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PHOTO BY: CYNTHIA VALDEZ

Caroline Valdez “builds” downtown Tampa at Glazer Children’s Museum.
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"What League experience left a lasting impression on you this year and why?"

Avril Shelton
Writer

"My Holiday Gift Market shift always makes me feel connected and appreciated. With the limited time I have working on such an important event, that makes all of the wonderful activities we do possible, fills me with the satisfaction of participating in ‘the greater good’ benefiting our organization."

Ashley Collado
Writer

"The Holiday Gift Market. It never ceases to amaze me the number of vendors that come from near and far to help us raise money to help support our yearly projects."

Jenna Simpson-Oliver
Features Editor

"I volunteered this year with the Pediatric Cancer Foundation Fashion Show. I was able to get one of the older girls who was a junior in high school and took all her classes online. She wants to be a doctor when she grows up so that she can help families deal with what she is going through. She is 17 years younger than me, and I want to be just like her when I grow up!"

Jamie Forsyth
Writer

"Connecting with other amazing JLT members and realizing how much we all have in common and what interesting lives we lead."

Jessica Burns
Assistant Features Editor & Writer

"Proposing a new member for JLT. This year, application numbers were at an all time high. Realizing the number of talented women interested in joining our organization gave me a great sense of pride as a member."

Hillary Dalton Banks
Copy Editor

"I learned a tremendous amount and reconnected with many of my mother’s JLT friends in research and writing an article for a past issue of The Sandspur. I am honored to contribute to a League with such a rich history and a phenomenal future."

Jillian Koepke
Ad Sales Coordinator

"Through JLT I’ve been able to connect with The Heart Gallery and have enjoyed getting to be a small part of their wonderful organization. This year, I’ve been happy to donate photography to help find a forever home for some of their wonderful kids."

Sommer Stiles
Assistant Editor

"There is joy in work. There is no happiness except in the realization that we have accomplished something."

-Henry Ford
Show off your best smile this summer.

THE SANDSPUR

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Each spring, The Junior League of Tampa undergoes a time of renewal as it begins the process of wrapping up another year of service while simultaneously preparing for a new year. League leaders take the time to carefully review all of the League’s projects and internal committees to determine where, if any, changes may be needed. In doing so, the many accomplishments of JLT and its members during the past year come to light.

As a JLT member, there are so many things to proud of this year! Membership Vice President Nicole Hubbard shows us the many accomplishments of JLT and its members this year in her piece on page 28. Bragging rights abound!

Active members are certainly not the only JLT members of whom to be proud. Read about this year’s record-breaking Provisional Class and it’s stellar achievements in Avril Shelton’s article, Junior League’s Kids in the Kitchen.

Don’t miss this issue’s Sustainer News as Sustainer President Sue Cox gives us an in depth, impressive year-in-review, including a warm welcome to the equally impressive incoming group of new sustaining members.

This League year ended, as all League years do, with a spectacular Annual Dinner. Designed to celebrate another successful year of service, JLT leaders take the opportunity to present outstanding members with much deserved service awards. Writer Ashley Collado highlights the key event in her article on page 40. Hear what the night’s big winners had to say about being honored by their peers.

I would like to take this opportunity to thank my peers, the members of The Sandspur Committee, for their hard work and dedication this year. One of the first pieces of advice I received as a first time committee Chair was to “meet members where they are in their lives right now” (thank you, Nicole!). I shared this advice with my steering committee at the beginning of the year and they helped to bring this advice to life many times this year.

Our committee members have seen a multitude of changes in their personal lives this year: weddings, divorces, engagements, career changes, and even the birth of twins! Despite the chaos that often accompanies such changes, our committee members have managed to not only bring our readers the most important JLT news and information as promised, but they have done it with a grace and ability that rivals even the most impressive of paid publications.

I am both humbled and honored to have shared The Sandspur experience with such talented, dedicated, and considerate women. Each of you will surely continue to make positive, lasting impressions everywhere you go and I cannot wait to see what more you will bring to the League and to the Tampa Bay community!

Have a restful and enjoyable summer!

Yours,

Cynthia Valdez
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Every year we continue to move the needle closer and closer to achieving our Mission, and as we close out the 2012-2013 League year, I am so proud of all of our accomplishments. This final issue of the 2012-2013 Sandspur is about celebrating our successes of the year and the women that have made it possible. It is about celebrating the biggest new Active class ever; it is about each Active that gave her time selflessly to make sure a foster child had their first birthday party; it is about the member that moved mountains to make it to their Holiday Gift Market shift to represent us to the record 10,801 shoppers that came through the door; and lastly, it is about each of the 86% of Actives and 87% of Provisionals that gave, no matter the amount, to Annual Campaign—100% of which will go back into our projects and programs. So, I hope you will enjoy reflecting upon the year in this edition of The Sandspur.

I would like to send a special thank you to Cindy Valdez, our Sandspur Editor and to Angier Miller, our Communications Vice President. Through thick and thin and a brand new baby (Alexander Miller!), we have worked to perfect the editorial process of The Sandspur into a well-oiled machine. Thank you both for being team players, for seeing the process through, and for being such a joy to work with every day.

