



**JUNIOR LEAGUE OF
EVANSVILLE**

Women building better communities

League Line

Get Ready to Rock the Ride!

The time is nearly upon us! The Junior League of Evansville, in partnership with the Evansville Morning Rotary, is proud to present the Rockin River City Ride and GLOW Run on Friday, May 9 and Saturday, May 10.

The two-day community event offers activities for novice and experienced participants alike—all set against the beautiful Evansville riverfront. Plus, the American Heart Association is hosting its 5K Evansville Heart Walk in conjunction with the Ride this year, and a Family Fun Park will be open to participants and the general public during the day on May 10.

Don't forget to check out the event party the evening of May 9, during which local bands will vie for the honor of "Best Band in the Tri-State" and a \$10,000 prize package as part of the Battle of the Bands contest.

For further event details, continue reading pages 10-11, or visit www.rockinrivercityride.org.



**American
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Heart Walk®

League Hosts Second-Annual Workshop for Local Girls

On Saturday, March 1, the Junior League of Evansville hosted its second-annual "Exploring Body Confidence and Self-Esteem Workshop" for tweens. The event was held at the Dream Center and was done in conjunction with The Dove® Campaign for Real Beauty, an initiative that began 10 years ago as part of an effort to widen the definition of beauty.

Seventeen young women attended, as well as an additional high school volunteer.



The event kicked off with attendees watching Dove's "Selfie" YouTube video, which "challenges a group of young girls to 'make an honest selfie' and have their mothers do the same. The photos are then uploaded to a gallery on a newly created website, dovebeautyis.com, where viewers are encouraged to debate what beauty is using the social media hashtag #beautyis."

After the video, USI Dental Hygienist Lorinda Coan and her students gave a presentation on the dangers of tobacco, drug use and tongue piercing and their effects on dental hygiene.

The next portion of the event was led by "To Write Love on Her Arms," USI Chapter 1314 (TWLOHA). TWLOHA is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury and suicide. Learn more at <http://twloha.com>.

Participants wrapped up the day with a Zumba presentation by Janey Albin and a Schnucks food demonstration by Chef Krystle Clark.

Special thanks to the **Youth Development Committee** for planning and hosting the event.

The Junior League of Evansville, Inc.

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

- I. The Junior League of Evansville shall identify and strive to meet the needs of diverse membership.
- II. The Junior League of Evansville shall educate and train members to be effective and committed community volunteers.
- III. The Junior League of Evansville shall identify and strive to address the changing needs and issues of the community.

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LeagueLine

Katie Sims	Editor
Danielle Anslinger	Feature Writer
Meagan Brien	Feature Writer
Nikki Davis	Feature Writer
Holly Dunn Pendleton	Feature Writer
Chelsea Phillips	Feature Writer
Lisa Riley	Feature Writer
Julie Stucki	Feature Writer
AlphaGraphics	Printer

In Her Own Words...

Dare I say that time is moving so quickly, and I can't believe we only have three more months left in the 2013-2014 League year! As we "spring forward" into the season, I have thought about our accomplishments to date, upcoming events and changes implemented for the League.

2014-2015 placement is just around the corner, and as all decide what committee best fits their skill sets and needs, one of the changes made this year to help with the process is the implementation of Career Pathing from Nominating and Placement. A goal of the Junior League of Evansville is to provide our members with training in voluntarism, leadership, fundraising and community issues, and Career Pathing will be one of the tools used to achieve this mission. The first stage of Career Pathing will help guide members in choosing a cluster and committee to help meet their needs personally, professionally and within the League. As this process evolves and grows throughout the upcoming years, each member will have the opportunity to design a path that may open a variety of doors within the League or at other organizations.

Another change that took place this year was the interview process for the Slate of Officers. Each candidate completed a written application and interviewed for a position on the Executive Board. The process gave candidates an open forum to highlight their skills and share their vision of and for the League. I would like to congratulate the following for their positions and being the first to participate in the new process.

2014/2015 Slate of Officers

Jamie Scales - President	Kelley Ashby - VP Membership
Lisa Vaughan - President-Elect	Lori Samples - VP Communication
Natalie Andrews - VP Finance	Holly Dunn Pendleton - VP Community

The League is ever changing and growing with the needs of our members while retaining and embracing our history and traditions. So as we "spring forward," share with others the wonderful things the League is doing inside and outside. Your words can inspire others to join and help keep the Junior League of Evansville a thriving asset to the community.

