



JUNIOR LEAGUE OF
NASHVILLE
Women building a better community

LEAGUE LINK

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Home Board gives over \$40,000 in Holiday Gifts

"Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others." Barbara Bush

The Home Board has a longstanding tradition of bringing holiday cheer to patients of the Vanderbilt Children's Hospital.

After the mother of a child with autism came to the Junior League Family Resource Center with the idea of a toy library, a development team for the project came together, and in December of 2005, one of the Home Board's gifts to the hospital included the Toy Lending Library. Families may check out toys and software to assist with play skills and development for children with special needs from the Toy Lending Library.

"I think it's a wonderful resource. I don't know that there's ever been anything like this before," said Teri Edmonson, one of the parents on the development team.

This year, the Junior League Home Board has continued that tradition of spreading holiday cheer, and has given over \$40,000 in holiday gifts to programs of the Junior League Home. These holiday gifts include a DVD vending machine, digital cameras, and Starlight Fun Centers to Vanderbilt Children's Hospital. McNeilly Child Care Center, also a program of the Junior League Home, received fish tanks, playground equipment, infant bedding and a DVD player from the Home Board.

Each December, the Home Board is the recipient of a bequest made by the Hamilton Fund that is restricted for the use of gladdening the hearts of children during the holidays. In addition to purchasing and wrapping presents for the patients of VCH, the Home Board purchases bereavement books in memory of the deceased patients of the hospital, and gifts to programs of the Home for the benefit of the children who face crippling conditions.

The Home Board helps to make the holidays a brighter time for children and their families. The support of the Junior League of Nashville is invaluable to the Children's Hospital and its patients and families.

Kelly O'Connor
Home Board Marketing & Publicity



The Vanderbilt Register contributed to this article.

President's Perspective



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MISSION

The Junior League of Nashville is an organization of women committed to promoting voluntarism, developing the potential of women and to improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. The Junior League of Nashville reaches out to women of all races, religions, and national origins who demonstrate an interest in and commitment to voluntarism.

VISION

The Junior League of Nashville is a premier women's volunteer organization. We offer our members the opportunity to build meaningful relationships with others who are unified by a desire to give back to our community. Through the talents of a diverse membership, we will support and enrich the lives of women, children, and families in our community. Together we have greater impact than we do individually.

My JLN Resolutions for 2007



Happy New Year! Have you recovered from the Holidays? Have you made any New Year's Resolutions? Some of mine are the same that I

have every year: lose that 10 pounds that I swore I'd lose last year, exercise more and spend more time with my family. But, I've also been thinking about my New Year's resolution to you and our community. How do I want to complete my tenure as President?

Well, here are my JLN resolutions for 2007:

- 1) I will support Angie Stiff and Bryna Grant and their cookbook committee in achieving their sales goals by emphasizing and promoting *Notably Nashville* to our membership, friends and the public. We have a fantastic cookbook and more people need to know about it (and buy it!).
- 2) I will support Mary Morgan Bryan in achieving her Annual Fund goal of \$70,000 for this year. The Annual Fund is an essential part of our operations, and I look forward to telling our story to potential donors.
- 3) I will support Jillian Waters and the strategic planning committee in their work to establish a short, concise strategic plan that will serve as a road map for our organization over the next three years.
- 4) I will support Mary Rigby and her leadership team as they embark on their plans for the 2007-08 placement year.
- 5) I will support Angela Morretti-Goddard and Mary Kate Mouser and the community research committee as they present the slate of 2007-08 grant recipients.
- 6) And, finally, I will support you as you complete the placement year and look forward to celebrating our 85th anniversary with you.

I ask you to ponder how you would like to impact the JLN and our community in the coming year. My favorite writer, Maya Angelou, wrote "Something made greater by ourselves in turn makes us greater." What do you plan to make greater?

I look forward to this winter and spring with you!

Shana

JLN Members Fulfill Resolution to Help Rebuild New Orleans



From the Show House Chairs

Well, it's January 2007 and the Decorators' Show House and Holiday Marketplace 2006 is merely a memory. Hopefully, your memories are as happy as ours. This has been a wonderful experience and we want to thank everyone who set foot in this magnificent house.

This has also been an opportunity to work with a wonderful committee who certainly rose to the occasion. We could not have asked for a better group of women. Thank you for your love, support and commitment.

Linda & Grace

2006 Holiday Show House Co-Chairs



Rockin' Around with Rejoice Ministries



The Rejoice Ministries Dancers take a quick break from rehearsal with the VP of Community Vanessa Handrick-Garner. Vanessa set the number "Jingle Bell Rock" for a performance at the Decorators' Show House event "Treats with Santa."