I would also like to thank my Executive Committee. Every President probably thinks that she has the BEST Executive Committee, and of course, I am no exception. During some years, it may seem that the League makes more strides in one area than in another. But this year, every area made great strides and great FIRSTS. Let me praise President-Elect Lee Lowry for all of the progress we have made in bringing awareness to our community around the issue of human trafficking through our Public Affairs Committee; Community VP Stacy Carlson for leading our Project Development and Evaluation Committee through the process of choosing Big Brothers Big Sisters and Joshua House as two new project partners; Membership VP Nicole Hubbard for all of the support given to the Provisional Class from dividing them into two groups to turning Junior Leagues’ Kids in the Kitchen into our Provisional Project; Fund Development VP Danielle Post for leading us to new heights in our Annual Campaign numbers and successfully implementing our new Gasparilla fundraiser; Secretary Lynette Russell for overseeing the Diversity Task Force which has led to our new Diversity Statement; Finance VP Jessica Kendall for her vision and support that led Holiday Gift Market to record numbers this year; Treasurer Suzy Mendelson for stepping into the role of leading our Treasury Office and bringing some much needed process changes to the League; and of course, I already mentioned how wonderful Angier Miller has been in her role as Communications VP.

And my last thank you is to all of you—our members, our supporters, my business associates, my friends, and my family. Each of you has played such an important role in helping make this year a success for The Junior of League of Tampa. Whatever your contribution, I hope you got out of it more than you put into it, I know I have. I would not trade the experiences I have had this year for anything. Always remember to keep your eye on the needle—it's crazy how you can make it move.

All my best,

Stephanie
The Junior League of Tampa believes that women as well-trained volunteers can strengthen and transform communities. This aspirational statement kicks off what is known as our Community Impact Statement. During this year as Community Vice President, I witnessed the power of this simple statement and how it has inculcated our membership and throughout our community.

A few years back the Association of Junior Leagues International conducted research with women inside and outside the League. AJLI learned that the “ability to impact the community” was the driving force behind women joining the League. Taking that research to heart, JLT began to reorient our community work to steer toward more meaningful, relevant impact. Additionally, we spent time to get clear not just about what we wanted to do, but also how we want to do it.

At the top of our agenda is a focus on alleviating and preventing the conditions of poverty for our most disadvantaged children and families. We became clear about the impact we sought to achieve in our community work. Additionally, we proactively sought opportunities to push the League forward as a recognized and relevant leader in this community. As the largest organization focused on “developing the potential of women to become civic and community leaders,” we discovered that many in the community had no idea of the mission of the League, let alone the power and influence of 1,800 committed women.

Not only did we continue to refine, expand and improve the many direct service projects that make a difference in the everyday lives of thousands of children and families, we stepped out on some key community issues, shining a bright light on some of our darkest tragedies. For example, our Public Affairs committee put together a summit on Human Trafficking to deepen a broad-based community understanding of the problem, gaps in services and current work happening the field. For the first time in a long while, law enforcement, the judicial branch, governmental and social service leaders and the community at-large saw the convening power of the League. Now we find ourselves with a seat at the table around developing solutions to human trafficking.

The League also partnered with the United Way, Starting Right Now, Bank of America and the Tampa Bay Rays to begin community conversations to address and reduce poverty. This leadership convening grew out of our “Getting Ahead” direct service work at the Salvation Army’s Hospitality House. We are now serving in a leadership capacity coordinating strategic planning with 30-plus organizations across Tampa Bay to develop a comprehensive strategy to address poverty.

While building our leadership voice, we remain steadfastly committed to our direct service work in education and child welfare. This year, Children’s Literacy worked to build the capacities of families to create literate home environments through the access to reading materials at home and literacy training for families. This research-based approach to building home libraries will result in less summer learning loss for students creating a strong foundation for literacy.

Every person in the League should be proud of the impact we had this year. You don’t need an official community placement to contribute significant changes in the community. Every job counted and every person played a role in building the League to the relevant, impact-oriented community leader we have become.

All the best,

Stacy Carlson
With sincere gratitude, I would like to thank the many people who made the Spring Sustainer events so successful:

- Carol Garner, Laura Ann Hunter, Frankie Harrell, and Ruth Tapley organized another fun afternoon for Lunch and Bridge.
- Pat Van Dyke, Nell Ward, and Catherine Marston chaired an exciting “Day at the Races.” Thanks also to Stella Thayer for making the beautiful day possible for us.
- Tammy Waugh brought us together at the Columbia Restaurant at the Tampa Bay History Center for another delightful Lunch Bunch.
- Barbara and Les Ryals opened their lovely home for the Spring Cocktail Party. Nancy Nelson and Bob Nathan and Nancy and Clay Mynard chaired the fabulous evening.
- Jan Ely chaired the Spring Luncheon Meeting at League Headquarters honoring our 50 Year League Members.
- Marsha Lane organized the Art and Antiques Group visit to see Tom and Mary James’ private art collection at Raymond James Corporate Headquarters and a visit to Past Perfect Antique Shop for an interesting presentation on fabulous antique jewelry and cameos.
- Karen Perry arranged a beautiful luncheon honoring New Sustainers and Sustainer Transfers at Tampa Yacht and Country Club.
- Sustainer Vice President Ruth Giordano, Recording Secretary Pat Van Dyke, and Corresponding Secretary Dada Glaser were a tremendous help and support to me this entire year!
I have mixed emotions as my year as The Junior League of Tampa Sustainer President comes to an end. I will not miss the deadlines for submitting articles to *The Sandspur* and *The Spur of the Moment*. What I will miss is all the wonderful women I have gotten to know and work with this year. I will miss the pride of saying that I was once again actively involved in such a fine organization of women who continuously and unselfishly strive to build a better community for us all.

