

## JLSD Represented at Southwest Exchange

In September, the Junior League of San Diego sent seven delegates to attend the Southwestern Exchange Conference in Los Angeles. This event offered inspiration and training to 125 Junior League delegates from three Southwestern states.



LEFT: JLSD representatives at Southwest Exchange included Meghan Elhke, Julie Cromer, Shelly Hess, Margaret Egler, Linda Spuck, Emory Perryman and Nancy Phillips

ABOVE: Nancy Phillips and Meghan Elhke enjoy the keynote speaker at SWE.

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### MISTLETOE MERCADO

Shopping Days: November 2, 3 & 4, 2007  
 Happy Hour Shopping: Friday evening, November 2  
 Mistletoe Mercado Gala: Saturday evening, November 3  
 Portion of proceeds benefit fire relief 2007.  
 Location - Activity Center, Del Mar Fairgrounds  
 Visit [www.mistletoemercado.com](http://www.mistletoemercado.com) for detailed information.

## California Sol Food's Hot!

FRP Publisher, Roger Conner, spiced up the October general meeting by presenting the Junior League of San Diego with the Western Regional Tabasco Award for *California Sol Food* cookbook. After glancing around the room full of enthusiastic League members, Roger noted, "I'm a thorn among the roses...best man among the room!"

Congratulations to the volunteers who have worked diligently these last few years to create a cookbook that's beautiful enough to sit on the coffee table, but practical enough to serve as an everyday reference for mealtime and party-planning!

*"We make a living by what we get, and we make a life by what we give."*

-Roger Conner, FRP Publisher  
 While presenting JLSD with the Western Regional Tabasco Award



LEFT: Roger Conner presents JLSD's Kristen Richardson the Western Regional Tabasco Award

*"Junior League volunteers are lifters instead of leaners."*  
 -Roger Conner, FRP Publisher  
 While presenting JLSD with the Western Regional Tabasco Award

## President's Letter

Community ~ Friendship ~ Training ~ Service

Women who belong to the Junior League are special. In contrast to the general population, Junior Leaguers are more likely to be organized, maintain busy schedules, have college and advanced degrees, hold down full or part-time employment, enjoy participating in group activities and learning new things.



Margaret Egler, President

It didn't come as a surprise, then, that in our membership surveys and discussions, the values that come through strong and clear center on being part of the community, making friends, experiencing personal growth through training and providing quality service. League members get value out of multiple aspects of their Junior League experience – friendships, volunteering, personal development and association with an organization that has deep roots in our home community as well as both a national and an international reach.

**“League members get value out of multiple aspects of their Junior League experience.”**

Our Junior League tagline is “Women Building Better Communities” and I believe that the first community we build

is within the League itself. In studies conducted by AJLI on the “healthiest” Leagues, researchers found that Leagues that are growing and thriving share the following characteristics:

- Offer “longer” provisional courses
- Develop community programs based on the needs of the community and member interests
- Regularly monitor membership satisfaction with community programs and make adjustments
- Have formal and experiential training programs available to members
- Provide training to members interested in developing leadership skills
- Have methods in place to involve transfers
- Survey the interests and needs of members
- Attract women from diverse cultures who are interested in voluntarism

It's wonderful to stand back and realize that our Junior League has either met or is actively striving to implement programs in each of these areas. As a constant “work in progress” our training and our community building – both inside and outside the League -- go hand in hand.

Warmly,  
*Margaret*

**“If you want to be happy, be giving.”**  
- Upanishads

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A member of the Association of Junior Leagues International Inc.

*Women Building Better Communities*

**J**The Association of Junior Leagues International Inc. is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

# Healthy Eating UnEarthed

By Courtney Prato, Kids in the Kitchen

Healthy eating can be hard! Food companies spend millions of dollars marketing their products as healthy, and it can be hard to separate the truth from the hype. As hard as it is for adults, imagine trying to navigate the world of calories, high fructose corn syrup and trans fats as a kid!

JLSD's Kids in the Kitchen committee will host an event in March 2008, partnering with local chefs, nutritionists, health care providers, fitness instructors, community organizations and businesses to encourage children and the whole family to make healthy eating and physical activity a lifetime habit. To encourage League members in their efforts toward healthy eating, here is some information on a very common ingredient that can cause serious health risks.

Trans fats have received a lot of attention lately. We all know that they are bad for us, but do you know why? Trans fats are a man-made fat that is found in thousands of foods that we eat every day. They don't spoil as easily as non-hydrogenated fats or break down with repeated heating, which had made them a key ingredient in most processed foods. In the 1980's researchers began to link trans fats with several serious conditions.