Rejoice Ministries was the 2006 Recipient of the \$50,000 JLN Keystone Grant. Rejoice Ministries provides professional level dance training and after school programs for lower income children in East Nashville.

Notably Nashville's Dinner With Friends: *A Scrumptious Success!*

With nearly thirty parties, from a Harvest Supper to a Halloween costume party, Dinner with Friends was guaranteed to be a good time! Some guests made the rounds at several parties in one night! Congratulations to Wendall Lowe, Tracy Rankin, and Meredith Griffith whose Family Fall Fest raised the most money for Junior League of Nashville! We are so thankful for our Dinner With Friends sponsors: Publix, Fifth Third Bank, Sona MedSpa, You're Invited, and US Bank!

The Dinner With Friends committee would like to thank the Sustainers, League Power (Mary Wilson, Meredith Griffith, and Adrienne McRae), Shana Alford, Patti Smallwood and Betsy Wills. And a huge thank you to all of our DwF party hostesses and guests. Potential 2007 party hostesses, you've got BIG aprons to fill!



Oasis Center

This year, Oasis Center celebrates 36 years of service to youth and families in the greater Nashville area. What began as a simple drop-in center for youth in crisis has evolved into a far-reaching youth-centered organization that offers safety, hope, healing, and opportunities for growth to every youth, whether homeless, needing counseling, or wanting to become involved in their community.

Currently, efforts are focused through four primary programs: Crisis Services (outreach, hotline and youth emergency shelter for youth ages 13 - 17); Transitional Living Services (assistance to homeless youth and youth aging out of foster care, ages 18-21); Counseling Services (individual, group and family counseling); and Youth Leadership Development (youth leadership training, civic engagement, volunteerism, and Oasis AmeriCorps).

Throughout its history, Oasis Center has developed successful models for helping youth assume heightened responsibility not only for their own well being, but also the well being of our community. Oasis Center provides life-changing opportunities to more than 3,000 youth and their families each year, representing more than 60 different schools and homes that speak 26 different languages! Oasis reaches an additional 5,000+ through educational outreach programs in schools, congregations, and workplaces.

Oasis Center has been fortunate to have Junior League's support since 1981.

This year's Project Chair is Sarah Goschy and the volunteers are: Emily Ferrell, Ellen Hollis, Georgia Jones, Paula Martens, Natasha Nelson-Freeman, Arnita Ozgener, Lynn Rogers, Amy Strong, Camy Swafford and Patti Viars.

First Steps, Inc.: Fifty Years of Service

Never underestimate a child. It's not just a slogan, it's a philosophy. Benchmarking a 50 year history of serving children with disabilities in Nashville, First Steps' dedicated teachers have celebrated every child's unique potential as they pass through the doors.

The mission of First Steps is to educate and care for infant to kindergarten-aged children with special needs and medical conditions alongside their typically developing peers in an inclusive environment.

When a child is enrolled at First Steps, an early intervention team of professionals meet with parents and family members. By considering a family's lifestyle and daily routines, the parents' work schedules, siblings and members of the extended family, and the child's health and care requirements, goals are set to support the quality of life and stability of the *entire* family. One family's goals may be for their child to play and learn with friends in a classroom setting. Other family's goals may be as basic as having the ability to go to the grocery store with their child or to take the entire family to the park or to find time for respite.

"Whether First Steps' learning and care is in our Center-Based Program or through Community Outreach staff teaching in their homes, daycares, or hospital rooms, we believe a family-centered approach is the most respectful approach for families who are already facing physical, economic and emotional barriers," says Heather Higgins, Executive Director of First Steps. "As we look toward the next fifty years, we have the opportunity to support a hopeful future for families and empower them as they advocate for themselves and their children."

UPCOMING EVENT!

Junior League volunteers will be hosting the **First Steps' Family Reunion Picnic on May 24, 2007**. This event will celebrate the agency's 50 year history and welcome back graduates and families. If you know any First Steps graduates from the past, please let them know about this celebration and ask them to call 615-463-7929 or email bgrant@firststepsnashville.org for more information.

First Steps has been a Junior League partner since 2001. This year's project chair is Lindsay Wright and the volunteers are: Debbie Day, Katie Hill, Ree Crabtree, Lauren Howerton, Alison Fernandez and Lesley McMahan.

Outstanding Voluntarism Award given to JLN Member Rebecca Carter

The Placement Committee would like to congratulate Rebecca Carter for an outstanding job. Rebecca Carter had a special placement with the Susan G. Komen Foundation and received their Outstanding Voluntarism Award on November 8, 2006, for her work on the Race for the Cure.

Initially Rebecca volunteered as the Brochure and Poster Distribution Chair, but as the event got closer, she stepped in to help coordinate the team packet shipping. Rebecca also assisted in assigning the bibs for each runner and coordinating the bib and t-shirt stuffing with the help of volunteers from "The Next Door" transitional living facility.

