

JUNIOR LEAGUE OF OKLAHOMA CITY, INC.

LeagueLINK

Changing Lives Through Literacy

NOVEMBER / DECEMBER 2011

We Believe In You

PLUS: KIDS IN THE
KITCHEN IS OFF TO AN
ENERGETIC START



JUNIOR LEAGUE OF
OKLAHOMA CITY

President's Letter



Dear League Friends,

I love this time of year...football season, cooler temperatures, and all of the changing colors of the Oklahoma landscape. It is also a time of reflection and gratitude as the holiday season approaches. It is the perfect time to say THANK YOU to all of you, the amazing members of the Junior League for your devotion to our organization, and for your commitment to furthering our mission, vision and focus. You all are changing, not only the lives of those we touch in the community, but your own lives, as well. Thank you!

The September General Membership Meeting was a huge success, with one of the largest groups in attendance in recent history. I was so happy to see so many of you, and proud to facilitate a meeting full of energy, friends, fun, and valuable information and training. Thank you!

I am so impressed by the hard work, organization, planning and execution by the Mistletoe Market Board to make our largest fundraiser the success that it is. The dedication of our Market Chair, Katie Moore, Mistletoe Market Board, and all of our volunteers is truly remarkable. Congratulations to everyone that gave their time and effort to make Mistletoe Market a huge success. Thank you!

I look forward to seeing each of you at the November General Membership Meeting. This is our time to be thankful and appreciative of each other and what we do in the community. You won't want to miss it. The Membership Council has planned a great meeting. Thank you!

The December holiday open houses will be a great time to network and re-connect with our members. Sustaining Advisor to the Board of Directors, Betsy Mantor, and Mistletoe Market Personnel Chair, Kristen Brown have generously opened their lovely homes to host us. Thank you!

Your time and talents are irreplaceable. The Junior League of Oklahoma City would not and could not be what it is, and has been for 84 years without the dynamic, committed, generous, courageous, brilliant women that drive our organization. You are making your community a better place to live, and you have positively impacted the lives of those you come in contact with. I am so thankful to partner with you in those endeavors, and to have the opportunity to serve as your President. THANK YOU!

Gratefully,
Whitney Tero
2011-2012 President

MISSION

The Junior League of Oklahoma City, Inc is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

VISION

The Junior League of Oklahoma City, Inc. will empower volunteers to impact our community and enrich lives.

FOCUS

Changing Lives Through Literacy



JUNIOR LEAGUE OF
OKLAHOMA CITY

WWW.JLOC.ORG

LeagueLINK

NOVEMBER / DECEMBER 2011

LINK VISION

To inform members and increase awareness of Junior League of Oklahoma City projects and events.

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ASSISTANT EDITOR & BUSINESS MANAGER Liza Cryder

COMMITTEE MEMBERS Annie Brown, Summer DeFehr, Karen Eagleston, Cyone Harris, Mandy Heaps, Deidra Olsen, Emily Payne, Katie Rathkey, Katie Shinn, Lydia Sullivan, Riz White

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WILD TUESDAY STORY TIME SAFARI Rebecca Holmboe

YWCA FINANCIAL LITERACY Jaclyn Christensen

League Link is published six times a year by the Junior League of Oklahoma City, Inc.

HEADQUARTERS

The Junior League of Oklahoma City, Inc.
1001 NW Grand Blvd
Oklahoma City, OK 73118
Phone (405) 843 - 5668
Fax (405) 843 - 0994
www.jloc.org

FUNDRAISERS

Financial Development
Mistletoe Market
Remarkable Shop
3208 N. May
Oklahoma City, OK 73102
(405) 236 - 5078

Contents

4

SCENE [*events*]

September General Meeting
Music with a Signature Dinner
Save the Date

6

PROFILE [*people*]

A Grand Re-Opening
Star and ABC Award Winners
Girls on the Block

18

FOCUS [*projects*]

Kids in the Kitchen
Variety Pack
Early Bird Program

24

ET CETERA [*various*]

The Social Network
Star and ABC Awards
Top Secret: Nominating Committee



ON THE COVER:
Happy Holiday
(photography by
Kim Haynes).

Scene

[events]

September General Meeting

PICTURES ON PAGE 10



by Karen Eagleston

The first Junior League meeting on September 13th was a great evening to kick-off our new year!! The turnout at the meeting was wonderful- thank you to all of our members and provisionals who attended. If you weren't able to attend the September meeting, please check out the meeting highlights below:

The Book Drive was a huge success over the summer- over 24,000 books were collected and donated to the OKC community to further our literacy campaign.

The Remarkable Shop is going to have its grand Re-Opening on Thursday, November 10. Be sure to mark your calendars and stop by to check out all the great changes and new merchandise the shop has to offer.