The Spring Luncheon Meeting, planned so beautifully by Jan Ely, was held at League Headquarters. Our guest speaker, Gayle Sierens, entertained us with the story of her life in television journalism and how it has evolved with modern communication. I was pleased to recognize thirteen of our Sustainers for their 50 Year Commitment to the Junior League. All but three began their Junior League affiliation here in Tampa as provisionals. Not only were they great volunteers as actives but they continue to be Active volunteers in many worthy organizations in our community. We are certainly proud of them.

**Fifty Year Members of the Junior League**

Patricia Bowker, Annlyn Byrd, Mary Lee Farrior, Jennie Hampton, Elaine Johnson, Mary Ann Kearney, Diane Kemker, Ann Scott Knight, Jane Maher, Berdina Morgan, Kay Murphy, Judy Reeves, and Jean Suringa.

At the Annual Dinner, it was my honor to present the award for “Sustainer of the Year” to Harrison Giddens. Harrison has been and continues to be active in so many organizations, most notably in the preservation of the Tampa Theatre and in the growth and development of the Tampa Museum of Art and the Tampa Bay History Center. As I read through her many accomplishments as an Active and then as a Sustainer, I was reminded of the impact Junior League members continue to have on our community long after their active days are over. Sitting at the dinner with equal pride were former Sustainers of the Year Joy Bell, Sarah Jane Rubio, Joanne Frazier, and Cecelia Ferman. I felt so honored to be in the presence of these outstanding women!

I hope you will join me next year to enjoy the many activities and opportunities incoming Sustainer President Ruth Giordano and her committee chairs plan for Sustainers.

Have a wonderful summer!!

Fondly,

Sue Cox
Sustainer President, 2012 – 2013
Dear Mr. Green,

On behalf of Keep Tampa Bay Beautiful, thank you and the Junior League of Tampa for your support of our Environmental Projects. While the word “thank you” may be small, it’s accompanied by enormous appreciation.

We received your donation of $727.79 on 7/13/2013 by the Tampa Lopez Garden Regrass, for grass and irrigation. This is in appreciation for your donation to the Earth.

Keep Tampa Bay Beautiful is a 501c(3) non-profit. Our mission is to provide environmental education and volunteer opportunities for all, build individual responsibility and environmental awareness. Thank you so much for helping a nation that matters.

Sincerely,

Debra D. Eyestone
Executive Director

---

November 25, 2012

Mr. Robert Taylor
Junior League of Tampa
67 Columbus Drive
Tampa, FL 33606

Dear Mr. Taylor,

Please accept our heartfelt thanks for your continued support of our joint efforts to educate children about the importance of the environment.

The Junior League of Tampa’s Junior Scholars Program is committed to providing educational experiences that will encourage young minds to develop a passion for environmental stewardship. Your financial support is instrumental in ensuring that this program can continue to thrive and reach even more students.

Thank you for your generosity and your commitment to a brighter future for all.

Sincerely,

[Signature]

---

November 23, 2012

Dr. Elizabeth Johnson
St. Joseph’s Hospital
125 S. Tocoma St.
Tampa, FL 33609

Dear Dr. Johnson,

Thank you for your generous support of Trinity Zoo. Your commitment to the well-being of children and animals is truly inspiring.

Trinity Zoo is dedicated to providing a safe and healthy environment for our animal residents. Your donation will help ensure that we can continue to offer educational programs and activities that promote the understanding and appreciation of nature.

Thank you for your dedication to making a difference in the lives of those we serve.

Sincerely,

[Signature]

---

Trinity Zoo

November 23, 2012

Elizabeth Bolus
Trinity League of Tampa
125 S. Tocoma St.
Tampa, FL 33609

Dear Elizabeth and Junior League executives:

Trinity Zoo is deeply grateful and extremely honored by your generous donation of $5,000. Your support is truly appreciated and will enable us to continue providing an educational experience that is both fun and informative.

Thank you for your commitment to the betterment of our community.

Sincerely,

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A Commemorative Gift is a way to recognize a significant event in a Junior League member’s life. It is a way to let a fellow League member know that you are joining in their celebration or thinking of them in a time of sorrow.

You can commemorate anything you would like; here are a few ideas:
- Celebrate a birthday, an engagement, a marriage, a birth, a promotion, a new job, etc.
- Honor someone’s service to JLT, going Sustainer, etc.
- Offer condolences to a member who has lost a loved one.

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  daughter of Christina and Joseph Fontana  
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  - Shannon Walsh  
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**Heather Barrow**  
on her being named a Community Hero by the Tampa Bay Lightning  
- Jessica Kendall  
- Krista Dietrich  
- Tracie Domino  
- Nicole Hubbard  
- Angier Miller  
- Kate Guilfoyle  
- Stephanie Wiendl

**Valerie Lewis**  
for being awarded the Bronze Award of McKesson’s Volunteer of the Year  
- Jessica Kendall  
- Angier Miller  
- Suzy Mendelson  
- Nicole Hubbard  
- Kate Guilfoyle  
- Stephanie Wiendl

