way our world treats nature.

Sydney has invested a great deal of time through her volunteer work with the Northeast Iowa Food Bank. She served as the volunteer coordinator for their annual fundraiser, Combat Hunger and was the communication liaison for West High for the annual Canned Food Drive. Sydney has also volunteered for many organizations through the National Honor Society including the Special Olympics, Dance Marathon and the Juvenile Diabetes Research Foundation.

Sydney has been involved in many activities at her high school including Student Senate, Pep Band and Marching Band, Speech & Drama, Cheerleading and the French Club.



Joni Hollen

2015 Golden Rose Winner

It was a very a very touching moment when Active Member Michelle Clark presented her mom, Joni Hollen with this year's Golden Rose. Joni joined Junior League right after she and her husband, Mike moved to Waterloo. Joni said, "Junior League was a perfect fit. Many of my best of friends are still the women I met in League over 37 years ago."

After becoming a sustainer, Joni really did carry on the Junior League legacy of a lifetime of volunteerism and community involvement. Joni is currently involved in Roundtable, Women in Philanthropy (both part of the Community Foundation), Questers (antique study group), PEO and volunteers at Kingsley twice a week and is Co-Sustaining Rep for Junior League. Joni just recently received the Governor's Volunteer of the Year Award in 2014, so she is certainly not showing any signs of slowing down! We want to congratulate Joni for her hard work and dedication to Junior League and our community!





Junior League Sponsors 2014-2015

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

PLATINUM (\$2000+)
Anonymous Donor
Bergen Plumbing, Heating & Cooling, Inc. Jim Lind Service
Dr. Christopher Hill
Gerry and Meredith Slavin
Ladybugs Event Planning and Rental
Landon Bailey Leila and Brian Girsch Life 101.9 Susan & Mark Pelleymounter Simply "I Do" Q 92.3 VGM & Associates

GOLD (\$1500-\$1999)

Brooke Ullom Dr. Michael C. Hollen - Orthodontics Facets by Susong Jeff & Carmin Stickfort Leigh Murdoch Rick & Cathy Young Melissa Haberstich Penny O'Connor Terri & Steve Jackson Standard Distribution

<u>Silver (\$750-\$1499)</u>

All Smiles Family Dentistry
Danielle P. Wingrove, DDS - Cedar Valley Endodontics, LLC

<u>Silver (\$750-\$1499)</u> Dillard's

Enviropest Solutions Greenwood Pharmacy Hawkeye Alarm Company Mark & Marty Clark Muse Photography PDCM Insurance Riddle's Jewelry Snap Fitness Sunnyside Country Club Wheaton Franciscan Healthcare

Bronze (\$400-\$749)

Acupuncture and Chinese Medical Clinic A-Line E.D.S. Andy & Holly Van Fleet Ben Cromer Bergan, Paulsen & Company, PC Bob & Louise Krogh Cedar Valley Center for Facial Plastic Surgery - Dr. David Congdon Cedar Valley Corp.
Cedar Valley Eye Care/Kline Optical Cedar Valley Orthodontics - Dr. Chris Holahan Gary Kelley **Humfeld Promotions** Jameson's Public House

Bronze (\$400-\$749)

Jennifer's on Main Julie & Michael Girsch Kent & Traci McCausland Locke Funeral Home Matt & Katy Harbaugh Moment in Thyme Oh! So In Boutique O'Hana Salon & Spa Prestige Quality Dry Cleaning Roth Jewelers Ryan & Jess Krogh Susie Heaton Witham Auto

VOLUNTEER (\$100-\$399)

AAA MN/IA Acuff Log Express LLC Advanced Environmental Testing and Abatement, Inc Alyssa Johnson Andy & Christa Miehe Anne Nass **Audrey Andrews** Barmuda Corporation Beaver Hills Country Club Benton's Ready Mixed Concrete, Inc. Big Timber Hardwoods Black Hawk Hotel Blain's Farm and Fleet Blake Colwell

Junior League Sponsors 2014-2015 Con't

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

VOLUNTEER (\$100-\$399)

Blank Park Zoo

Bob and Cheri Greenwood Family

Brittany Ruff

Bryan & Sarah Pauls

Casey's General Stores

Cedar Falls Recreation Center

Cedar Valley Art and Wine Cedar Valley Hy-Vee's

Cheryl Ewers

Chris & Megan Fereday

Chris & Amy Hethertom

Christian & Jessica Krogh

Christopher & Suzy Schares

David & Amanda Kline

Design 360 at Decorating Den Interiors

Dodie & Mike Young

Emily Nolting Engineered Products Co Family Health Chiropractic

Farmer's State Bank

Gallagher-Bluedorn Performing Arts Center

Garland & Laura Angove

Gary Smith

Heritage Art Galleries & Frame

Hoffman & Hoffman Trenching

Hydrite Chemical Company

Iowa Irish Fest

Isle of Capri

Jamie Orr Photography

Jason & Emily Tieskoetter

Jen & Matt Beck

Iennifer Kraus

Jessica Benjamin

Joe & Kristina Bergman

Joe & Torie Greenwood

Jon Youngblut

Karen Mukai

Kari Jansen

Kosama-Cedar Falls

Lisa Corcoran

Maple Lanes/King Pin Bar and Grill

Matthias Landscaping

Melrose Barber & Salon

Merry Maids

Michelle & C.A. Clark

Mike & Tami McLaren

Millstream Brewing Company

Milroy's Formal Wear

Montage

Nate & Kristi Tibben

National Mississippi River Museum &

Aquarium

Nina Forcier

Palace Clothiers (Main Street & Kimball

Ave)