If you have any experience with **grant-writing**, please sign up for our new committee this year and help the

JLOC raise money to support all of our amazing community projects!

Please consider contributing to the **m.pact lives Fundraiser** this year, even if it's a small amount. Any contribution to the League is greatly appreciated!! Remember- the higher member participation is, the more organizations will be inclined to support the League when we submit grants!!

We have a great year of **training** events and opportunities coming up! Some of our training events to look forward to are: Parliamentary procedure, photography, the enjoyment of wine & food, and financial responsibility.

Keep reading your Monday emails for more information about upcoming training events and opportunities within the League. Our next meeting will be Tuesday, November 8th at the Quail Creek Country Club. We hope to see you there!

Save the Date

November 1st Balliet's in Classen Curve is hosting the Junior League of Oklahoma City for a fall fashion night. From 5 to 8pm JLOC members will be offered 20% off of clothing, shoes, accessories, and 10% off of makeup and skin care products. Cafe 501 will be providing champagne, white wine, and appetizers while we shop. Please RSVP online and join us to learn about new fall fashions while socializing with Junior League friends.

We are planning an "Enjoyment of Food and Wine" seminar in November. Join JLOC friends and learn how food and wine complement each other and what to serve at your next holiday festivity! Ask questions to our resident wine expert Tracey Frederick, state wine sales manager of Republic National Distributing Company. It is highly encouraged to come and play with your food!

Mark your calendars for Sunday, December 4th to celebrate the holiday spirit with JLOC. The annual holiday sleigh rides will run throughout the evening. Celebrate the holiday spirit with family sleigh rides through Oklahoma City, with hot chocolate and family activities at headquarters. Please sign up on the trainings and socials page on the website.

TLDC presents a Social etiquette seminar hosted by Carey Sue Vega. This lunch and learn event will be at headquarters— please bring your own brown bag lunch. Sign ups available on the training and development page on the JLOC website.

—TRACEY FREDERICK



The Armstrong Auditorium

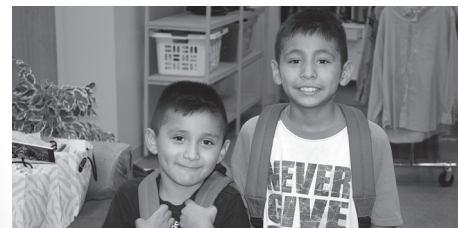
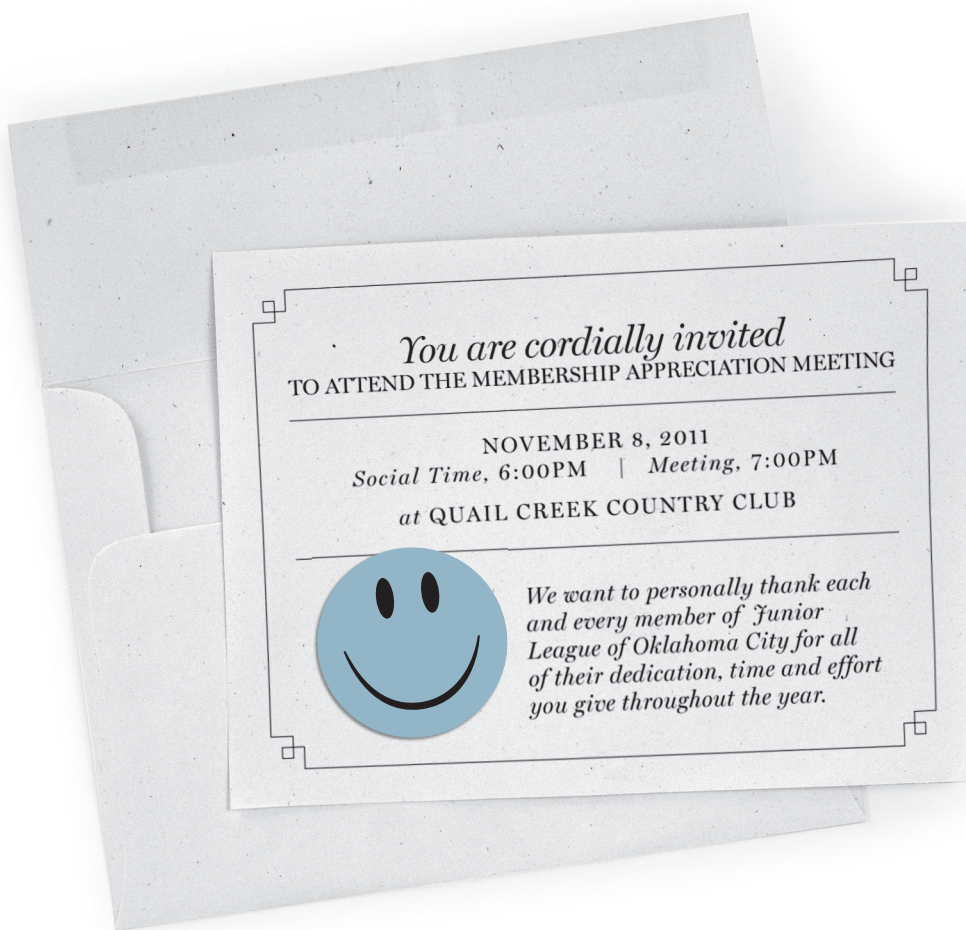
Music with a Signature Dinner