Sincerley,




Monica Owens, President
Photo Courtesy of Gray Photography

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We are so grateful to our Mission Partner and other in-kind sponsors that have generously supported our mission so we may build a better community. If you know of a business that is interested in sponsorships, please contact the JLE office.

Fairytale Luncheon Fun!

The Cookbook Committee hosted *Once Upon A Time: A Fairytale Luncheon* January 25, 2014, at the Evansville Country Club. The luncheon celebrated the 10th anniversary of the League's *Once Upon a Time Cookbook* and honored the accomplishments of Sustainer **Kirsten Wagmeister** and fellow members of the original Cookbook Committee.

It truly was fun for all ages! Attendees enjoyed an elegant lunch, consisting of recipes from our award-winning cookbook, as well as a kid-friendly meal—all in a storybook setting complete with pirates and princesses!

Children had a fairytale day attending activities for both boys and girls. Each child followed a treasure map and discovered their very own treasure at the end. There were real-life princesses, princes and a pirate who interacted with the children during their meal. Children also took pictures with their favorite characters.

One of the biggest hits was the photo booth where the kids dressed up, acted silly and posed for pictures to commemorate their magical day. The little pirates and princesses also enjoyed the Royal Boutique—complete with stations for hair styling, makeup, tiaras, beard painting and even pirate eye patches!

In addition, the children enjoyed a craft station where they made photo frames to hold pictures from the day; a soap wand decorating station that was very popular; and a Kids in the Kitchen booth where children learned the do's and don'ts of snacks and watched a healthy-but-yummy cooking demonstration.

Parents browsed the vendor market for family-friendly items available from local merchants, as well as a silent auction where lots of great items donated by local businesses were up for bidding.

-By: Danielle Anslinger



2013-2014 Cookbook Committee

Danielle Anslinger, Chair

Natalie Brinker

Katie Hermann

Jill Mecklenborg

Natalie O'Daniel

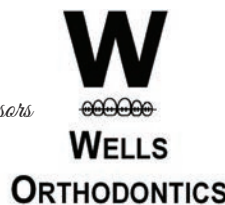


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Upcoming DIAD Opportunities

Spring into action with the following Done-In-A-Day opportunities! Remember, Active members need a total of six DIAD hours; Provisional members need four. New DIADs are added all the time, so check the JLE website frequently!

Rockin' 4 Robin

Old National Bank Downtown
April 4, 5

Vanderburgh Medical Alliance Style Show

Tropicana Convention Center
April 17

St. Mary's Auxilliary Style Show

St. Mary's Manor
April 22, 23

Little Lambs

First Presbyterian Church
Wednesday and Saturday shifts available



From left: Kristi Krack, Lisa Vaughan, Kim Taylor-Vatel and Amber Anslinger earn some DIAD hours while volunteering at St. Mary's Medical Center's Associate Open House.

REMINDER: Submit JLE Dues by April 1

It's time to renew your dues for the 2014-2015 Junior League year! Payments may be given to **Stephanie Norrick**, Corresponding Secretary, before or after General Membership meetings. You may also pay dues online at the JLE eStore, in person or by calling the League office at (812) 434-6710. For the upcoming year, dues are \$133 for Active and Active Gold, and \$83 for Sustainers. Dues must be paid by April 1.

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Coming Soon...Issue-Based Community Impact (IBCI) Model

Junior League organizations across the country are implementing the Issue-Based Community Impact (IBCI) model recommended by the Association of Junior Leagues International, Inc. (AJLI).

The Junior League of Northern Virginia (JLNV) began the process in 2011. They created their Issue-Based Community Impact Ad-Hoc Committee to research community needs and member interests.

In April 2013, JLNV voted to adopt the following areas corresponding to the IBCI model: a topic area of Preparing Children for Success; an issue area of Health and Wellness; and a focus area of Addressing Childhood Obesity. Today JNLV's IBCI Ad-Hoc Committee is working on strategies and tactics to complete their IBCI model.

The Issue-Based Community Impact model takes time, research and expertise to implement. No two Leagues will go through this process exactly the same, and our process will be unique to our League.

The outcome, however, is always the same: to create maximum impact within our community by focusing efforts toward a specific goal.