**Katie Wyatt**  
for being honored as Ye Loyal Krewe of Grace O ‘Malley’s Angel of Grace  
- Gretchen Dominguez

**Laurel Moynihan**  
for being such an AMAZING mentor  
- Laurel Moynihan's  
- Provisional Group

**Sarah Walters**  
for chairing the Pavilion Young Patrons Party  
- Stacy Carlson  
- Angier Miller

**Jessica Kendall**  
for her promotion to Senior Vice President  
- Chloe Cullinan

**Laura Donaldson**  
for being a great PDEC Chair  
- 2012-13 PDEC Committee  
- Kate Guilfoyle

**Kate Guilfoyle**  
for her new job as Director of Strategic Initiatives and Resource Management for the Office of Educational Affairs for the Morsani College of Medicine  
- Chloe Cullinan

**India Witte**  
for her promotion to USF’s Senior Director of Foundation Board Relations and Executive Director of Women in Leadership and Philanthropy  
- Marcelline M. Lanoue  
- Stacy Carlson  
- Lynette Russell

**Lindsay Dorrance**  
for being a fabulous Placement Mentor!  
- 2012-2013 Endowment Committee  
- Chloe Cullinan  
- Nicole Hubbard

**Heather Barrow**  
for her recent honor of being named one of the “Ten Leading Ladies in Tampa Bay” by Blu Magazine for her non-profit, High Risk Hope  
- Stacy Carlson  
- Lynette Russell  
- Jenay Jurato  
- Danielle Post

**Casey Carefoot, Shannon Walsh, Erin Seaverson, Lori Osborne & Kimberly Walters**  
for running the Rock ‘n’ Roll half marathon  
- Stacy Carlson  
- Lynette Russell  
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To make a commemorative gift, simply fill out an envelope and put a donation inside (cash or check) or scan the QR code and it will take you directly to our online donation site (credit or debit card).

http://www.jltampa.org/commemorative-gifts
Thank you for your interest in donating to The Junior League of Tampa’s (JLT) Endowment Fund. We truly appreciate your support. You can use this form to make a first-time donation/pledge or contribute to a previously made pledge. The following pledge levels are available.

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<tr>
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Please sign and return to: The Junior League of Tampa, 87 Columbia Dr., Tampa, FL 33606, Attn: JLT Endowment Fund. Facsimile: 813-254-9593.
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Thank you for your support!
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**The Junior League of Tampa Endowment Fund**

*Leaving a Legacy...Sustaining our Service*

The Junior League of Tampa Endowment Fund (The Fund) is a permanent endowment fund that was established to ensure that our League is able to maintain fiscal stability and fervently pursue our Mission without being radically affected by changes in the economic climate or decreases in lifelong membership. A strong endowment fund will give us the opportunity to pursue exciting, new opportunities or deal with unforeseen circumstances without creating an additional financial hardship for The Junior League of Tampa or our members.

We have our sights set on our “Hike to a Half Million” goal! We are also proud to announce the recognition categories for those who donate $5,000 or more each year:

- **Platinum Legacy** — $25,000 or more
- **Gold Legacy** — $10,000 – $24,999
- **Silver Legacy** — $5,000 – $9,999

The Fund was established to support the long-term sustainability of the League and our charitable endeavors. Gifts made to The Fund are not spent, but rather are permanently invested and managed by the Community Foundation of Tampa Bay.

Once the principal balance reaches $500,000, a portion of the earnings generated by The Fund will be used to cover future operating needs, which might include funding special community projects, supporting new training initiatives, providing JLT membership scholarships to those in financial need, covering unanticipated expenses or financing capital expenditures.

There are many opportunities for giving at all contribution levels with a minimum donation of $250. We recognize that donors may choose to make an immediate gift, a planned gift or a combination of the two. We will work with you to accommodate both types of giving. Whatever your decision, the greatest impact is made the moment you decide to participate. For more information, please visit the donor page located on our website at www.JLTampa.org/support.

The Junior League of Tampa considers it an honor to be designated as a beneficiary of an estate or foundation. We highly regard this type of planned giving and recognize donors through membership in The Junior League of Tampa 1926 Society.

The 1926 Society enables you to leave your legacy in our community by supporting the future of our League and its members.

*Thank you to our inaugural member of the 1926 Society, Martha Sale Ferman.*
A Successful Year for JLT and its Members

by Nicole Hubbard

The 2012–2013 League year has been record breaking in all areas for The Junior League of Tampa. I first want to THANK YOU as a membership for wholeheartedly embracing the change this year. It has been a dynamic year filled with many “firsts” as several new initiatives have been implemented on the membership teams. Here are some not-to-be-missed highlights from this past year...

Executed new method of presenting JLT curriculum by splitting the provisional group into two classes, first summer orientation retreats, first JLT provisional scavenger hunt, first year implementing a permanent provisional project, and first leadership workshop for the provisional project leaders.

Since training was a big piece of our new GMM format, the 2012–2013 JLT Training Committee committed to not only train our members, but to also open our training events to the public to help educate our community. This idea was widely accepted amongst our community as two of the events, Miss Representation and The Human Trafficking Forum, had 448 and 350 people respectively in attendance.

The first ever provisional and transfer placement roundtables (in place of the Placement Fair) where the Provisionals and Transfers were educated on the placement process. A panel discussion compromised of several League members talked about their individual placements and why they chose different placement tracks with time for discussion. After the panel discussion the group was broken up into small roundtables for further discussions and individual mentoring.

First year where the placement process will be manipulated for the provisional class to allow a certain % on each committee in order to increase member satisfaction with their placement.

First Leadership JLT class partnering with Nonprofit Leadership Center of Tampa Bay. Twenty-six JLT women completed the curriculum with glowing remarks.