MEMORABLE SUSTAINER EVENT

Everyone had a wonderful time. Each Sustainer ran into an old friend from Active days and met a Sustainer who they didn't know. The tour of the Armstrong Auditorium was highlighted by an impromptu concert by the Ambassadors, their college's A cappella group. Our host answered questions about the Auditorium and the Foundation that supports it. And then we had dinner. Clay from

the Signature Grill put together a menu that was lovely. The Signature Grill is quiet enough so that conversation was easy and light enough to see everyone. Clay was working behind his glass partition so that if conversation had lagged (not our case) there was the show in the kitchen to watch.

Look for an EVITE in you e-mail for the next event. It will come separately from the Weekly! —KATIE ROBERTSON



FASHION FOR A PASSION

Remarkable Shop Board Members and several provisional members welcomed 17 children from the Oklahoma County Boys & Girls Club into the store on August 7, 2011 for a community shopping event. Each child in attendance was given at least two complete outfits, shoes, school supplies and a new backpack. "What a wonderful day," RS Board Vice-Chair and event coordinator Kimberly Swan said. "We loved having the children in the store and were so happy to help them find some new clothing and school supplies. Many of these children have a very limited wardrobe and don't get a new backpack every year. It was an honor to help them start off the school year in a positive way." The Remarkable Shop Board has two more community shopping events planned during the upcoming year.

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MERRY CHRISTMAS

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Profile

[people]

A Grand Re-Opening

SAVE THE DATE THURSDAY, NOVEMBER 10, 2011



by Leslie Coale-Mossman

After months of planning and a complete makeover, the Remarkable Shop will debut its new look at a Grand Re-Opening Party on Thursday, November 10, 2011. The celebration will begin at 6:30 p.m. with gift bags for the first 50 guests and continue until 9 p.m. with drawings throughout the night for fantastic raffle items!

The celebration will feature food sampling, drinks, fabulous raffle items and loads of new merchandise. All proceeds benefit the Junior League of Oklahoma

“We are trying to create a better shopping experience for our current customers...”

—E'Shaina Harned, Remarkable Shop Chair

City's projects so come out and show your support while enjoying a great night of shopping with friends. Raffle items include salon services, restaurant gift certificates, tickets to upcoming events and much more.

“The Remarkable Shop Board members have been working on getting some great raffle items,” Remarkable Shop Chair E'Shaina Harned said. “Besides checking out all the changes at the shop, you'll have a fun night with drinks, food and raffle items all benefitting the Remarkable Shop. It's going to be a blast and we would really love to have as many League members as possible in attendance!”

However, the main focus of the night is the changes that have been made during the past few months around the store. The shop has gotten a fresh coat of paint, new fixtures, a new layout and best of all, lots of new merchandise!

“The refurbishment was undertaken to maximize floor space so more inventory could be made available to our custom-

MEMBERSHIP

RESIGNATION

Juliana Tanenbaum (A)
Heather Wadley (A)

TRANSFER OUT

Teale Trammell (P) (Denver, CO)
Megan Eskridge (A) (Norman, OK)

TRANSFER IN (PENDING)

Mona Romero (A) (Sacramento, CA)

TRANSFER IN

Elizabeth Richardson (A) (from KC, MO)
Lauren Fletcher (A) (Plano, TX)
Laura Johnson (P) (from Tulsa, OK)

LOA

Lara Wendelken
Jenny Dunham
Megan Stewart

ers”, Harned said. “We are trying to create a better shopping experience for our current customers while expanding our inventory to draw in new business. We have something for everyone, up-cycled items for the eco conscious, rare vintage pieces for the trendy, local boutique close-outs for the bargain shopper and the list goes on.”

Tickets cost \$10 in advance and \$12 at the door. Tickets can be purchased in advance at the Remarkable Shop or JLOC Headquarters. The Remarkable Shop is located at 3208 N. May in Oklahoma City.