Consumption of trans fats leads to increased levels of low-density lipoprotein (LDL), the "bad" cholesterol that is most damaging to arteries, and lower levels of high-density lipoprotein (HDL), the "good" cholesterol that removes LDL particles to the liver for disposal. It also increases the potential for blocked arteries by increasing the tendency of blood platelets to clot. In all, trans fats have been linked to heart disease, stroke, diabetes, and other chronic conditions. Scary stuff!

As of January 1, 2006, the government required trans fats to be listed on all nutrition labels, which helps shoppers to identify foods that don't contain trans fats, but did you know that they can still be lurking in the foods you buy? Products can claim to have zero trans fat if they have less than half a gram. It may not sound like much, but even small amounts of trans fats can add up quickly, especially if it is something that you eat regularly.

So what can you do? Scan the ingredient list for "partially hydrogenated vegetable oil" and "vegetable shortening," which are code words for trans fats. Avoid processed foods and fast food. Just an order of large french fries contains about 8 grams of trans fat. And lastly, do your research. Just because a food does not contain trans fats does not make it a healthy choice. It can still contain high levels of sugars, saturated fats, and other unhealthy ingredients.

Kids in the Kitchen is a League-wide initiative designed to raise awareness and provide solutions for the urgent issues surrounding childhood obesity and poor nutrition. For nutritious recipes and health tips, please visit AJLI's Kids in the Kitchen website: <http://kidsinthekitchen.ajli.org>. Healthy eating!

Test your trans fat knowledge with this quick quiz. Which of the popular foods below do you think contain trans fat?

1. Bread Crumbs
2. Chewy Granola Bars
3. Salad Dressings
4. Gravy Mixes
5. Whipped topping
6. Non-dairy creamers

[See answers on Page 9.]

## *It's fast. It's sleek. Don't let the Cheetah pass you by.*

By Jennifer Gallivan  
Communications Director

Log on to update your profile. Don't let newsworthy JLSD e-blasts pass you by because you haven't cleaned up your act! Make sure your contact information is right on track so Digital Cheetah and the Junior League of San Diego can reach you!

Our new JLSD website has received very positive feedback and we are so excited to have all of our members - ac-

tive, provisional, independent placement, sustainers, etc. take advantage of all the tools the site has to offer!

It appears that some members may have lost their log-in information or did not receive it in the mail. Not to worry! Our new site is individualized for each member.

If you have forgotten your password or know a friend in the League that has had trouble logging in, here are the simple instructions to follow:

- Go to <http://www.jlsg.org/>

- Go to "Member Log In"
- Click on the link "Forgot your password?" Click here.
- Fill out the form. Your username is your full name (i.e. mine is jennifergallivan) and the e-mail address would be the one the League has on file for you. Submit this form and your password will be sent to your e-mail address (the one in the database) shortly.

If you are still having trouble or have any additional questions, please e-mail me at [communications@jlsg.org](mailto:communications@jlsg.org).

## Leaguer Limelight *Focus on Tina Campbell*

Currently serving as the Director of the Training & Education Council, Tina originally joined the Junior League in Orange County. Tina had heard of the Junior League from friends and family in other parts of the country, and remembers her mom being part of a similar organization when she was growing up. When a friend invited her to an informational tea, Tina's mom encouraged her involvement by offering to pay her first year's dues. Tina says, "When I got to the tea and saw so many community-minded women like me, particularly since I knew so few people in California, I knew it was something I wanted to be a part of."

Tina has been married for five years to her husband, Larry, a CPA specializing in taxes for professional athletes. They're talkative 6-year old beagle, Sparky, rounds out they're family. Here's what Tina had to say to our Leaguer Limelight questions:

**What was your first job?** My first job was when I was 16 working for a tape manufacturer. My role was to stick tape samples into their marketing booklets. Remember that fun colorful sticky-tape from elementary school - the kind you could cut out into shapes, lick and stick? Not so much fun when you're licking and sticking for 8 hours a day (although they did give me a

sponge and a bowl of water).

**What accomplishment are you most proud of?** I grew up in

Green Bay, WI, a relatively small mid-west city. When I graduated from college, I decided it was time to branch

out. So I moved to southern California, not knowing a soul, decid-

ing that no matter what happened, I would stay for a year. So I am most proud that I got here, built a life out here, dealing with "grown-up" issues, and stuck it out past that 1 year - and will have been here 11 years in February!

**Who inspires you?** My Dad - in his personal and professional life, he's always maintained a strong sense of honesty and integrity. He has a mild and unassuming manner and will make friends with anyone.