Greater recognition of members’ accomplishments within JLT and their personal/professional lives. The Members-at-Large were more present than ever with their new initiative of “Meeting Crashers” at committee meetings to surprise members with much deserved recognition.

94% retention rate, the largest Provisional class to date in our League history. Started the year with 159 Provisionals and 151 are now JLT’s newest Actives!
New transfer program that emphasized our community projects and training opportunities. Our new Transfers were required to attend certain trainings throughout the year and volunteered at many of the community project events to familiarize themselves with our community projects.

*Developing the Potential of Women* through training is such a vital piece of our organization and I am proud to present our 2012–2013 training hours:

- Provisional training—1057
- Leadership JLT–156
- Training requirement—666
- Board of Directors training (August retreat)—440
- GMM training (members that attended 4 GMMs)—2,196

**TOTAL: 4,515 hrs**

A multitude of social opportunities throughout the year ranging from Girls’ Nights Out, family events, and even some fitness fun! The fun started this summer with “Cocktails for a Cause” at the Tampa Museum of Art and ended with a memorable girl’s weekend in New Orleans. There was certainly social opportunity for everyone this year!

And last but certainly not least, as your Membership Vice President, I am pleased to say the League heard your concerns and we worked hard to make this your BEST year yet! I would like to announce that all members with five years of JLT service (this DOES count your provisional year) will no longer be required to volunteer for a Holiday Gift Market shift starting in 2013-14! I want to personally thank the Membership Advisory Committee for all of their tireless efforts and dedication to JLT. This has been an amazing year for all of us, and I thank you from the bottom of my heart for giving your time, talents and treasure to make The Junior League of Tampa THE premier volunteer organization in Tampa!

“Some people dream of great accomplishments, while others stay awake and do them.”

-unknown


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AJLI: The Strategic Road Map

by Meg Forehand-Korakis

“It is an exciting time to be a member of The Junior League with the current transformation of our organization being led by the Association of Junior Leagues International, Inc. (AJLI). Over the next few years many changes will direct our next 100 years of service,” said Stephanie Wiendl, 2012–2013 Junior League of Tampa (JLT) President.

“When Junior Leagues were first founded over a century ago, we were unique,” stated Susan Danish, AJLI Executive Director. “The current nonprofit sector has become crowded with millions of organizations competing for women’s volunteer time and money.” Known as the Strategic Roadmap, the multi-year strategy will bring the Junior League even more meaningful and relevant relationships with the millions of women around the world who share our values.

Junior Leagues in 293 communities throughout the United States, Canada, Mexico and the United Kingdom have collaborated to develop high-impact programming to meet communities’ most pressing and under-served needs. Equally significant are the new opportunities for members to further shape themselves into effective civic and community leaders according to the Association of Junior Leagues International (AJLI) letters and deliverables from Toni Freeman, AJLI President, and commentary from Laurie Dodge, AJLI Director of Marketing & Development.

In addition to initiatives expanding membership connections, AJLI has continued work on its groundbreaking curriculum designed to be meaningful to all members. At the heart of this curriculum is an online learning initiative, which encompasses self-paced courses, workshops, webinars and on-demand recordings. Known as Webinar Wednesdays, this series explores topics of interest to every member.

Earlier this year, Widget Marketplace debuted on the AJLI website and will be integrated into The Junior League of Tampa website. Visitors to the site will be able to view current AJLI information including News & Views, Training & Development, Boutique and Get Social. This new application will save members precious time and effort by making important news and information readily available online. Members will also enjoy the new AJLI.org Help Desk, now designed for more efficient processing of on-demand, individual requests.

Further communication changes are being made toward bringing Junior Leagues together in support of a nationwide concern. While a single cause has not yet been established, “both AJLI and our Tampa League focus on childhood obesity. We (JLT) have specifically identified health and nutrition as an education issue area in our community impact statement. The reason? Health and nutrition affects a child’s ability to excel in school,” said Stacy Carlson, JLT Community Vice President. What is being contemplated is the groundwork for a collaborative effort among all Leagues internationally.

“Children can’t fully engage in learning when they arrive at school hungry and unhealthy,” Stacy continued. “We’ve chosen to couple the focus areas of food insecurity with healthy choices. While these two focus areas may seem at odds with each other, children and families in poverty are often faced with a double whammy. Access to food is scarce and when they can get food, the price and accessibility to healthy food options are often times out of reach, leading to less nutritious food consumption, which contributes to childhood obesity. Education is the great equalizer. By focusing on access to healthy foods, we are increasing a child’s ability to get the most out of their education, potentially changing their lives forever.” To learn about JLT’s commitment to child welfare and education, visit jltampa.org to read the complete JLT Community Impact Statement.

The AJLI Roadmap and new tools come at a time when Leagues are modernizing their resources. By leveraging advancements in technology and online communication tools, members can stay better connected, collaborate within and across Leagues, and discover opportunities to further develop as volunteers and leaders. To learn more about the Strategic Roadmap and new online tools visit www.ajli.org.

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“If we taught a handful of children to pick up black beans, chick peas and pitas instead of a candy bar and soda, then I truly feel like we made a difference.”

-Christina Thompson
The Junior League of Tampa 2012-13 Provisional Class project was Junior Leagues’ *Kids in the Kitchen*. The project was hosted at six different locations: Potter Elementary, Sulphur Springs Elementary, Sulphur Springs Community Center, Nick Capitano Boys and Girls Club, The Spring and The Tampa Housing Authorities Girl Scouts Troop. A unique *Kids in the Kitchen* education was provided with additional activities created by Provisional Education Project Coordinator Christina Thompson and Community Partner Myrna Haag. Used in conjunction with the curriculum, these activities served to reinforce what the students were learning.