LITTLE LEAGUERS



**Katherine “Katie”
Elizabeth Peters**
Born April 5, 2011
Parents are
Keith and
Elizabeth Peters



**Owen Douglas
St. John**
Born June 1, 2011
Parents are
Scott and Lesley
St. John



**Zeina Margaret
Homsey**
Born June 14, 2011
Parents are
Michael and Dini
Homsey



**Luke Harrison
McCord**
Born June 29, 2011
Parents are
Chris and Celena
McCord



**Francis “Frank”
Anthony Keating III**
Born July 16, 2011
Parents are
Chip and Brittney
Keating



**Williams “Wills”
Carvajal Te**
Born July 24, 2011
Parents are
Charles and
Leslie Te

OKC BIZ 2011 Forty Under 40

LIZA CRYDER

Congratulations are in order for Junior League members Jill Farrand, Kelli Hayward, and Nicole Dobbins – these distinguished women are part of the 2011 OKCBiz “Forty Under 40” class! The Forty Under 40 program “recognizes young movers and shakers from Central Oklahoma who not only have built great careers, who have also made exceptional contributions to our community,” said Bill Bleakley, OKCBiz President and CEO. For their achievements, each honoree receives an award and a \$5000 scholarship from Oklahoma City University’s Meinders School of Business.

The Junior League of Oklahoma City is proud to have members who represent our organization as well as these women do, and who understand the importance of working hard and giving back to our community. Congratulations, ladies!

Nicole Dobbins



Kelli Hayward

Jill Farrand
receives the Forty
Under 40 award



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MEMBER BLOGS

LIZA CRYDER

New to the League Link this year is a feature that seeks to highlight the numerous JLOC members – Provisionals, Actives and Sustainers – who have started their own blogs. Each month a JLOC “blogger” will be interviewed so that members can be made aware of the blog and gain an understanding of what the blog is all about, its motivation and audience. We hope all members will enjoy this new feature, and we ask that you send blog recommendations that you would like to see profiled to Liza Cryder – liza.cryder@gmail.com. The more recommendations the better! We don’t want to leave anyone out.



BLOGGER: KELLI HAYWARD (A)

BLOG: <http://mondayswithjak.blogspot.com/>

When did you launch your blog?

December 18, 2010.

What is your blog about/What does your blog focus on?

The title of our blog is Not So Mundane Mondays with JAK. We meet every Monday, hence the tie to Mundane Monday and we refer to ourselves as JAK. It’s the first initial of our names. Our blog focuses on food and relationships. I write about the cooking, the conversation, the journey (sometimes we take a break from cooking, and enjoy fun new

restaurants in town...or restaurants no one has ever heard of.)

What motivated you to start a blog?

The start of my blog is actually a funny story. I was at a friend’s house one night, enjoying a home-cooked meal that her husband had made. We were discussing unique ingredients, because on that night one of the side dishes he had made were apple mashed potatoes (which were to die for, by the way.) The conversation made a turn, and we were discussing how fun it would be to start a dinner

club wherein we would cook meals for each other using fun/unique ingredients and I would document it by writing a blog!

What is the most challenging aspect of writing a blog and what is the most fun?

The most challenging aspect of writing is definitely finding the time. I try to write it every Tuesday morning, but my job obviously can get in the way. It’s also hard to sometimes truly put into words how incredible the food is. But, it is definitely fun to put everything on a computer screen. It’s

been so rewarding to go back and read it from the beginning and see how far it’s come.

Who do you hope your blog reaches?

Oh, I just hope people have fun reading it. I currently only have 12 official followers (pathetic), but it doesn’t bother me. I really write it more for myself and my two dinner club friends. We get a kick out of experiencing it together. Every time I post a new story about our Monday night, they always call me and we laugh about it together. That’s all I need!



Today, I share my language with others.

Hazel Lopez-Crutch,
Primary & Lower Division Spanish Teacher

Katherine Cadzow,
Casady Student, Class of 2019

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Hazel Lopez-Crutch enjoys watching her students’ faces light up as they learn to express themselves in Spanish – students like Katherine Cadzow of Norman. An aspiring violinist, Katherine is captivated by what she calls the ‘musicality’ of language. She may not know that learning a second language is important to her cognitive development. She just knows she loves it.

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Star and ABC Award Winners

Congratulations to the following members for all their hard work and receiving the Star and ABC awards!

Great job ladies and thank you for all your hard work!!



Erika Katayama

STAR AWARD

For setting up a Provisional social



Paula Dillingham

STAR AWARD

For helping out with the JLOC Book Drive



Lisa McConnell

JUNE ABC AWARD

For the JLOC Book Drive



Leslie Coale-Mossman

JULY ABC AWARD

For the Remarkable Shop's Whale of a Sale



Janet Daugherty

AUGUST ABC AWARD

For a warm welcome for our transfers with great goody bags

TRANSFER

Transfer Chair Janet Daugherty welcomes the ladies to a delicious lunch.