For questions or suggestions regarding the Junior League of Evansville's IBCI model process, contact Holly Dunn Pendleton at hollykappa@gmail.com.

-By: Holly Dunn Pendleton



Members of the Junior League of Northern Virginia stuff backpacks with healthy food at a JAMPACKS event. The backpacks are distributed to area children who may otherwise go without food on the weekends.



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Provisionals Explore Little Lambs of Evansville

Little Lambs of Evansville began in 1995 as a project of the Junior League of Evansville to address the ongoing issues of escalating infant mortality rates in Vanderburgh County. It has evolved into a community-wide effort to support and encourage parents of all backgrounds to safely care for their infants and young children. Little Lambs has also been an ongoing and popular DIAD opportunity for JLE members.

Located at 602 S.E. 2nd Street (inside First Presbyterian Church), the Little Lambs store is open every Wednesday from 2 p.m.-4 p.m. and every Saturday from 10 a.m.-12 p.m. During the hours of operation, volunteers may participate in several tasks: greeting and helping visitors sign in, helping them find what they need, assisting with their purchases by logging each item in the computer and counting vouchers, as well as re-stocking the inventory as needed. In return, JLE members can see firsthand the impact the Little Lambs store has on each patron.

By attending parenting classes, prenatal counseling, pediatrician check-ups and rehab sessions, parents are allotted vouchers for their participation. These vouchers may be redeemed at the store for essential baby items—diapers, wipes, bottles, clothing, car seats, strollers and more. These items are donated and are always in need! The sense of appreciation and accomplishment is apparent when talking to any parent or child who comes in to shop. As a volunteer, it is an enlightening and enriching experience to assist each parent and see the true purpose of the Little Lambs organization.

According to Melissa Whitler, Little Lambs store coordinator, Junior League volunteers make up half of their team of volunteers for the store. Melissa also shared that starting this month, Little Lambs will be offering classes every Saturday for parents to attend. They will cover various topics, with the first class teaching car seat safety. These classes will continue monthly through the fall and offer vouchers for attendance. She also states, “It’s good to see the full circle...to see the parents, see the faces of the children. You see how important it is.”

Provisional member Sherri Miller echoed that sentiment after her first volunteer shift there. “It’s nice to see the kids come in and know that what you’re doing is going to impact them.” She brought her two daughters with her to show them the importance of Little Lambs’ mission and added she was excited to return for another volunteer shift in the near future.

It is not just about stocking diapers or exchanging vouchers for sippy cups—you will leave with a smile on your face and a desire to volunteer again! For more information on items needed, please call Little Lambs at (812) 425-5262 or sign up for a volunteer shift any Wednesday or Saturday.

-By: Lisa Riley and Chelsea Phillips



Provisional Members volunteer at Little Lambs of Evansville, an organization that began as one of JLE’s Signature Projects.

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JLE, Dillard's "Coll•a•bear•ate"

In January, Dillard's department store reached out to the Junior League of Evansville to "coll•a•bear•ate" on a small project. Dillard's had 250 teddy bears available to donate, and they wanted to work with the League to distribute them to local organizations that would benefit from the donation.

The organizations/events chosen to receive the teddy bears were: Holly's House, Little Lambs, Ark Crisis Child Care Center and the League's Fairytale Luncheon. Special thanks to **Eva Agee, Nazan Wolfe, Amber Anslinger** and **Natalie O'Daniel** for helping deliver them.

Angie Richards Cooley, executive director of Ark Crisis, expressed her appreciation with the following note: "I just had to share some feedback from our parents: We actually gave the bears to the children yesterday, and they loved them!"

"The children were so excited, and the parents were very appreciative. We had one little girl bring her bear with her to Ark today—her mom said she hasn't put it down and held on to it all night while she slept. So sweet!"

"Ark is a very humbling place. I think many of us are so blessed and are able to give so much to our children that we don't even realize what it would be like for our children to have nothing. At Ark, we see children each day who have no toys at home, who have never held a crayon and who never have anyone read stories to them at bedtime. Your gift means more than you can possibly imagine to our kids!"

-By: Nikki Davis



Hundreds of teddy bears, courtesy of Dillard's, were distributed to local nonprofits in the Evansville area with the League's assistance.

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Member Recognition

Personal Accomplishments

Jessica Kuryla became engaged after her boyfriend, Edgar, surprised her with a “on-air” proposal during her guest appearance on Channel 14’s Midday with Mike program.