**What is your motto?** Work to live, don't live to work.

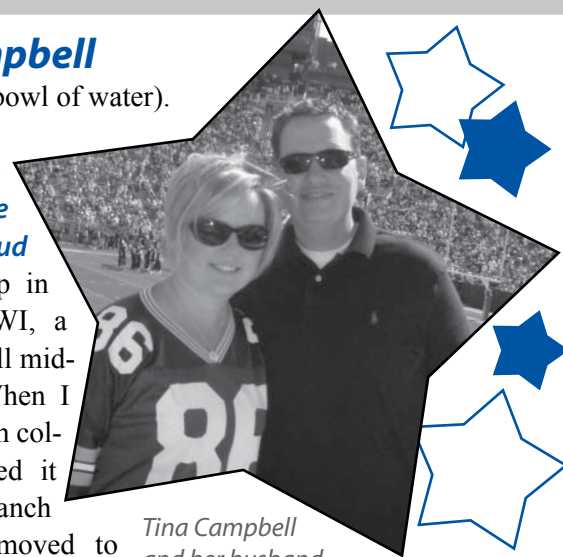
**I'm clueless when it comes to...** anything you can't find on Google.

**When you are chugging along on a project, what junkfood/snack do you crave?** Cheese!

**What's your favorite vacation destination?** My family's cottage in Green Bay.

**When your energy runs dry, how do you recharge your battery?** I love to read. When the energy level is really low, my guilty pleasure is romance novels.

*If you, or one of your JLS D friends, would make a great profile for "Leaguer Limelight", please contact LeagueLines@jlsd.org.*



*Tina Campbell and her husband, Larry, sport Packer green and gold*



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# Girls Night Out

By Noni Ford, Provisional Committee

Calling all single gals and married, too! Junior League of San Diego is trying to start up a girls night out/happy hour to mix, mingle, and make new JLSD friends. E-mail me at fordnoni@yahoo.com or call (214) 498-8019 if you are interested in participating. I will send out an e-mail e-vite one week ahead of the event with details of the happy hour. Forming friendships and having fun is the name of the game! See the monthly schedule below:

**Thursday, November, 15 @ 5:30pm at C-Level**  
**880 Harbor Island Drive, Harbor Island (619) 298-6802**

Great view of the bay and downtown San Diego. Meet by the outdoor fire pit at 5:30 pm to 8:30 pm for a cozy drink, conversation, and great happy hour food specials \$5.00 appetizers that are great and plenty.

**Saturday, December 1 @ 10:30am (brunch) at Brockton Villa**  
**1235 Coast Blvd, La Jolla (858) 454-7393**

Before the Christmas rush starts, lets start off the day with coast toast and coffee! Meet at 10:30 am, those who want to shop in La Jolla can walk up to Girard Blvd together!

**Friday, January 25 @ 5:30pm at Clay's**  
**7955 La Jolla Shores Drive, La Jolla (858) 551-3621**

Jazz, wine, killer views! Friday night after a hard day's work --- come meet at the bar for a cocktail to kick off the weekend and start the New Year with your fellow Junior League buddies from 5:30 pm to 8:30 pm!

**Friday, February 22 @ 6:30pm at**  
**Churchill Wine Bar & Fred's Cantina**  
**2415 San Diego Ave, Old Town (619) 546-7758**

Meet at Churchill's Wine bar at 5:30 pm and then walk across the street to Fred's Cantina for a Mexican dinner at 6:30 pm. Time to fiesta with the JLSD!

**Friday, March 28 @ 5:30pm**  
**Modus: 2202 4th Street, Banker's Hill**

Great new small, intimate, hip place to hang with your Junior League gal pals!

**Wednesday, April 30 @ 5:30pm**  
**Paradise Grill: 2690 Via de la Valle, Del Mar**

Meet from 5:30 pm to 8:30 pm on the outdoor patio for some California cuisine and chatting!