A little transfer lunch was held on September 28th. It was attended by these wonderful transfers: Elizabeth Richardson (Kansas City), Randis Gallaway (Wichita), Stephanie Gannaway, Cecilie Pfluger (Midland, TX), Jenny Morrison (Denver), Jenn (Norman), Sara Celi (Pittsburg), Catherine Cuppon (Lubbock), Thayla Bohn (Tulsa), Paula Wackenheim (Albuquerque), Sarah Walkup, and Ruth Norton (Richardson).

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Out & About

AT THE SEPTEMBER GENERAL MEMBERSHIP MEETING



▲ Group of Provisionals catching up before their first Junior League meeting.



▲ Chelsea Dunlap and Jennifer Privett



▲ Christy Wilson, Anna Covington, Abbey Ronck

▶ Katie Moore, Kristen Brown and Kristin Packnett showing off the 2011 Mistletoe Market T-shirts.



▲ Cristi Reiger and Whitney Tero show off their new Junior League and Mistletoe Market T-shirts

▼ Great Remarkable Shop items will be for sale at every General meeting



▲ Heather Herrera and Kathryn Davis



▲ PAT advisor Keri Clemons and Provisional Lindsey Mongold catching up before the meeting.

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GIRLS ON THE



Beccy Fike

SUSTAINER

How long have you been in the League? If you transferred, where and when did you transfer?

Wow, time flies when you're having fun! I have been in JLOC almost 30 years. I became an Active weeks after my now-Leaguer daughter, Annie Brown, was born in 1983.

What is your current placement?

I am the Sustaining Advisor for the Fundraising Council, which is led by my daughter-in-law, Kristi Leonard.

What is the first sign of the holidays?

With a family the size of ours, I start Christmas shopping when temperatures are still in the triple digits - but we won't count that as a real sign of the holidays.

I'd have to say the big "family tree event" is the real start of Christmas in our home. When my kids were young, I felt they could only handle so much holiday anticipation before chaos set in, so we did not decorate until twelve days before Christmas. Grandparents joined us for a dinner of spiced cider and Christmas cookies, lights were strung, songs were sung, and the homemade glitter angel made it to the top of the tree. Now I allow the decorating to begin a bit earlier in December, but the big family tree tradition continues with all my kids and grandkids, and luckily my mom too, returning to trim the Christmas tree. And the same homemade glitter angel makes it to the top of the tree!

What holiday do you like decorating for the most?

Christmas, of course!

CHOCOLATE CHOW MEIN

- 1 (12-oz.) package Nestle semi-sweet chocolate chips
- 2 (12-oz.) packages Nestle butterscotch chips
- 1 (6-oz.) bag chow mein noodles
- 1 cup cashews, coarsely chopped (use a bit more, if you like)



Melt chocolate and butterscotch chips together. (Do this either over very low heat in a saucepan, stirring constantly OR in a microwave oven, according to the Nestle package instructions for melting chips.)

Add chopped nuts and chow mein noodles to melted chips and gently stir until all is well-coated, allowing mixture to cool slightly while mixing. Then drop by teaspoon onto waxed paper. The cookies will look somewhat like little chocolate haystacks. Allow to fully set-up, at least 4 hours or overnight. These cookies store very well in a covered container, away from heat.

We have several family favorites, but this cookie recipe is the very favorite of my sons, Ran, Cooper, Carson and Zane. It is easy and yummy and I have made it every Christmas for even more years than I have been in JLOC.

What is your favorite holiday tradition?

We have two holiday traditions that have continued from the time my children were little, and I don't think I can choose -- they truly are both my favorites. The first is our tree-trimming party, resulting in the most beautiful Christmas tree in the world. Well -- the most beautiful to ME, anyway! It is full of ornaments made by our children and grandchildren through the years, glitter and cotton balls, construction paper chains, glued gold macaroni --- mixed in with ornaments that belonged to grandparents and others that hung on beautiful trees in years past. My other favorite tradition is that I am very blessed that our whole family gathers together at our home on Christmas morning. And Santa comes to our house... and leaves goodies under the tree and in the stockings for everyone!

What was your all-time favorite gift you GAVE and to whom did you give it?

When I was an Active, my family "adopted" another family one Christmas through the League and a community aid agency; it was a grandmother raising her two small grandchildren. The agency noted that the grandmother was without a coat on the cold day she came to seek gifts for the children. Along with the usual grocery and child things, I got her a coat and gave it to her to try on when I delivered the gifts. She cried when she realized she had a new coat, as she had left her old coat on a city bus and never found it. To this day, it is the most memorable gift I have ever given.

BLOCK

Annie Brown

ACTIVE

How long have you been in the League. If you transferred, where and when did you transfer?

I've been in the League for two years, including my provisional year.

What is your current placement?