Because of the work of Rebecca Carter and other dedicated volunteers, the local Susan G. Komen affiliate raised nearly double what they have raised in past years. Thanks, Rebecca, for all of your hard work on behalf of our community!

League for the Deaf and Hard of Hearing (LDHH):

Do you listen to ear buds while using your iPod? How about your children? Do your parents or grandparents need or use hearing aids? Losing your hearing has a huge impact upon the way you live your life and how well you are accepted by the community in which you live. There's a rise in the number of people with hearing loss in the US due to two major causes: 1) the aging of the baby boomer generation, and 2) listening to ear buds too loud. With this increase comes a higher demand for the services of the LDHH.

LDHH (www.ldhh.org) is an organization focused on bringing services to the deaf and hard of hearing population (note that the term 'hearing impaired' is not used) in our area. Serving the entire Middle Tennessee region, this small organization is asked to

make a huge impact on an important subset of our communities. Constantly asked to provide translation services, educational and basic living skills services, employment services, emotional services, and to be an active central "community center," Les Hutchison and his small staff have a lot of responsibility and rely heavily upon volunteers to achieve most all their goals.

The JLN rekindled its relationship with LDHH this year. There are currently eight JLN volunteers placed at LDHH, and the organization has so much going on that it can support many more volunteers. To date, these ladies have helped with the Civic Cup Challenge, the Annual Campaign, and a holiday party for the Youth Group. The spring will be very busy for our volunteers, and they would appreciate your support by

attending or donating to the following events: A Sensory Affair – Cigar & Wine Tasting (March fundraiser), the Youth Spaghetti Supper Fundraiser (Saturday, April 6), Walk & Roll (a walk/running race fundraiser, **Saturday, April 21st**), Better Hearing & Speech Month Picnic (a fun awareness event, **Friday, May 5th**), and the Youth Summer Camp Weekend (**Friday-Sunday, May 5th-7th**).

*Lauren Rowe,
Project Chair for 2006-2007*

This year's Project Chair is Lauren Rowe and the volunteers are: Amy Arnold, Trudy Bloodworth, Renee Glotzbach, Kittie Hill, Amy Holt, Kelsey Mitchell and Elena Snyder.

Notably Nashville Rings in a New Year

Time flies when you're having fun, right? Since this JLN year is already halfway over, we must be having some serious fun. The *Notably Nashville* committee was thrilled to see so many people come through the 22nd Decorators' Show House and loved the success of the Holiday Marketplace. We sold a lots of cookbooks at Show House this year and have continued to add new accounts around Nashville. Here's a big thank you to every Leaguer who bought cookbooks as holiday gifts.

I'll bet you can guess our New Year's resolution—sell more cookbooks! We'd still love to hear your ideas and suggestions for new accounts. Also, we've decreased the amount of cookbook swaps we do with other Leagues in order to really concentrate on promoting *Notably Nashville*. However, if there's another League cookbook you're truly hankering for, just let us know. If you want it, we'll get it.

Co-chairs Angie Stiff and Bryna Grant and the whole *Notably Nashville* committee are hoping to put together a new event this spring that focuses on the cookbook and really showcases our awesome recipes. Stay tuned for more details in the coming months.

We hope that everyone had a wonderful holiday season, filled with warmth, cheer and, of course, fabulous food. Did anyone use recipes from *Notably Nashville* at holiday parties or family gatherings? If so, drop us a line at notablynashville@jln1922.org. We always love to hear how JLN members turn *Notably Nashville* recipes into signature dishes.

Here is a lighter, but still satisfying, recipe for everyone who hopes to drop a pound or two before spring!

*Amy Lee Bell
Notably Nashville Publicity Chair*

WEST AFRICAN SWEET POTATO SOUP

*2 medium onions, chopped
1 tablespoon vegetable oil or olive oil
2 or 3 carrots, chopped
2 teaspoons grated gingerroot
1/8 to 1/4 teaspoon cayenne pepper
2 medium sweet potatoes,
peeled and sliced 1/2 thick
3 to 4 cups water or stock
2 cups tomato juice or vegetable juice cocktail
2 tablespoon peanut butter
1 tablespoon sugar (optional)
Garnish:
Chopped green onions and/or peanuts*

Saute the onions in the oil in a large saucepan. Add the carrots, ginger and cayenne pepper. Saute for 5 minutes. Add the sweet potatoes and water and cook for 20 minutes or until the sweet potatoes are tender. Stir in the tomato juice.

Process the soup in batches in a food processor or blender until smooth. Combine the batches in the saucepan and whisk in the peanut butter and sugar. Add garnish. *Serves 6 to 8*

Membership

Births

Catherine Bradford Chatham,
born June 16, 2006
to Elisabeth and Steve Chatham.