## JLSD Welcomes Transfer Members to San Diego

- **Brooke Bain** transferred from Atlanta, GA and is now placed on Encore.
- **Deborah Bridge** transferred from Jacksonville, FL and is now placed on Encore.
- **Christy George-Brown** transferred from Orange County, CA and is now placed on Leadership Training.
- **Alexi Cuca** transferred from Annapolis, MD and is now placed on Event Planning.
- **Noni Ford** transferred from Austin, TX and is now placed on Provisionals.
- **Amy Hyde** transferred from San Francisco, CA and is now placed on Website.
- **Kristin MacInnes** transferred from Palo Alto, CA and is now placed on Toolbox.
- **Carrie Marguet** transferred from Durham, NC and is now placed on Transfers.
- **Jennifer Young Miller** transferred from Dallas, TX and is now placed on Impact.
- **Christine Morgan** transferred from Palo Alto, CA and is now placed on Encore.
- **Denise Nakanishi** transferred from Orange County, CA and is now placed on Kids in the Kitchen.
- **Denisse Roldan Newell** transferred from Las Vegas, NV and is now placed on Leadership Training.
- **Kim Olive** transferred from Washington, DC and is currently being placed.
- **Julie Relph** transferred from Monterey, CA and is now placed on Event Planning.
- **Sandey Richardson** transferred from Sarasota, FL and is now placed on Leadership Training.
- **Sadie Stern** transferred from Pasadena, CA and is now placed on Leadership Training.
- **Kate Torhorst** transferred from Orange County, CA and is now placed on Cookbook.
- **Elizabeth Uniacke** transferred from Washington DC and is now placed on Mistletoe Mercado.
- **Kristin Yanicelli** transferred from Dallas, TX and is now placed on Event Planning.

***Thank you for joining us...We are thrilled to have you!***

# Not Your Average Tailgate

By the Cookbook Committee

Here's a way to tackle your pre-game appetite without striking out on flavor and variety. Beer, Snacks, BBQ, and Sweets....what more could you need? So grab the shopping list to the right along with your copy of California Sol Food to prepare the menu below. You'll pack a cooler full of a feast that's guaranteed to please the fans at the next big game!

## Menu

*Bankers Hill Beer, p.190*

*Gouda Stuffed Mushrooms, p.99*

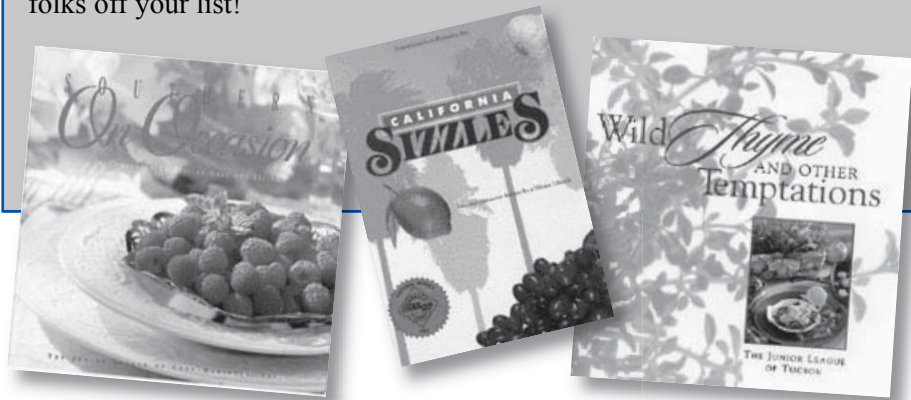
*California Potato Salad, p.63*

*Chicken and Arugula Sandwich, p.88*

*Lemon Bars, p.106*

## Holiday Shopping Idea

Already given everyone on your shopping list a copy of California Sol Food? Then purchase any one of the other 21 cookbooks offered at [www.jlsd.org](http://www.jlsd.org)'s "cookbook swap" featuring quality cookbooks from Junior Leagues across the country. Just visit the online boutique and check a few folks off your list!



## Run For Your Life

Lace up your sneakers and join the Run For Your Life committee, in conjunction with the national Girls On The Run organization, on December 1st at the Jingle Bell 5K run in Balboa Park.

Jingle Bell Run/Walk is a fun and festive way to kick off your holidays by helping others! Be one of the thousands of runners and walkers who hit the nation's pavements, pathways and parks this winter to fight the nation's number one cause of disability. Wear a holiday themed costume. Tie jingle bells to your shoelaces. Run or walk a 5 kilometer route with your team members and celebrate the season by giving.

Run For Your Life will be supporting the girls from Kit Carson Elementary School as they put their hard work and training to the test. This self-esteem building event is sure to get the girls excited about living healthy lifestyles, exercise and positive thinking!

Contact Mika Buffington, Run For Your Life Co-Chair at [mikabuffington@hotmail.com](mailto:mikabuffington@hotmail.com) for more details.