Tiffany Boyd was driving home with friends when they spotted a house on fire. They immediately called 911 and knocked on the doors and windows to alert the residents. Thanks to their actions, everyone escaped unharmed.

Professional Accomplishments

In addition to editing *Evansville Woman* and the *Evansville Business Journal*, **Cheryl Martin** now edits the Warrick and Westside editions for the Courier & Press.

Chelsea Phillips passed the Indiana Real Estate Exam and will be working for FC Tucker Emge Realty.

Crystal Wildeman was recognized by Indiana Super Lawyers as a Rising Star in Civil Litigation: Defense.

Meagan Brien was recognized by Indiana Super Lawyers as a Rising Star in Business/Corporate Law.

Lisa Vaughan and **Nikki Davis** received individual nominations for the 19th Annual Celebration of Leadership awards. The night of the event, Davis’s SMILE on Down

Syndrome Art Smart program was awarded for their work in the Business or Organization in Arts category.

Jamie Scales and **Ashley Murphy** have been named members of the 2014 Class of Leadership Evansville.

Julie Stucki was honored for her work with Mended Little Hearts and the Heart Heroes event.

JLE Accomplishments

Dionne Blue spoke on behalf of the Junior League of Evansville at Leadership Evansville’s Connect & Engage event and informed attendees about JLE’s purpose and mission.

Eva Agee, Nazan Wolfe, Amber Anslinger and **Natalie O’Daniel** helped distribute teddy bears donated by Dillard’s to local charities and organizations.

Condolences

JLE members send their heartfelt condolences to the following:

Nazan Wolfe, on the passing of her father; and

Katie Hermann, on the passing of her grandfather.

Each of our League members gives their time and talents to their families, employers and the community. If you are aware of any achievements that have occurred among our membership, please contact Meagan Brien at rideout.meagan@gmail.com so those individuals may be recognized for their personal and professional achievements.

Yoga, Tai Chi and More

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St. Mary’s Women’s Wellness Center is committed to providing all women a space where they can find balance and peace for body, mind and spirit.

Classes in yoga, tai chi and more are offered Monday through Friday for \$10/hour-long class. There are also \$5 for 35 minutes lunchtime class options available. Both registration and drop-ins are welcome!

St. Mary’s Women’s Wellness Center is located on St. Mary’s Main Campus in the 3801 Bellemeade Office Building.

TO REGISTER FOR CLASSES

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stmarys.org/womenswellness



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JLE Members Lobby in D.C.

Julie Stucki's Experience

As the Executive Director and Coordinator of Mended Little Hearts (MLH) of Evansville, I travelled to Washington, D.C., for the Adult Congenital Heart Association (ACHA) and MLH Advocacy Day 2014. To advocate for these organizations was an experience I will never forget—from the training on how to reach out to my legislatures to the reception at the Heart House of the American College of Cardiology and the opportunity to share my concerns with legislators.

My ask to them was the need for continued support of a lifelong surveillance system throughout the Centers for Disease Control of all the people affected by Congenital Heart Disease, as well as increasing the funding for it.

One out of every 110 children born in the United States has a congenital heart defect. I am 1 in 110, and it is my passion, my journey and my mission to educate and advocate for all of the mended hearts—big and little.

Nikki Davis's Experience

As the Executive Director for SMILE on Down Syndrome, I had the privilege of visiting the capitol for the third year in a row to lobby as part of the Indiana Delegation of the National Down Syndrome Society. During the NDSS Buddy Walk on Washington, advocates met with members of Congress and their staff on Capitol Hill to advance education, research and healthcare for people with Down Syndrome.

Our biggest ask was in regards to bringing on co-sponsors for the bipartisan, bicameral Achieving a Better Life Experience (ABLE) Act of 2013 (S.313/H.R.647), as well as requesting that the bill be brought to the floor for a vote soon.

While in D.C., I again served as the official photographer for the Buddy Walk on Washington and also taught two workshops at the Down Syndrome Affiliates in Action conference.

-By: Julie Stucki and Nikki Davis



Julie Stucki, left, and Nikki Davis pose in front of Congressman Larry Buschon's office while lobbying in Washington, D.C., this past February for ACHA/MLH and the National Down Syndrome Society, respectively.

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How to Rock the Ride!