Sadie Ann Wright,
born on September 18, 2006
to Lindsay and Matthew Wright.

Abigail Pearl Ward,
born October 4, 2006
to Jennie-Blair and Bryan Ward.

Neil Easley Duncan,
born on October 30, 2006
to Maggi and Ken Duncan.

John Durand Nail III (Jack),
born on November 1, 2006
to Caroline and John Nail.

Attention all Members!

If you have not met your fundraising shift requirements as outlined in the JLN by-laws (2 shifts for Active members and 3 shifts for Provisionals), please contact Shelly Francis, shelly.francis@comcast.net, to see how you can fulfill this requirement. Your membership status in the League may be jeopardized if you fail to do so.

Shelly Francis
League Power Committee

OUR MEMBERS ARE DOING GREAT THINGS...

Had a baby? Got a new job?
Getting married?
Share this and other exciting
news with Members-at-Large!
Send your email to:
membersatlarge@jln1922.org

Winter Spotlight Award Winners



November:

Community Spotlight Award Winner

Georgeanna Goldthorpe has gone above and beyond this year to keep the VCH Movie Night running in spite of some struggles staffing this special, twice-monthly event at VCH. Georgeanna has been amazing and has made sure it happened! She is a wonderful volunteer and we are proud to recognize her as the November Community Spotlight Award winner.

In-League Spotlight Award Winner

Silvia Castaneda-Roddy has gone above and beyond the call of duty and organized the Cole Haan event for Dinner with Friends. Silvia is an amazing volunteer who brings a knowledge of publicity and promotions to the League, and we are happy to have her on our team. We are proud to recognize Silvia as the November

I n - L e a g u e
Spotlight Award
winner.



January:

Community Spotlight Award Winner

Suzanne Smothers has done an amazing job representing JLN while working with Book'Em/RIF. She helped to coordinate and execute the celebration of the merger of Book'Em/RIF that was held at the TACC last month. From grocery shopping, preparing the food, working with other Book'Em/RIF volunteers to staff the event and serving as a hostess, she was extremely instrumental in making that event a success. She also goes above and beyond by volunteering at other community events such as the Halloween Party at Bethlehem Center. She is an outstanding liaison to the community on behalf of the League and we are honored to recognize her as the January Community Spotlight Award winner.

In-League Spotlight Award Winner

Tracy Katz has gone above and beyond to help Heather Perry with the New Orleans trip after Hurricane Katrina. Tracy herself raised \$500 for the trip on her own. Tracy contributes so much to our League, and we are honored to recognize her as the January In-League Spotlight Award winner.

Upcoming Try-It Dates

Try It Pilates

January 18, 2007, 6:00 - 8:00pm

Join us at TACC and try a Pilates class with Erin Weston-Meyers, instructor and owner of Simply Pilates. Wear comfortable clothing and bring a mat or towel to sit on. There is NO CHARGE but registration is required.

Try It Mommy and Me Tea and Valentine Party

February 10, 2007, 10:00am - 12:00pm

Try It Salsa Dancing

March 8, 2007, 6:00 - 8:00pm

Try It Prenatal and Post-Partum Pilates

April 10, 2007, 10:00am - 12:00pm

Wine Tasting

April 12, 2007, 6:00 - 9:00pm

Try It Picnic in the Park May (Date and time TBA)

Director's Letter

It is hard to write my last *League Link* article. I have loved working for you and with my wonderful staff at the office. My most important message to leave you with is to let you know how great you are. We are hard on ourselves in the Junior League. We want to do our very best. We want to honor the legacy left by leaders who have inspired us in prior years. We sometimes forget to count the many blessings that we have, such as: our strong partnership with Vanderbilt Children's Hospital; our 1941 Trust that is so well-managed by our Board of Trust members; our beautiful Headquarters and our gift to the community, the Training and Conference Center; our record of accomplishment in the community; and most of all, our relationships with one another.

Truly I have met the most wonderful and accomplished women in Nashville through my association with the Junior League. My two and half years as Managing Director have been such a blessing to me. Each year has brought challenge and change – all of it good for the League and its evolution. We have all collaborated as a team to accomplish some important administrative projects rooted in the vision and the ingenuity of volunteers. The new website, improved financial reporting, the integration of our information systems, the automation of event RSVPs and League Power, just to name a few initiatives, would never have become a reality without the strong leadership of volunteers. I have only attempted to facilitate that work and hope that I have been able to make a lasting difference.

May you enjoy continued success in all of your endeavors. I will always be a great fan of the Junior League of Nashville and all of its hard-working, dedicated, talented and *great* members and staff. Thank you!