The projects were varied, but the mission was the same: educate children on healthy eating habits. The majority of the children participating in the project reside in neighborhoods described as “food deserts”. With no access to fresh food within a mile, these children turn to “dollar stores” and convenience stores for their primary sources of nutrition. As a result of the *Kids in the Kitchen* project, these children learned how to put together no-cook meals using accessible, inexpensive ingredients. Following each event, participants took home bags filled with no-cook meals and a recipe — the bags were received eagerly by the children who looked forward to sharing the new recipes and foods with their families.

Fun events were held to commemorate the close of the project year. The committee hosted local celebrities to judge Iron Chef Competitions. Zumba lessons were offered at The Spring. And the Girl Scouts were taken on a field trip to Tampa Bay’s Keeping Tampa Bay Beautiful garden to plant a rain garden and vegetables.

“I loved running the *Kids in the Kitchen* provisional project because it was such an incredible experience helping to build something from scratch and to see our amazing Provisionals execute it so perfectly,” shared Christina Thompson. “Seeing the children’s faces each time I walked in and feeling their bond with our Provisionals made each event so special. They knew, because we showed up every week or every month, that we were safe, and we were there because we cared about their well-being. If we taught a handful of children to pick up black beans, chick peas and pitas instead of a candy bar and soda, then I truly feel like we made a difference.”

Thompson also believes that the provisional project greatly influences the experience of a new member’s first year in the League. Because *Kids in the Kitchen* provided direct interaction with the children in the program, she believes the Provisionals were able to become immediately immersed in the efforts of the League allowing them to feel the impact that we have on the community. “They were seeing the power of our Junior League, and the difference we can make in the lives of others. I truly believe they understood that we can affect others by the lives we touch in our programs!” What a great way to begin your Junior League career!

For more information on the Junior Leagues’ *Kids in the Kitchen*, visit http://kiddsinthekitchen.ajli.org/
1. Make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. Add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3. Include whole grains
Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4. Don’t forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don’t drink milk? Try soymilk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.

5. Avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. Take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7. Use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8. Take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9. Try new foods
Keep it interesting by picking out new foods you’ve never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

10. Satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

---

Mixed Berries and Banana Smoothie

**Preparation Time:** 5 minutes  
**Total Time:** 5 minutes

**Ingredients**
- 1 cup frozen mixed berries
- 1 frozen ripe banana
- 1/2 cup low-fat vanilla yogurt
- 1/4 cup orange juice
- 1 teaspoon honey (optional)

**Directions**
1. Combine all ingredients together in a blender and puree until smooth.

**Nutrition Facts**
Makes two 1 cup servings

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Chicken Alfredo With a Twist

**Preparation Time:** 15 minutes  
**Total Time:** 15 minutes

**Ingredients**
- 2 1/2 cups Rotini pasta, whole-wheat, dry (10 oz)
- 2 cans Low-fat, reduced-sodium cream of chicken soup (two 10 3/4-oz cans)
- 1 1/2 cups Fat-free half and half
- 1/4 tsp Ground white pepper
- 1/4 tsp Garlic powder
- 1/2 cup Grated parmesan cheese
- 3 cups Cooked diced chicken, 1/2" pieces (12 oz)

**Directions**
1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.
2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165°F or higher for at least 15 seconds.
3. Combine noodles and sauce right before serving. Serve hot.
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Friends, bubbly drinks, and decadent dining. What more could a girl ask for? The ladies of The Junior League of Tampa gathered at the Annual Dinner to share a few laughs with good friends and to recognize the League’s well accomplished members. Planning this four-hundred person seated dinner was no easy feat, said Social Chair Sarah Walters, but she had plenty of help from Laura Campbell, the Annual Dinner Coordinator.

Ms. Walters and Ms. Campbell, along with the assistance of many other League Members, spent months planning for this special event. Ms. Walters compared it to planning a wedding as they had to visit various venues, attend tastings, and arrange for the donations for the annual raffle. If you think that was hard work, these ladies also had to come up with a theme, decide on decorations, and prepare a seating chart. They decided on a peacock theme and all the arrangements were made with real peacock feathers. Also, all attendees received a hand painted Kimy Marino keepsake glass to take home with them to remind them of the special event.

Ms. Walters wanted the event to be enthralling for all who attended as it was the first time ever that the Junior League’s Community Partners were invited to attend. Ms. Walters advised that approximately thirty Community Partners attended the event and she believed they greatly enjoyed themselves. One of the Community Partners, Ms. Myrna Haag who actively assists with creating the curriculum for *Kids in the Kitchen* was presented with the Community Partner of the Year award.

Several League members were also recognized at the Annual Dinner for their significant, selfless contributions to the Junior League. Provisional of the Year was awarded to Tena Vozenliek, Active of the Year was awarded to Jackie Medina, and Sustainer of the Year was awarded to Harrison Giddens. Inspiring Leader of the Year was presented to Denise Schultz and the Martha Ferman Spirit Award was presented to Paula Cardoso. Committee of the Year, was given to the Provisional Education committee, which was chaired by Casey Carefoot.

All of the evening’s award winners were both surprised and excited to have been honored by their peers. Here is what they had to say about their experiences within their individual committees throughout the year as well as being awarded the highest honors available through JLT:

---

**Annual Dinner**

by Ashley Collado
What are some of the things your committee accomplished this year?