## Shopping Check list:

### Bankers Hill Beer:

- Frozen Limeade Concentrate
- Water
- Vodka
- Light Beer

### Gouda Stuffed Mushrooms:

- Pancetta or Canadian Bacon
- Butter
- Onion
- Garlic
- Fresh Spinach
- Gouda Cheese
- Bread Crumbs
- Fresh Basil
- Salt and Pepper
- Cremini Mushroom Caps

### California Potato Salad:

- New Potatoes
- Salt
- Mayonnaise
- Red Wine Vinegar
- Dijon Mustard
- Lemon Pepper
- Fresh Dill Weed
- Artichoke Hearts
- Onion
- Hard Boiled Eggs
- Dill Pickle

### Chicken and Arugula Sandwich:

- Plain Nonfat Yogurt or Mayonnaise
- Dijon Mustard
- Chopped Arugula
- Fresh Ground Pepper
- Red Bell Pepper
- Boneless Skinless Chicken Breast
- Salt
- Olive Oil
- Baguettes, French Bread, or Rolls

### Lemon Bars:

#### Crust

- Butter
- Confectioners' Sugar
- Flour

#### Lemon Filling

- Eggs
- Sugar
- Flour
- Lemon Juice
- Lemon Zest

## Meet and Greets

By the Admissions Committee

Due to the new one year Provisional Member Program, we now have a unique opportunity to invite Prospective Members to get to know us a little better.

The Admissions Committee has organized a Prospective Member Program that will run the entire year. A combination of social events, informational workshops, community service projects and fundraising opportunities will be offered to anyone considering the Junior League of San Diego. It is our mission to recruit lifelong members, and we are working hard to ensure that our newest members are well prepared and excited about all JLSD has to offer.

At this time we encourage you to consider asking your friends, family members and colleagues if they would like to learn more about JLSD. Now is the absolute best time for a no obligation, "I'm just looking" experience.

Please contact us with referrals or questions at [admissions@jlsd.org](mailto:admissions@jlsd.org), Dedra Hatcher at 626-394-4582 or Nicole Steele at 619-997-4161.



Encourage your friends to make a difference in their community by joining the Junior League!

## *Are You Still wearing Mom Jeans?*



Grass, Pine IV, Rich & Skinny, Tag, Ed Hardy, Custo Barcelona, Julie Brown, Yoga Army, Crash & Burn, Mattie M, VSA Jewelry, Mom Agenda and much more!

*Cowgirl Hippie Date-Night Red-Carpet Career Classic*

**MOMBOMB.COM** for the newest *Celebrity Styles in Jeans, Tops, Dresses, Accessories*

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## NACM Stuffs Education Toolboxes!

By Chrissy Measley Piller

On Thursday, August 23, Nicholas-Applegate Capital Management (NACM) held a Backpack Stuffing event at their One America Plaza office in downtown San Diego. NACM employees stuffed backpacks with essential school supplies for the Junior League of San Diego's Education Toolbox project. The backpacks will be distributed to first grade students attending the nineteen lowest performing San Diego schools.



*Nicholas-Applegate Capital Management staff take a break from their busy day to stuff backpacks for deserving first graders.*

Each year, NACM's Charitable Giving Committee evaluates several San Diego organizations that are in need of donations and volunteer hours. NACM then partners with these organizations in an effort to enhance the lives of deserving individuals in our local community. NACM maintains a philanthropic association both financially and through volunteerism with the following charitable organizations: Habitat for Humanity, the Toussaint Center, American Cancer Society, La Jolla Playhouse,

and Leukemia & Lymphoma Society.

Junior League members, Melanie Collins, Cindy Murphy, and Gail Gonzalez worked with Jeffrey Piller from Nicholas-Applegate and the NACM Charitable Giving Committee to educate NACM about the Junior League and its impact within the community. For the first time, the Junior League of San Diego was selected to receive both a donation as well as volunteer time.

In addition to stuffing 300 backpacks for local children, Nicholas Applegate generously donated \$2,500 to the Junior League of San Diego's Education Toolbox!

NACM employee attendance was impressive at the backpack stuffing event. Everyone worked efficiently, and as soon as the production lines were assembled, they stuffed 300 backpacks in a record time of 15 minutes! These backpacks were later distributed to enthusiastic first grade students at back-to-school nights around San Diego County.

## Education Toolbox Partnership Luncheon

By the Education Toolbox Committee

The Education Toolbox Committee hosted a Partnership Luncheon on August 29 at the Junior League headquarters. The nearly 50 attendees at this event included Parent/Academic Liaisons (PALS) from 20 schools, School Superintendents, other SD Unified School District representatives and the JLS D Board of Directors. Co-Chairs for the luncheon were Maya Douglas, Casey Meeter and Tracy Ricker.