Susan Moll
Managing Director

Sustainer Momentum

On November 16th, we had our first Sustainer event at *Color* and *At Home*. This event had ten attendees, with a strong turnout from Sustainer Transfers. We had *Notably Nashville* appetizers and enjoyed a terrific demonstration of holiday table setting ideas from *Color*. Historically, the small attendance is typical for Sustainer events, and I remain concerned that Sustainers aren't connecting after their Active League experience.

I spoke with Sustainer **Deb Hudson** recently and she summed up how many Sustainers are functioning in the community. She is very active volunteering with other community organizations, and is frequently connecting with her fellow Sustainers. She described this phenomenon of a Sustainer connection as a kind of natural "momentum" after the Active League experience.

While Deb and her friends were active in the League they learned how to work well together. Specifically, Deb used an example of a recent event that she teamed to chair with two other Sustainers, **Tracy Frazier** and **Elizabeth Papel**. They prepared an ambitious holiday kick-off for the Salvation Army Angel Tree program.

Since physics didn't leave a lasting impression on me in college, I'd like to explore the

idea of momentum a little more. Momentum is defined as a cornerstone concept in physics. It is a conserved quantity. This allows one to calculate and predict the outcomes when objects bounce into one another (*Ah! Sustainers continuing to connect in the community*). Momentum is a vector. That means, of course, that momentum is a quantity that has a magnitude, or size, and a direction. Momentum problems can become more complicated and can be completed in two and three dimensions (*Ah again, multiple Sustainers working together on various community projects*). Momentum is directly proportional to mass. That is, if one were to triple the mass of an object, then the momentum of that object would also triple (*Exciting... so the bigger the project, the more Sustainers working together, the better*). And, if one were to change the mass of an object by a factor of 1/2, then the momentum of that object would also change by a factor of 1/2 (*Also interesting, we don't ever want the Sustainers to quit working together in our community...*).

We appreciate that Sustainers now apply their learning from the League experience and are busy and active with new projects. Sustainer social activities sponsored by the League are important, but we are even more excited by the momentum phenomenon!

Plan to Sustain?

Attention Active JLN Members! If you are interested in joining our fabulous group of Sustainers beginning in the 2007-08 year, please read the following information carefully:

To Qualify: You must fall into one of the following two categories:

- 1) An active member must have reached the age of 40 by May 31, 2007, (birth date of 5/31/67 or before) AND have completed 5 active years of membership, OR
- 2) Completed 10 active years of membership.

To Notify: Notification must be received in writing **no later than January 31, 2007.**

This can easily be done by emailing Sheri Rieger at corrsec@jlnashville.org.

If you are uncertain of your membership history, please feel free to contact Sheri at the above email address or Megan Ullom at headquarters. We hope all of you who qualify will take advantage of this wonderful way to stay connected after all of your accomplishment in the League. Congrats!

January Training Event

TOPIC: *Women Under Construction: Practical Tips for Self-Care*, presented by Tina Huggins

Do you recognize the tools you have available for tackling whatever comes your way? Is it time to retool, toss out and revitalize *you*? This training is for women who have been tested (haven't we all with all the roles we juggle?) and are building their futures. It's about courage, perseverance and change. It's also about recognizing what you have acquired through past life challenges, instead of what you may have lost...using the right tool at the right time.

WHEN: **Monday, January 23, 2007**
at 12:00pm & 7:00pm

WHERE: Junior League TACC

Tina Huggins experienced many challenges in her life before she founded her own company, Swap Thoughts (www.swapthoughts.com). The company is known for creating delicious cookies with inspirational messages, as well as for hiring employees through ministries and non-profit agencies, who would otherwise be unemployed, to help them gain job skills. Soon, the company will be expanding with a book series about "women under construction." In conjunction with the book series, the company is offering a seminar series in 2007.

Tina explains that while she was going through personal crises, she learned that women, especially those who are either single or divorced, face many challenges daily. She set out to research these issues and decided to write a book series in order to share what she learned. The book series and complementary seminars address issues such as financial planning and insurance concerns, purchasing and maintaining a vehicle, eldercare, the art of juggling work with family and friends, as well as other issues. In Tina's JLN training, she will present an overview of these issues.

Fast Facts: Motivating & Mentoring Teams

The November training led by Lynette Lewis focused on two elements: 1) You as an Individual and 2) You as a Leader. The fast facts presented here focus on the latter with an emphasis on motivating and mentoring teams.

A) There are three key principles to keep in mind when working with a team. First, people are motivated by personal advantage and opportunity. This is especially important to keep in mind in a volunteer scenario. Second, people want to be part of something significant and excellent, even if it is just a small project. Third, the leader is primarily responsible and that is a privilege. The leader's role is to help people feel committed and feel that what they are doing is significant, which will lead to great results. Remember leadership is a service.