My current placement is at the Boys and Girls Club. Getting to hang out with kids once a week is a nice treat, especially when you know you are helping them work on a valuable skill for life.

What is the first sign of the Holidays?

I really love the fall and it's arrival is a sign of things to come, including the Holidays.

What Holiday do you like decorating for the most?

I definitely love decorating for Christmas, although Halloween is a very close second. My first Christmas in my house, my niece, nephew and step-brother helped me make some handmade decorations for my tree. Every year they help decorate the tree and we add a few more handmade ornaments. I even make my own wrapping paper!

What is your favorite holiday tradition?

That's so hard to choose! But I think my favorite is decorating the tree at my mom's house. She has the whole family over, makes hot apple cider and Christmas cookies, fills the house with Christmas music and we all dig out the boxes of decorations and get to work.

The end result is always a tree that's a little bit lopsided, but is unique every year and looks like a family tree. As my siblings and I have gotten older and moved out, this is still a tradition that we've kept up and I can't imagine a Christmas without it. (Did my mom answer the same thing? =)

What was your all-time favorite gift you GAVE and to whom did you give it?

Every year I try to come up with a challenge, like all gifts will be purchased locally, or everything will be handmade. A few years ago my challenge was to buy books for everyone in my family, which meant books for 12 people. At first this was actually an easy challenge because we are all big readers, but picking out just the right book(s) for each person wasn't as easy as I thought. But digging through bookshelf after

bookshelf for just the perfect book became a fun challenge and I ended up finding the perfect book for each family member. Not the most exciting gifts, but any gift that feels like it's picked out just for you, is always a good one to me.

What is your favorite holiday memory?

Growing up in a big family is great, especially around holidays. My favorite memory is decorating cookies at my grandmother's house when I was little. All the Aunts and girl cousins would gather in the kitchen and the adults would bake while the kids would decorate. As my grandmother aged and eventually became ill, the tradition was put on hold for a few years. Thankfully, it was recently revived and now the girl cousins (who are all now adults) have taken over the tradition. We still use my grandmother Betty's recipe and cookie cutters and decorate them as if we're little kids again.



BETTY BROWN'S SUGAR COOKIES

- 1 cup butter
- 2 tsp. baking powder
- 2 eggs
- 3 3/4 - 4 cups flour
- 1/4 cup cream
- 1 tsp. vanilla
- 2 cups sugar



Cream 1 cup sugar with the butter in an electric mixer. Add the eggs one at a time, beating until incorporated and everything is light and fluffy. Add in remaining cup of sugar. Add the dry ingredients, then the cream, and finally, the vanilla. Form dough into discs and wrap with plastic wrap. Refrigerate for several hours, or over night. When ready to bake, preheat oven to 350 degrees. Roll the dough out very thin and cut with cookie cutters. Bake for 8-12 minutes or until edges are slightly brown and golden. Cookies should be thin and just slightly crisp. Top with your favorite icing.



Margaret Brooks

BOARD MEMBER

How long have you been in the League? If you transferred, where and when did you transfer?

This is my 7th active year which is really hard to believe – time flies.

What is your current placement?

Currently, I am the Financial VP.

What is the first sign of the holidays?

The first sign of the holidays is in August when they put the Halloween Candy out on the shelves which seems to be earlier and earlier every year.

What holiday do you like decorating for the most?

I enjoy looking at others decorations more than decorating myself - only

because I see the other side of having to put it all away. However, if I had to pick one it would be Christmas. I actually have to do more decorating because of my 7 year old daughter.

What is your favorite holiday tradition?

Mostly, spending time with family. We always go out to eat Christmas Eve and then go to church. Then wait until Christmas Day to open gifts. When I was growing up we used to go to our parents friends house for a party on Christmas Day which was always fun.

What is your favorite childhood Holiday book or story?

Neither I nor my Mom can remember if I had a favorite

CRAB AND SHRIMP ETOUFEE

- 1/4 cup butter
- 2 tbsp. olive oil
- 1/3 cup all-purpose flour
- 1/4 cup chopped celery
- 3 garlic cloves, minced
- 2/3 cup chopped onion
- 1/4 cup chopped green onions
- 1/4 cup chopped green bell pepper
- 1 tbsp. chopped fresh parsley
- 1 (14-oz.) can chicken broth
- 1/3 cup dry white wine
- 1 tbsp. low-sodium Creole seasoning
- 1 tbsp. tomato paste
- 2 tsp. Worcestershire sauce
- 1/2 tsp. hot sauce
- 5 cups hot cooked long-grain rice
- 2 lbs. unpeeled, medium-size raw shrimp
- 1 (16-oz.) container fresh crabmeat, drained and flaked



Peel shrimp (devein, if desired). Melt butter with oil in a large Dutch oven over medium-high heat; stir in flour and cook, stirring constantly, 5 minutes or until caramel colored. Add chopped onion, green pepper, and celery; cook, stirring constantly, 4 minutes or until vegetables are tender. Add minced garlic, and sauté 1 minute.