Pat Kein

People's Insurance Agency Professional Carpet & Upholstery Cleaning

Quam Trucking

Ralph & Mary Jane Sapko

Riverside Resort and Casino

Ross & Megan Hannam

Rod & Val Ruff

VOLUNTEER (\$100-\$399)

Ryan & Molly Martin

Ryan & Shaylin Girsch

Rye & Anne Lange

Sam & Janet Holden

Scheel's All Sports

Skogman Companies

Stephanie Staak

Strategic Imaging

Stuber Enterprises, Inc

Target (Waterloo)

The Gym Crossfit Kilo

The Sinnott Agency - Dan Sinnott

Todd & Angie Gray

Tom & Kathy McGowan

Tom Geise

U.S. Bank

Waterloo Black Hawks Hockey

Waterloo Cedar Falls Symphony

Waterloo Center for the Arts

Waterloo Community Playhouse

Waterloo Leisure Services

Wayne Engineering

YMCA of Black Hawk County

<u>Friend (up to \$99)</u>

4 Queens Dairy Cream (Waterloo)

Adrenaline X Laser Tag

Alan & Molly Morris

Alist Nail Spa

All Stop Car Wash An Elegant Affair

Aram & Katy Susong

Balance Hot Yoga

Barn Happy Basket of Daisies

Beth Knipp

Black Hawk Children's Theatre

Buffalo Wild Wings

Cadillac Lanes

Cedar Falls Community Credit

Union

Cherry Berry

Chuck E.Cheese's

Coldstone Creamery

Cottonwood Canyon Coffee House

CU & The Cellar

Damon's Sports Bar and Grill

Diana Diaz

Doughy Joey's

Famous Dave's

Fareway Stores, Inc

Great Ćlips Progress Plaza

Grout Museum

Hearst Center for the Arts

Hy-Vee University Ave

Island Paradise

Jane Hemenway

Jiva Salonspa

Kitchen Essentials and Gifts

KT's Inflatables

Lattin Photography

Little Caesars Pizza (University Ave)

Little Caesars Pizza (W. 1st St.)

Logan Avenue Hy-Vee

FRIEND (UP TO \$99)

Main Street Sweets

Miss Wonderful

Mod Hair Color Salon and Beauty Store

Morg's

My Thai Cuisine

Old Chicago

Olive Garden

Palmers Family Fun

Papa Murphy's - Cedar Falls

Peek-a-Boo Baby

Peppers Grill and Sports Pub

Phelps Youth Pavillion

Pita Pit Cedar Falls

Pita Pit Waterloo

Pizza Ranch Rudy's Tacos

Shear Artists & Kid's Cuts

Southtown Bar & Restaurant

Tacora Massage

The Other Place (Ridgeway Ave)

Thorp Family Fun Toad's Bar & Grill

Town House Tenderloins

University Book and Supply University of Northern Iowa-Kindergym

Wal-Mart (Cedar Falls)

Waterloo Bucks

Words in the Present Tense Worthington Family

Zsavoos

Help support your business &

Junior League!

Advertise in the League Log!

\$25 for 1/8 page ad \$50 for 1/4 page ad \$75 for 1/2 page ad

Reach over 500+ addressees!

P.O. BOX 568 WATERLOO, IA 50704 NON PROFIT ORG. U.S. POSTAGE PAID WATERLOO, IA PERMIT NO. 1752

featured MEMBER



Julie Girsch

It is hard to believe that Julie Girsch even has time for Junior League with all of her commitments, yet her dedication to improving the lives of women and her deep desire to make her community better makes her perfect for League, and one of the Active Members who will undoubtedly leave her mark on our organization.

Her desire to serve was evident right away as Julie jumped right into the position of Assistant Chair of Charity Ball in her first Active year. From there, she served as the Charity Ball Chair last year and is the VP of Membership this year.

"I got involved because I had some family members (my husband's cousins) who were all active in League," Julie explained. "I had just moved from Oak Park, IL (Chicago area) and wanted to get involved in fundraising and non-profit work. I had just moved to a new community and I wanted to understand the community needs, the diverse culture, and meet new women in the area. I knew the mission was supporting women and the community we lived in and this was a great transition from the non-profit work I was already doing back in Chicago. I had heard of Junior League but was never involved until I moved to Waterloo."

While Julie did not get involved with Junior League prior to moving to Waterloo, she did tap into her passion for volunteering. "I have been involved with the Misericordia Home for the Developmentally Disabled in Chicago from a young age," Julie explained. "My aunt is a resident at the home". She started volunteering with this program as a grade school student. After college, she was a youth leader for five years and served on the board of directors for the Appalachian Service Project (ASP) – in Oak Park. In this role, Julie led a group of high school volunteers to rural Central Appalachia to repair homes for low-income families.

When asked about what she likes most about Junior League, she says she really enjoys working with talented women that focus their energy on community needs. She has also enjoyed forming friendships with those she has met. Her passion for raising money for a great mission and supporting teens in our community was evident in her determination to plan and execute a very successful Charity Ball last year.

Julie grew up in Chicago and has an older brother and younger sister. She is married to Michael Girsch and has two dogs, Crimson and Clover. She is starting her 8th year of teaching and currently works for the Waterloo Community School District at Bunger Middle School as an 8th grade special education teacher. This summer, she graduated from UNI with her Masters of Education Principalship/Leadership Degree. She also is the head girls' soccer coach at Columbus Catholic High School, and her fund raising talents are fully utilized for the soccer team. Julie even continues to play soccer herself in adult leagues in the area. She played the sport at Loras College for 4 years as an undergraduate and then at UNI for their Women's Club team while in graduate school.

In her little bit of spare time, Julie does like to go boating with family, hang out her family's lake house and lounge at the pool.