B) The biggest mistake we as leaders make is failing to help people understand how their personal goals and aspirations connect to the broader goals of the organization. Leaders need to create connections.

C) When working with a committee, there are two questions that should always be asked of all the members of the team: 1) Why are you here? and 2) What do you want? These questions will lead to tremendous insight and help the leader find ways to motivate the individual team members. It's important to learn what each individual member believes success would look like for the committee. Simply taking time to ask all the members these two questions in a group setting is an essential element of achieving team-building and to help the team understand their group strengths and weaknesses. Throughout the year, it is important for the leader to check in with each team member so that even if the member did not receive what she

expected or wanted from the experience, she at least knows her leader cared about her involvement. If the leader of a group does not ask these key questions of each member of the group, then it is important that you as a member of the committee take the time to do so. Following this exercise for every team/committee you work with will enlighten you as to how to better work with the other members.

D) Three Practical and Motivating Tools for committees:

- 1) Annual Team Building Day or a modified version of simply asking everyone in the group to answer the two questions listed above in order to determine the strengths and weaknesses of the group;
- 2) Team Meetings and One-on-Ones;
- 3) Performance Evaluations.

Lynette explains that when in leadership positions we tend to do what comes naturally to us. Some of us may be "people people" while others act more as executors who assign tasks. However, it is extraordinarily important for leaders to spend one-on-one time with the team members to show that they value their investments. Lynette notes that performance evaluations are key for volunteer groups so that volunteers can recognize whether they met their goals and receive positive affirmation and feedback.

To thrive as a leader, it is important to have sources of inspiration. Leaders need to have mentors. Old views about mentorship no longer apply: today you as a protégé can pick your own mentor; it is common to have multiple mentors; and mentorship relationships may not be long-term but finite for specific projects. Chapter 9 of Lynette's book provides details on finding a mentor and creating an effective mentoring relationship, and in February Tish Fort will be speaking to the JLN membership on mentoring.

Give Yourself Permission to Be Here!

Beth Alexander, one of our former JLN Presidents, used to begin her membership meetings with this quote, “Give Yourself Permission to Be Here!” We have had a great deal of feedback about meeting behavior after the November membership meetings, and it tells us that we need to clarify expectations for membership meetings for the benefit of all members. By “Giving Ourselves Permission to Be Here”, we can all benefit from the training and relationship building our meetings provide. Here are our guidelines:

- No cell phones, blackberries or laptops are to be used during our membership, council or board meetings. Please turn them off before entering the building or leave them in your car. These items are too distracting for you and the other members who attend the meeting – so give yourself permission to be here and leave those items behind.
- Please make other arrangements for your children – they are not interested in attending meetings and will not be able to stay quiet – thus distracting the other members. At the present time, the only exception is for nursing newborns, age four months or younger. They may attend as long as they remain in your lap or carrier and are not distracting others. If that becomes a problem, we may revisit that policy.
- Please arrive at least 10-15 minutes prior to the start of the meeting to allow for parking time and to get settled. We offer a social time prior to the meetings and you are welcome to come early for that. In order to receive meeting credit, you must arrive by the start of the meeting and stay for the meeting in its entirety. We do not give meeting credit for late arrivals or early departures.

Don't Forget! The next Membership Meetings will be January 16th at 7:00pm and January 17th at noon, at TACC. A vote will be held on the Pillar Grant slate.

- Choose to attend a meeting that works for your schedule. Active members have over 50 opportunities to receive meeting credit throughout the year, so please don't stress yourself by attending a meeting when you have commitments to be elsewhere.

- Give our speakers and your fellow JLN members your full attention – no talking during the meetings, and no sidebar conversations with your neighbor – once the meeting starts, our focus will be on the person presenting at the podium. This is the respectful way to treat each other and all of us deserve nothing less!

- Our fabulous Meetings Committee works hard to make our meetings flow well – so if they ask you to sit down or to be quiet, please do so. At the conclusion of the meeting, please help them by disposing of any extra papers or trash.

Thank you for being a member of the Junior League of Nashville and for “Giving Yourself Permission to Be Here”!

Baby Meeting Policy Reminder

We hope you all are enjoying the convenience of the noon start time for the day Membership Meetings! Please note that newborn infants are welcome at meetings as a courtesy to nursing mothers. However, to provide consideration for our speakers and the other members and to avoid disruption, we ask that you please make childcare arrangements for older babies and children. We will be enforcing this policy at all future meetings.

We, along with Shana and Mary, are working very hard to keep the Wednesday day meetings to an hour or less so that you can return to work or children without much interruption. Also, remember that there are several ways to get meeting credit—you can attend a training that has been approved for meeting credit or a Board, Home Board, or Council meeting.

The Junior League organization values your time and wants to provide multiple opportunities for you to meet your requirements.