**Denise Schultz:** The 2012-2013 Training Committee adopted a radically different approach to training by providing monthly events off site from JLT headquarters except one. Members were required to fulfill a training requirement by attending one event throughout the year. However, we found that many members attended multiple events, which ranged in topic from viewing a documentary (Miss Representation) to a Human Trafficking Forum to Etiquette. Our speakers were engaging, inspiring and provided quality training for our women. We received great feedback from the membership about the revised training curriculum.

**Casey Carefoot:** We had the largest provisional class ever, created a brand new, permanent provisional project, *Kids in the Kitchen*, that future Provisionals will work on year round, implemented the first ever June orientation retreats, implemented condensed curriculum, had the highest retention rate of Provisionals in the history of JLT, had the highest number of Provisionals donate to Annual Campaign, created a “planning your League career” workshop that replaced the traditional Placement Fair, I could go on and on and on!

Did you know that you were in the running for the award you won?

**Tena Vozenilek:** No -- what a surprise!

**Jackie Medina:** No. When the presenters were describing the person who was to receive the award, I was clueless that they were talking about me!

**Harrison Giddens:** No--I was stunned!

What did the presenter(s) say about you that really stood out to you?

**Denise:** I was extremely surprised that Nicole [Hubbard] spoke about all of my past accomplishments within the League versus what was accomplished in this past year. The only reason I won the award was due to the women that have served on my committee. I have been so lucky to work with some of the most talented, driven women in the League on all of my committees – it is all of them that truly deserve the praise for their hard work and what has been accomplished for the committees I’ve chaired.

**Tena:** I was so humbled to be among all of these amazing giving, accomplished women and here Casey was standing up there talking about me! It was cool to hear how she described me: how I do try to balance it all--family, career, community. It made me feel humble, proud and special.

**Paula Cardoso:** At first I was surprised when I was listening to the description of the person and thinking, “wait, is she describing me?!” Then I got a little teary eyed because I was so honored and grateful. Then I was in shock. And, then I realized I was going to have to walk up front and didn’t have any lipstick on and looked a mess from crying!

**Do you have any thoughts on winning your award or your year in JLT that you would like to share?**

**Casey:** This was a fantastic year for Provisional Education Committee because of the hard work, dedication and commitment of everyone on the committee.

**Tena:** I feel so blessed to sit amongst these women. I am so filled up!

**Denise:** I hope other members are enjoying their League experience as much as I am!

**Paula:** I love the League! There’s no other organization like it. It has been an honor and a pleasure to serve in so many capacities for 15 active years. I have learned so much, but feel I still have more I can learn and contribute. I’m looking forward to many more years of service with the many friends I have made and the new ones yet to come. JLT truly is building a better Tampa Bay community, and I am thrilled to be a part of it.

**Harrison:** I’ve been the recipient of some of the most extraordinary mentoring that only would have happened through JLT. I’ve worked with wonderful people like Jean Ann Cone, Winky Howell, Martha Ferman, Ann Murphy, and Louise Ferguson. I feel I’ve been very blessed through my years in the League to have been in positions where I was so well trained. I started a business in 1981 based on a lot of the things I have learned in the League, and I ran that for 30 years. I just feel as though the League has been a wonderful part of my life.
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“Without continual growth and progress, such words as improvement, achievement, and success have no meaning.” –Benjamin Franklin

Franklin’s words might have been the guiding principle of the Headquarters Committee this year. From dramatic changes to subtle improvements, this has been a year of growth and progress for The Junior League of Tampa’s headquarters.

The makeover of the executive conference room stands as one of the most remarkable changes made to headquarters. Andrea Augustine, Headquarters Chair, spearheaded the renovation. Referring to the space, Andrea stated, “In the past, it’s been the president’s office, but [President] Stephanie (Wiendl) wanted more of a team feel, a place where a small group could brainstorm and strategize. She was very unselfish in her approach”. With that in mind, Andrea set out to make the space usable for everyone. Designed to allow Junior League’s leadership to work more efficiently, a number of changes were made. The room’s sleek design minimizes clutter and maximizes use of space. After the room was repainted, a new conference table and chairs were brought in. The clear Plexiglass board mounted on the wall provides a new space for brainstorming and organizing ideas.

Updates were continued throughout headquarters to benefit all members. As membership continues to grow so does the need to effectively disseminate information. This is especially true during general membership meetings. Improvements in the audio-visual equipment in the main meeting room were a top priority. Thanks to these upgrades, streaming video can now be seen in the wings during general membership meetings. For smaller meetings, each wing can tap into the monitors separately and new speakers will improve sound clarity in all parts of the room.

The overall appearance of the main meeting room was also addressed. A new coat of paint brightened the entire space. New partitions between the main part of the room and the wings were also added. The new partitions are sound proof, allowing multiple meetings to occur simultaneously.

The Junior League of Tampa’s new community partner, The Container Store, played a central role in organizing the storage closets in the wings of the main meeting room. “The Container Store was kind enough to donate the products and the designs,” shared Andrea Augustine. Primarily used by Arrangements and Love Bundles, the storage closets were cleaned and restocked by members of these committees. The Container Store painted the closets, and provided shelving and storage products to keep contents neatly organized.

From all the work done this past year at headquarters, it is clear that growth and progress continue, allowing the League to expand beyond its walls to the community.
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Summer in the Bay
Be sure to try these delicious summertime recipes from the Junior League of Tampa cookbooks.