*President Margaret Egler, PAL Coordinator Melissa Whipple & Education Toolbox Co-Chair Cindy Murphy.*

The luncheon honored PALS from the San Diego schools JLS D partnered with for Back to School Nights. PALS got a first-hand look at what the backpacks contain and discussed childhood obesity and how the Junior League of San Diego is working with schools to educate teachers, parents and students on how to make healthy food choices. PALS were

also given a book of quotes, "The Human Spirit", as our way of saying 'thank you' to the PALS who serve as ambassadors to the JLS D during the school year and help disseminate the backpacks during Back to School Nights. JLS D appreciates what these folks do as teachers and role models.

After mingling and a few introductions, we had our guest speaker, Julianna Arnett, from the San Diego County Childhood Obesity Initiative talk to the PALS about childhood obesity and ways the county is trying to combat it. Everyone really enjoyed what she had to say and took away some good information.

Overall, it was a wonderful afternoon where all the PALS were able to meet one another as well as the Junior League Members and understand why we support such a wonderful program.

**The difference between what we do and what we're capable of doing would solve most of the world's problems."**  
*-Mahatma Gandhi as featured in "The Human Spirit"*

# Introducing the Junior League

By Dedra Hatcher & Nicole Steele, Admissions Co-Chairs

Are you interested in volunteering your time to better your community? Looking to improve the education and health of San Diego's kids through community service, fundraising, and policy making?

*Have you considered joining the Junior League?"*

Then chances are so are your friends, family members and colleagues!

With our new one year Provisional Member Program, we now have a unique opportunity to invite Prospective Members to get to know us a little better. The Admissions Committee has organized a Prospective Member Program that will run the entire year. A combination of social events, informational workshops, community service projects and fundraising opportunities will be offered to anyone considering the Junior League of San Diego. It is our mission to recruit lifelong members, and we are working hard to ensure that our newest members are well prepared and excited about all JLSD has to offer.

At this time we encourage you to consider asking your friends, family members and colleagues if they would like to learn more about JLSD. Now is the absolute best time for a no obligation, "I'm just looking" experience. Our social activities for the next few months include a wine & dessert Fall Harvest Party at 210 Maple Street, an organized shopping trip at Mistletoe Mercado and an invitation to the JLSD Holiday Party in December. In January and February we will showcase the membership with an invitation to attend a General Meeting and participate in a Community Service Project. Late spring will have more social events including Island DiVine and the year will conclude with a series of Prospective Member Workshops aimed at thorough-

ly explaining the details including the structure, opportunities and requirements of JLSD.

There may be many people in your life that know all about your involvement in Junior League, but have never considered it for themselves. Help us build a better community by creating a solid foundation in the women of JLSD. You never know what outstanding volunteer is waiting for someone to say "Have you considered joining the Junior League?"

## Membership Admission Information for 2008-2009

**Check out all the activities your admissions committee has planned for this year:**

- November 2:** Happy Hour Shopping at Mistletoe Mercado, Del Mar Fairgrounds @ 7pm
- December 11:** JLSD Holiday Party
- January 15:** General Membership Meeting
- February:** Community Project
- March:** Spring Prospective Member Party
- April 19:** Island DiVine
- May:** Prospective Member Workshops

**Please contact us with referrals or questions at [admissions@jlsd.org](mailto:admissions@jlsd.org) or call Dedra Hatcher at 626-394-4582 or Nicole Steele at 619-997-4161**

## Endowments 101

By Kristy Swanston

Have you ever wondered what an *endowment* is and why it's important to JLSD? An endowment is an investment that provides support to charitable causes. It can be received as a bequest, gift or set of funds. It is a transfer of money or property

donated to an institution, with the stipulation that it be invested, and the principal remain intact. This allows for the donation to have a much greater impact over a long period of time than if it were spent all at once, due to compound interest. This is then spent to support our charitable work in perpetuity.

There is not a monetary limit to what can be accepted. As little as \$20.00 can be considered an Endowment. When you think of an Endowment think of it as an investment in the future of JLSD!

Look for "How do I give an Endowment to JLSD" in the next LeagueLines issue.

[Answers to Page 3 Quiz: All of the above! All of the food categories included in the quiz have trans fats, not just the foods that you may think of like fast food and cookies. It may be hard to find alternatives without trans fats, but read labels closely and try shopping at health food stores. You and your family will be one step closer to healthy eating!]

## San Diego County Obesity Summit

Four deserving San Diego County school districts have been awarded \$1,000 mini-grants for wellness policy implementation, furthering their efforts to create healthy environments and programs to reduce childhood obesity.