Thank you for your understanding,
Ann Taylor Fones, Wendy Foster, and Kristen Kaminsky - Meetings Co-Chairs

2007-2008 MEMBERSHIP DUES

Please watch for your dues notice in the mail. You have 3 options for paying your dues, which are due by **March 1, 2007**:

- Send the dues notice along with a **check** to Junior League of Nashville, 2405 Crestmoor Road, Nashville, TN 37215.
- Log onto www.jlnashville.org to pay via **credit card**.
- Send a voided check with your dues notice to Junior League of Nashville, 2405 Crestmoor Road, Nashville, TN 37215 and Courtney Ely, JLN Staff Accountant, will arrange for an **automatic bank draft** of your checking account.

Please direct any questions to Sally Holland, Treasurer (Sally.Holland@Cat.com), or Melinda Cullen, VP of Finance (kpcullen@comcast.net).

Annual Fund

Thank you for your continued support of the Junior League. The following contributions have made to the Annual Fund since the publishing of the November *League Link*.

Up to \$49

Alicia Barker
Elizabeth Broome
Jennifer Caver
Genevieve Farris
Martha Foreman
Jordan Garrison
Meaghen Greene
Sonya Hairston
Charlotte Hancock
Kristen Kaminsky
Tracy Kantz
Tonya King
Mary Pillow Kirk
Marie Maxwell
Edie Moore
Grace Paden
Jenny Phillips
Brooke Reusch
Emily Rosencranz
Kathleen Spitzer
Stacy Sullivan-Karrels
Pat Wallace
Susan Weathersby
Tisha Zello
Dana Zukierski

\$50-\$99

Holly Beck
Raymond Brocato
Katie Crumbo
Martha Deason
Bette DeMoss
Shawn Haile
Joy Haynes
Meredith Hollomon
Susan James
Linda Kaminsky
Carol Kane
Myra Leathers
Gwen Lucio
Members at Large
Committee
Kimberly Morgan
Kelly O'Connor
Heather Pangburn
Mary Knox-Berger
Pilkerton
Sims Polk
Marcy Rehse
Michele Toungette
Training & Education
Council
Meredith Walker
Nancy Weathersby

Caroline Webb
Luciane Wilt
Holly Winn
Lise C. Morrow

\$100-\$249

Carolyn Amiot
Jennifer Ayer-Hill
Katherine Beasley
Bettye Brown
Jessica Clark
Mary Sue Cochran
Melinda Cullen
Donna Dalton
Eagle Day
Rachel Elliott
Bonita Fullen
Vanessa Handrick-
Garner
Lucy Haynes
Marilyn Holland
Sally Holland
Tommy James
Florence Lankster
Lisa Lentz
Mary Catherine
McAnulty
Michel McDonald

Sheila McNeeley
Karen McKean
Kelly McMullen
Angela Moretti-Goddard
Catherine O'Bryan
Jami O'Quin
Sandy Owen
Mary Parrent
Benning Ratliff
Sheri Rieger
Lea Rovers
Elizabeth Ryan
Kristi Skeeters
Taylor Smith
Katie Steele
Carol Stevens
Jordan Thompson
Barbara Turner
Barbara Jim Turner
Charles Van Eaton
Julie Walker
Debbie White
Beverly Yeager

\$250-\$499

Amy Atkinson
Janette Bolden
Diana Day-Cartee

Karin Prentice
Show House Committee
Patti Smallwood
Nancy Thorpe
Peggy Turney
Linde Wilson

\$500-\$999

Judy Andrews
Margaret Dolan
Melissa Frist
Sheila D. Shields

\$1000 and above

Shana Alford
Ann Hardeman &
Combs L. Fort
Foundation
Beaman Family
Foundation (Alvin &
Sally Beaman
Foundation)
Doctor Crants
Mr. & Mrs. William E. Gau
Valerie Van Eaton

The following Gifts have been given:

In Honor of:

2006-2007 Board and Council
2006-2007 Community Council
Mary Lee Bartlett
Linda Biek
Mary Beth Brocato
Mary Morgan Bryan & Mills Morgan Ratliff
Lisa Campbell
Sylvia Castaneda-Roddy, Nov. 06 Spotlight Award Winner
Donna Dalton
Diana Day-Cartee
Diana Day-Cartee
Mr. Wade Craig, Jr.
D wF Co-Chairs, Diana Day-Cartee & Kendall Womble
Dinner with Friends Committee
Marcie Douget
Kim Carpenter Drake
Anne-Taylor Fones
Tracy Frazier
Georgeanna Goldthorpe, Nov. 06 Spotlight Award Winner
Lucy Haynes
Nikki Hightower, Sept. 06 Spotlight Award Winner
Sally Holland
Jessica Horne
Susan Irby
Junior League of Nashville