Remember to Spread the Word Among Family, Friends

How Can You Register?

Junior League of Evansville members can meet their Rockin River City Ride volunteer requirements by signing up at General Membership meetings, via the JLE website or by contacting the office at (812) 434-6710. We ask that members who wish to participate in actual event(s) do not register through the Ride's website due to incurred fees.

When promoting the events to people outside the League, please direct them to our www.rockinrivercityride.org website for more details and to register online.

How Can You Help Make it a Success?

- Meet your financial requirement as soon as possible
- Sign up for your required hours
- Share the event on social media
- Create a team
- Hang posters
- Share information with family and friends
- Talk up the event to co-workers
- Build excitement in your social circles—there is something for everyone!



Did You Know?

The Rockin River City Ride is an official *Let's Move!* event.

Let's Move is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation so that children born today will grow up healthier and able to pursue their dreams.

We are proud to be an official *Let's Move!* event! Learn more about the initiative at www.letsmove.gov.

Thank You to Our Rockin River City Ride

Event Sponsors!!



Thank You to Our Mission Sponsor!



Rockin River City Ride Schedule of Events

The GLOW Run

The GLOW Run 3-mile or 5-mile Run/Walk is a new addition to the Rockin River City Ride. It's a unique nighttime event that allows you to enjoy a music-filled, glowing course. Registration pickup is May 9 from 5:30-7 p.m., and the event starts at 7:30 p.m. The GLOW Run begins at the Tropicana Events Plaza, and you walk or run on the Greenway slightly past the Pagoda and circle back in a 1-mile loop. You can walk the course up to 5 miles. The course will be fun for walkers and runners alike. There will be a glow tunnel, glow tent and mural with glow paint. Come dressed in a neon outfit and join the fun! You will receive a neon t-shirt with your registration.

Price (all distances, all ages):

- Individual runner/walker: \$20

Registration includes:

- Free t-shirt
- Free runner's glow gift
- Free admission to Battle of the Bands (a 21-and-over event)



Last year, more than 600 participants took part in the Rockin River City Bike Ride. All proceeds from the event benefit the missions and charities of the Junior League of Evansville and the Evansville Morning Rotary.



Rockin River City Ride

Riders will enjoy numerous fully stocked rest stops; free route support; and a Family Fun Park that will include food and merchant vendors, bounce houses, games, prizes, bike helmet giveaway, a bike safety presentation and live entertainment all day. Registration begins at 7 a.m. at Sunrise Park in downtown Evansville, and the opening ceremony will start at 7:45 a.m. with staggered start times following for each distance. The Rockin River City Ride is proud to be an official event of the national *Let's Move!* initiative.

Price (all distances, all ages):

Individual rider: \$25

Family ride, up to four: \$50 (\$5 for each additional family member)

Registration includes:

- Free t-shirt (2 adult t-shirts for family registration) and swag bag
- Free admission to the Family Fun Park and rest stops
- Free Support and Gear (SAG)
- Free lunch provided by Spudz-n-Stuff and Memphis & Main BBQ
- Free shuttle service and secured bike drop-off available

Evansville Heart Walk

The American Heart Association's Heart Walk is a national campaign to get America moving. The Evansville Heart Walk is a non-competitive, 5K walk that celebrates those who have made lifestyle changes and encourages more to take the pledge to live healthier lifestyles while raising the dollars needed to fund life-saving research and education, advocate for health and save lives. Registration begins at 8 a.m. on Saturday, May 10, followed by the walk at 9 a.m. along the Evansville riverfront. To walk, form a team or donate, visit: www.evansvilletristateheartwalk.org.

Family Fun Park at Sunrise Park

The Family Fun Park is free to the public, and you do not have to participate in the Rockin River City Ride or Heart Walk to attend. The park is open from 10 a.m. - 2 p.m. at Sunset Park. A shuttle will run between Vectren, Old National Bank and Sunset Park from 10 a.m. - 2:30 p.m.

- Games and prizes, bounce houses, face painting and clowns
- Bike helmet giveaway and safety presentation
- Live entertainment throughout the day



Sunday, May 4 • 6:30-9:30 p.m.

Friends and Family Night

at Dillard's, Eastland Mall



10% OFF Entire Store

\$5 per ticket



Dillard's basket doorprize, plus at 9:30 p.m. one lucky winner will receive a 100% refund on purchases made that night!



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