Vista Unified, Cajon Valley Union, Encinitas Union and two San Diego Unified schools, Hamilton and Birney Elementary, all received grants sponsored by the Junior League of San Diego. Representatives from each district were awarded the grants at the San Diego County Childhood Obesity Summit held at the Town & County Hotel in Mission Valley. The San Diego County Childhood Obesity Initiative hosted the event that brought out more than 500 attendees.

“One of our parents applied for the Wellness Policy grant and we got it!” said Carol Lord, representative and Physical Education Teacher at Birney Elementary. “Our students are really enthusiastic about being healthy and this grant is going to help us provide wonderful nutritious programs for our school.”

Hamilton and Birney Elementary Schools will use grant funds for nutrition classes for their students and Vista Unified will use their grant to expand efforts into parent education and parent nutrition classes. Cajon Valley Union will use the grant to partner with their local recreation department to enhance physical activity, and Encinitas Union will partner with community organizations to provide nutrition education for underprivileged families.

“The Childhood Obesity Summit was gratifying as it was an indication of the commitment and expertise that many San Diego individuals and organizations have to help reverse the obesity trend in our county’s children. The information from presenters

and the enthusiasm of the participants serve as a reminder that schools are not alone in the goal of preventing obesity and supporting healthier students” said Mary Blackman, Health and Physical Education Coordinator.

The summit included two break-out sessions, including a panel discussion moderated by Encinitas Union School District Superintendent Lean King. The panel of speakers discussed strategies to reduce childhood obesity.

School districts throughout the county have adopted wellness policies that will soon be accessible on-line, on the San Diego County Childhood Obesity Initiative website at <http://ourcommunityourkids.org/>.

“There are a remarkable number of great things going on in this county to improve the health and fitness of our students,” said County Superintendent Dr. Randy Ward as he spoke at the summit’s session on Building Healthy Schools And Bright Futures. “Some of the programs have been high-profile and highly publicized, while others have been quiet, but nonetheless very important.”



LEFT - RIGHT: Wellness Policy grant recipients were Kevin LaPitlus, Encinitas USD; Amy Haessly, Vista USD; Jessie Wallace of Hamilton Elementary (also the 2008 Nurse of the Year); Melanie Aalbers, Junior League of San Diego; Carol Lord, Birney Elementary; Ginny Pinkerton, Cajon Valley USD; and Wendy Vaughn Platt, Cajon Valley USD.



### Golden Tiara Honors: September



#### Nicole Steele & Dedra Hatcher

With creativity, organizational flair and enthusiasm, these two women designed a comprehensive recruiting program that emphasized personal attention and intimate gatherings. From hosting meet & greets at Wine Steals, to throwing a fiesta at 210 Maple, they are responsible for bringing us a wonderful group of over 70 women to our first full-year Provisional class in many years.

#### Maya Douglas, Tracy Ricker & Casey Meeter

Junior League has distributed over 15,000 backpacks to the first graders at the San Diego Unified’s lowest-performing schools through our Education Toolbox project. Maya, Tracy and Casey went above and beyond the call of duty in planning and executing a fabulous luncheon for our partners at San Diego Unified School District that featured a guest speaker, several area superintendents and our revamped toolbox.

#### Chrissy Pillar

Chrissy has drawn special praise for her willingness to do everything asked of her and more. Chrissy was a key player in assisting Nicole and Dedra to execute the meet and greet events which resulted in the recruitment of over 70 provisionals. In addition to her placement on Admissions, Chrissy also serves on Growing Healthy Students – our pilot school garden project at Central Elementary in City Heights.

## Movers & Shakers

On June 28, 2007, Kids in the Kitchen's **Susan Price** and her husband, Anthony, welcomed Gavin Panell Price to their family. One week later, Co-chair **Becky Howe** and her husband, Thomas, celebrated the birth of their daughter, Olivia Marie Howe, on July 5, 2007. Welcome to these two new members to JLSD's Kids in the Kitchen family!



*Gavin Price & Olivia Howe attend a Kids in the Kitchen committee meeting*

After 24 years with the banking and finance practice group at Sheppard, Mullin, Richter & Hampton, JLSD Sustainer **Laura S. Taylor** has been appointed as a judge of the U.S. Bankruptcy Court for the Southern District. Congratulations, your hard work and dedicated service has paid off!

After months of training and fundraising, **Jennifer Steiger** from Placements is participating in the San Diego Breast Cancer 3-Day walk, November 9-11. This is her 3rd year in a row participating in the event.

Cookbook Committee Co-Chair, **Melissa Neibling**, got engaged on her Birthday, June 22. Congratulations, Melissa!

Impact's **Morgan Justice-Black** was recently promoted to Outreach Director at I love a Clean San Diego.