By:

Shana Alford
Vanessa Handrick-Garner
Shana Alford
Donna Dalton
Raymond Brocato
Benning Ratliff
Training & Education Council
Members at Large Committee
Training & Education Council
Eagle Day
Valerie Van Eaton
Catherine O'Bryan
Shana Alford
Valerie Van Eaton
Your Sponsor, Tracy Katz
Members at Large Committee
Taylor Smith
Training & Education Council
Members at Large Committee
Training & Education Council
Members at Large Committee
Marilyn Holland
Carol Kane
Martha Deason
Beaman Family Foundation
(Alvin & Sally Beaman Foundation)

Kristen Kaminsky
Tracy Katz
Tracy Katz, Jan. 07 Spotlight Award Winner
Lauren & Olvia King
Mary Catherine McAnulty
Mary Catherine McAnulty
Susan Moll
Susan Moll
Angela Moretti-Goddard
Kimberly Morgan
Kimberly Morgan
Mary Kate Mouser
Mary Kate Mouser
Lucy Fullen Nichols
Kelley O'Connor & Communications Council
Elizabeth Proctor
Show House Co-Chairs, Linda Biek & Grace Paden
Benning Ratliff
Benning Ratliff
Benning Ratliff, my sister
Mary Rigby
Mary Rigby as my Research Advisor
Gay Roberts, Sept. 06 Spotlight Award Winner
Geri Robinson, Exec. Dir. Metro Dept. Social Services
Lauren Rowe, Oct. 06 Spotlight Award Winner
Elizabeth Ryan
Emma & Catherine Ryan, my daughters
Patti Smallwood
Patti Smallwood
Suzanne Smothers, Jan. 07 Spotlight Award Winner
Stacy Sullivan-Karrels
Barbara Jim Turner
Valerine Van Eaton
Valerie Van Eaton as my Research Advisor
Valerie Van Eaton
Valerie Van Eaton
Rosemary Ver Hulst
Ellie Walker, my daughter
Meredith Walker
Susan Weathersby
Kendall Womble
Kendall Womble

In Memory of:

Jane Bryan
Suellen Craig
Suellen Craig
Suellen Craig
Margaret Eckel
Eleanor Handlan
Norma O'Quin
Mary Alice (Pat) Walker
Sally Wilson
Jeanne Pilkerton Zerfoss

To Honor the Birthday of:

Susan Moll
Angie Stiff
Stacy Sullivan-Karrels
Necie Elizabeth Young
Brooke Reusch

Linda Kaminsky
Heather Pangburn
Members at Large Committee
Tonya King
Susan James
Tommy James
Shana Alford
Julie Walker
Jennifer Ayer-Hill
Gwen Lucio
Beverly Yeager
Jennifer Ayer-Hill
Angela Moretti-Goddard
Bonita Fullen
Stacy Sullivan-Karrels
Nancy Thorpe
Shana Alford
Mary Sue Cochran
Mr. & Mrs. William E. Gau
Jordan Thompson
Kelly McMullen
Stacy Sullivan-Karrels
Members at Large Committee
Shana Alford
Members at Large Committee
Peggy Turney
Elizabeth Ryan
Shana Alford
Training & Education Council
Members at Large Committee
Kelly McMullen
Bettye Brown
Kelly McMullen
Stacy Sullivan-Karrels
Charles Van Eaton
Doctor Crants
Doctor Crants
Meredith Walker
Florence Lankster
Nancy Weathersby
Janette Bolden
Valerie Van Eaton

By:

Martha Foreman
Joy Haynes
Kelly O'Connor
Show House Committee
Marie Maxwell
Charlotte Hancock
Jami O'Quin
Pat Wallace
Barbara Turner
Mary Knox-Berger Pilkerton

By:

Melinda Cullen
Kelly O'Connor
Kelly O'Connor
Emily Rosencranz
Emily Rosencranz

W C H

Guard Against **COUCH POTATO** Syndrome!



TV in moderation can be a source of learning and fun. Use these tips to prevent TV overdose or "couch potato" syndrome in your family room!



SET LIMITS

Limit TV, movies, videos and computer games to 1-2 hours per day and remember the minimum of 60 minutes of active play daily.

PLAN TV TIME

Help your children choose appropriate programming after homework and chores are finished.

YOU AND ME TIME

Watch with your child and talk about what you see.

MAKE DINNER TIME TV-FREE TIME

Dinner is often the only time that families really share during the day; don't let TV get in the way.

PROVIDE OPTIONS

Store children's books, magazines and board games where your family watches TV to balance TV viewing with other family fun!

A quick lesson in health from:

chAMP 

For more information, visit www.vanderbiltchildrens.com

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