Day 1

Fresh Lime Juice Margarita
Capture the Coast, page 28

There really is nothing like a fresh margarita while sitting poolside or beachside to refresh and beat the heat.

Ingredients
1 ½ cups silver (blanco) tequila
1 ½ cups fresh lime juice
½ cups plus 2 tablespoons mint simple syrup
6 tablespoons Cointreau
Lime wedges
Coarse kosher salt
Mint leaves

Combine the tequila, lime juice, mint simple syrup, and liqueur in a pitcher and mix well. Chill for several hours. Moisten the rim of each margarita glass with a lime wedge and then dip in kosher salt. Pour the margarita over the ice in the prepared glasses and garnish with mint and additional lime wedges on cocktail skewers.

Day 2

Festival Strawberry Salad
The Life of the Party, page 61

Adding fresh fruit to a salad makes a light and refreshing taste to enjoy in the summer.

Ingredients
Sweet and Sour Dressing
½ cup vegetable oil
2 tablespoons sugar
10 drops of red pepper sauce
1 teaspoon salt
Dash of black pepper
Salad
1 head romaine, torn into bite size pieces
2 ribs celery, chopped
2 ½ cups strawberries, sliced
1 (11-ounce) can mandarin oranges, drained
Glazed almonds
¼ cup sliced almonds
1 tablespoon plus 1 teaspoon sugar

For the dressing, combine the oil, vinegar, sugar, red pepper sauce, salt, and pepper in a jar with a tight-fitting lid. Secure the lid and shake vigorously to mix well.

For the salad, combine the romaine, celery, strawberries, and mandarin oranges in a large salad bowl.

For the almonds, combine the almonds and sugar in a small skillet over low heat, stirring constantly until sugar is dissolved and the almonds are well coated. Pour onto waxed paper to cool. Break the almonds into small pieces.

To serve, Pour the dressing over the salad and toss to combine. Sprinkle the almonds over the top and serve immediately.

Day 3

Summer Vegetables over Couscous
Capture the Coast, page 65

Try this delicious side dish which features fresh, seasonal veggies.

Ingredients
½ cup chopped fresh basil
½ cup balsamic vinegar
2 tablespoons extra-virgin olive oil
Salt to taste
3 garlic cloves, finely chopped or crushed
2 zucchini, cut into halves and cut into 1-inch slices
8 ounces whole baby bella mushrooms
1 red onion, cut into 8 wedges
2 bell peppers, cut into 1-inch pieces
3 cups cooked couscous (cooked in chicken stock instead of water)
5 ounces goat cheese or feta cheese, crumbled
Pepper to taste
Fresh basil leaves

Preheat the oven to 425 degrees. Whisk ½ cup basil, the vinegar, olive oil, salt, and garlic in a small bowl until combined. Place the zucchini, mushrooms, onion, and bell peppers in a large sealable plastic bag. Pour the vinegar mixture over the vegetables and seal the bag. Toss to coat the vegetables. Place the undrained vegetables in a shallow roasting pan coated with non-stick cooking spray. Bake for 30 to 35 minutes or until the vegetables are brown and tender, stirring occasionally. Spoon the hot couscous onto a serving platter. Top with the roasted vegetables. Sprinkle with the cheese and pepper. Garnish with fresh basil leaves.
Florida Key Lime Pie with Gingersnap Crust  
*Capture the Coast, page 98*

This delightful dessert is a true Florida treat and the gingersnap crust adds to the amazing flavor.

**Ingredients**
- 1 ½ cups crumbled gingersnap cookies
- ¾ cup sweetened flaked coconut
- ¼ cup (1/2 stick) unsalted butter, melted
- 1 (14-ounce) can sweetened condensed milk
- ½ cup key lime juice
- 1 teaspoon lime zest
- 4 egg yolks
- Whipped cream
- Toasted sweetened flake coconut

**Instructions**

Preheat the oven to 350 degrees. Pulse the cookies in a food processor until finely ground. Add ¾ cup coconut and pulse to mix. Add the butter and pulse to mix. Press over the bottom and up the side of a 9-inch pie plate. Bake for 8 to 10 minutes or until golden brown. Cool on a wire rack. Maintain the oven temperature. To get a nuttier flavor toast the coconut.

Combine the condensed milk, lime juice, lime zest, and egg yolks in a bowl and beat well. Pour into the cooled crust. Bake for 7 to 10 minutes or until set. Let stand until cool. Top each slice with a dollop of whipped cream and sprinkle with toasted coconut. The pie may also be made using a graham cracker crust.

Skirt Steak with Chimichurri  
*Savor the Seasons, page 81*

Firing up the grill is always an enjoyable summer activity and skirt steak is very easy to prepare.

**Ingredients**
- 2 large tomatoes, seeded and chopped
- 2 garlic cloves, minced
- 2/3 cups olive oil
- 3 tablespoons red wine vinegar
- 1 ½ teaspoons red pepper flakes
- 1 ½ teaspoons dried oregano
- ½ teaspoon salt

**Instructions**

Combine the tomatoes, garlic, olive oil, red wine vinegar, red pepper flakes, oregano, and ½ teaspoon salt in a bowl and mix well. Let stand for several hours to allow the flavors to blend. Season the steaks with salt and pepper. Grill over hot coals to the desired degree of doneness. Cut the steaks at a slight angle across the grain and place on a serving platter. Spoon the sauce over the steak.
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