**Bridy Condon** was recently honored in Newsweek, Business Times and Forbes for winning an industry award in Washington DC for her work in the financial planning industry and her emphasis on the importance of protecting families with life and disability insurance.

Cookbook's **Emily Murphy** married Jim Adelizzi, son of Sustaining Co-Director and former JLSD President, **Tommi Adelizzi**, and brother of Sustaining Co-Director, **Judy Adelizzi Parker**. The wedding took place on September 22 at the La Jolla Presbyterian Church, followed by the reception at The Lodge at Torrey Pines.

After working her provisional shift at Island DiVine, Fund Development's **Laura Sapp** became engaged to her fiance.

**Rebecca Gibson Stewart** from the Toolbox Committee had a baby girl; Scarlett Jillian was born September 28 at 11:40am, weighing 7lbs 8oz and 20.5 inches long.

A big "thank you" and "congratulations" are in order for JLSD's provisional member, **Elizabeth Nygaard** for selling 38 cookbooks!

JLSD actives **Jennifer Douillard** and **Shelly Hess**, celebrated crossing the finish line as these "girls on the run" trekked 13.1 miles at the Disneyland Half Marathon on September 5, 2007.



*Jennifer Douillard & Shelly Hess sport Mickey ears as they cross the finish line at the Half Marathon*

### MOVERS & SHAKERS

Do you know a Leaguer who is reaching a milestone?

- Wedding?
- Graduation?
- Motherhood?
- Promotion?

LeagueLines wants to know about the major events going on with our membership. Email **LeagueLines@jlsd.org** to keep us in the loop on the milestones being reached with you or your League friends. You may just see a special tribute right here in LeagueLines!



## Golden Tiara Honors: October



### Julie Haag

The financial success of Mistletoe Mercado is comprised in large part of our vendor booth fees and proceeds from sales. A second-year Active and a former exhibitor herself, Julie Haag took on the responsibility of being our Mistletoe Mercado Exhibitors Chair with a no-nonsense, responsible, conscientious work ethic blended with a "Nordstrom's" level of customer service. She is a major asset to the Mistletoe steering committee and the League.

### Janet Reardon

We're just now hitting Mistletoe Mercado crunch time and our next awardee has already put in a ton of time. But for those who know her, that is nothing new for Janet Reardon. Janet joined the New York City Junior League in 1994 and transferred to San Diego in 2002. Janet did all the printing and organizing for the mailing of the auction solicitation letters (800 of them), stayed up until midnight stuffing those one night, and did the bulk mailing by herself the following day.

### Megan Luce

Megan has been a JLSD member since 2003 and the Queen of Behind the Scenes for that long. She and her father walked the streets of Hollywood and pulled in a whole carload of treats – much of it donated, including: Rolls of film and movie props for decorations, our own Hollywood sidewalk stars to sell, and \$2,000 in underwriting. By her sheer determination, Megan Luce has made outstanding contributions to the Junior League and we thank her!

## Save the Date: Upcoming Events

### Mistletoe Mercado Shopping Event

**When:** Friday-Sunday, November 2-4

**Where:** Del Mar Fairgrounds, Activity Center

Download a free admission ticket at [www.jlsd.org](http://www.jlsd.org)

### Mistletoe Mercado Opening Night Gala "Some Like It Hot"

**When:** Saturday, November 3

**Time:** 7:00pm

**Where:** Del Mar Fairgrounds, Activity Center

Strut down the red carpet as you enter the glamour of old Hollywood.

### JLSD Holiday Party

**When:** Tuesday, December 11

**Time:** 5:30pm

**Where:** JLSD Wegeforth House, 210 Maple St.

The Annual JLSD Holiday Party is sure to be a fun and family-oriented event. The Events Planning Committee is working to bring back some past favorites: visits from Santa, carriage rides, handbell music and more. We are also planning some special new activities, such as cookie decorating for the kids.

Bring an unwrapped sports toy to promote fitness activity for children. We will donate all toys to a local agency.

Questions? Contact the Events Planning Committee at [event-planning@jlsd.org](mailto:event-planning@jlsd.org)

### January General Meeting (note date change)

**When:** Tuesday, January 15

**Where:** Braille Institute

### Island DiVine: Capri

**When:** Saturday, April 19, 2008

**Time:** 3:00pm to 7:30pm

**Where:** Ellen Browning Scripps Park at  
La Jolla Cove

Mark your calendar for the most anticipated food and wine event of the year. Returning to the La Jolla Cove for the second year in a row, the Pacific Ocean serves as the backdrop for this island extravaganza.



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