Stir in chicken broth, white wine, and next 6 ingredients, and cook, stirring occasionally, for 10 minutes. Add shrimp. Cover, reduce heat, and simmer, stirring occasionally, 5 minutes. Stir in crabmeat; cook, stirring often, until thoroughly heated and serve over rice.

One of our traditions was Cajun food for Christmas Day!

book. But I always looked forward to seeing Charlie Brown's Christmas.

What was your all-time favorite gift you GAVE and to whom did you give it?

The best part about Christmas to me is giving gifts. My favorite would have to be a giant charcoal framed drawing of my Nieces and Nephew to my in-laws. They were very surprised.

What is your favorite holiday memory?

I have tons of great memories from the holidays, but one in

particular sticks out because it is a long standing family joke. When I was 7 my Mother had to fly last minute to help my sick Grandfather on Thanksgiving. Since our plans changed my Dad took me and my Sister to my other "very social" Grandparents that had already made plans. When we got to their small town the only restaurant that was open was Sonic. Now every time we are together and see a Sonic we ask if anyone wants a Thanksgiving meal!

Randis Gallaway

TRANSFER ACTIVE

How long have you been in the League? If you transferred, where and when did you transfer?

I am a second year Active and I transferred from the Wichita League in July of 2010. I did my Provisional year in Wichita, so most of my League experience has been in OKC.

What is your current placement?

Prime Time/Someone's Grandma
– I really enjoy the elderly

What is the first sign of the holidays?

For me, the Holidays do not begin until Thanksgiving. I try to ignore the premature Holiday decorations until then. I love Christmas Season and I like to put my tree up as soon as possible after Thanksgiving!

What holiday do you like decorating for the most?

I like Christmas the most because I love Christmas trees and twinkling lights. Christmas is also the only holiday I actually have decorations for.



CHEX MIX

- 4 cups corn chex
- 4 cups rice chex
- 2 cups wheat chex
- 2–3 cups pretzels
- 2 tbsp. worcestershire sauce
- 1 1/2 tbsp. season salt (cavenders)
- 1/2 tbsp. Mrs. Dash original
- 1/2 tbsp. chili powder
- 1/2 tbsp. paprika
- 1–2 cups mixed nuts
- 1 - 1 1/2 sticks butter



Melt butter and then add the seasonings. Mix the cereal, nuts and pretzels in your big bowl and pour the butter mixture over that, mix well. Then put all into a big aluminum pan and bake at 350 stirring every 15 minutes for about 1 hour.

What is your favorite holiday tradition?

My family goes to the 11:00 pm Christmas Eve Service and I feel like that is a great way to begin celebrating.

What is your favorite childhood Holiday book or story?

My favorite Christmas story is It's a Wonderful Life. It is more of an adult favorite, but I look forward to watching it every year.

What was your all-time favorite gift you GAVE and to whom did you give it?

I am not sure if this is an all-time favorite gift, but it is still a good one. Last year I gave my mom a brown Hobo wallet. This may not sound like much, but I don't think I have ever seen a person so excited about a gift. She still loves the wallet, and I love getting her things she loves.

What is your favorite holiday memory?

Some of my favorite holiday memories come from looking in the stockings on Christmas morning. My mom "Santa" gets us really neat things like toothbrushes, floss, and Chap Stick. One year she let my dad help pick out the gifts, and my brother and I each got a mini bottle of tequila along with the dental care items. I love the random things we get and how we still have to thank "Santa" for the gifts.

Profile

Jennifer Fritsch

PROVISIONAL

How long have you been in the League? If you transferred, where and when did you transfer?

I have been in the league since May 2011.

What is your current placement?

I am a provisional working at the Remarkable Shop

What is the first sign of the holidays?

I think the first sign for me is seeing pumpkins out for sale.

What holiday do you like decorating for the most?

I love decorating for Christmas... indoors and out! It is an absolute must that Christmas lights be strung outside (no crazy inflatables!). Not a single night will go by that they aren't lit. When it comes to indoors, I could spend an entire weekend decorating my tree...I am a firm believer that every ornament has a "perfect" place.

What is your favorite holiday tradition?

It is a new tradition in our family, started by my sister, that at least one gift to each other has to be homemade and it is completely up to the giver/maker what they want to spend on the gift. Buying a gift can often be thoughtless so this really puts a story and a meaning behind it all.

What is your favorite childhood Holiday book or story?

I had a pop-up story book of "Twas the night before Christmas" and I looked forward to reading it every Christmas.

What was your all-time favorite gift you GAVE and to whom did you give it?

My sister and I made a scrapbook for my parents. We each wrote letters to them expressing our gratitude for such wonderful parents. It was awesome to see the look on my mom's face.



What is your favorite holiday memory?

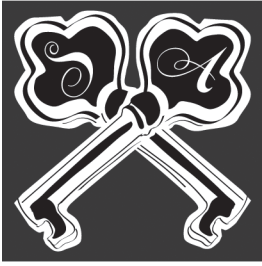
I remember wanting "pound puppies" so bad...we had opened all our gifts and I didn't get them....then Santa came and from then on I was a "believer".

What is your favorite holiday recipe?

I make really good pumpkin cookies with cream cheese frosting!

Congratulations to the 2011 Mistletoe Market Board on an Outstanding Mistletoe Market

Look for Mistletoe Market pictures in the January issue.



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Focus

[projects]

Kids in the Kitchen

By Summer DeFehr & Annie Brown



The goal of the Junior Leagues' Kids in the Kitchen initiative, which is supported by The Association of Junior Leagues International, Inc. and its member Leagues, is to empower youth to make healthy lifestyle choices and help reverse the growth of childhood obesity and its associated health issues. "While the JLOC's Kids in the Kitchen event started out as an annual event, first in partnership with schools for Healthy Lifestyles and then in partnership with the Boys and Girls club, the project was transitioned into a traditional placement for the 2011-2012 placement year. Locally, Nicole Dobbins, Sara Sweet and Jamie Maddy were instrumental in bringing this new monthly placement to fruition. Through the annual event, children were educated about healthy snacks that they could prepare at home. Now, in the monthly placement, JLOC is broadening

the horizon by adding a physical activity component and a journaling activity where the children draw/write responses to a health topic that the volunteers pose each month.

In July, over 80 children participated in the event held at the Boys and Girls Club of OKC. They assembled cheese and apple sailboats while learning about protein-rich foods from animals that provide an energy source for the future and carbohydrate-rich plant based foods that provide energy for "right now." They learned that by pairing these foods together in a snack, they will feel fuller longer by satisfying their immediate hunger and providing a reserve for later. After their snack, the children were excited to dance the "cupid shuffle" led by monthly leaders Sabrina Froehlich and Natalie Carns.

In another event held on Sept. 19, Jamie Meltzner led the lesson and taught the kids about the importance of reading



Jill Nevard teaches a boy how to read the label on a bag of chips.

AFTER THEIR SNACK, THE CHILDREN WERE EXCITED TO DANCE THE "CUPID SHUFFLE" LED BY MONTHLY LEADERS SABRINA FROEHLICH AND NATALIE CARNS.

nutritional labels and learning proper serving sizes. The night began with a short workout before having the kids break into small groups. After a quick lesson on reading labels, the kids used their new knowledge to read the label on a box of Cheerios. They were also given a $\frac{3}{4}$ cup measuring cup to take home, which indicated the proper serving size of the cereal. Jamie said the activity went well and she believes the kids learned valuable information that they can use at home and hopefully share with others.

The current project manager, Rachel Bell, is passionate about childhood nutrition. She majored in Nutritional Sciences as an undergrad and received certification as a Registered Dietitian and worked for several years as a clinical dietitian. She has since decided to pursue a career in metabolic research. When asked what gets her so excited about the opportunity to lead the first annual placement for Kids in the Kitchen, Rachel said "the most rewarding experience is when a child begins to understand that a healthy lifestyle is not a chore, but a gift that they can choose for themselves, and that they can motivate their family to do the same".

Rachel and JLOC members have plenty of fun activities planned in upcoming months at the Boys and Girls Club.

SCRUMPTIOUS BANANA BERRY SMOOTHIE

- 1 banana
- 1 tbsp. honey
- 1 cup low fat milk (1 cup soy milk*)
- 1/2 cup low fat yogurt (1/2 cup coconut milk yogurt*)
- 1/2 cup frozen blueberries
- 4-5 ice cubes (or 1/2 cups crushed ice)
- 5-7 whole frozen strawberries
- (or 1/2-2/3 cups frozen sliced strawberries)

* substitute ingredients for a dairy-free smoothie.

Put all ingredients in blender and combine. Each batch makes 3 cups of smoothie. **NUTRITION FACTS** per Cup of smoothie: 133 calories, 1.5g fat, 5g protein / Dairy-free: 123 calories, 2.4g fat, 3g protein.



Uniquely ME!

ELLEN POGEMILLER

Junior League is partnering with the Girl Scouts of Western Oklahoma to offer Uniquely ME! Uniquely ME! is a program that was designed by Dove and Girl Scouts to address the critical nationwide problem of low self-esteem among adolescent and pre-adolescent girls. The program is four weeks long and the curriculum is provided by the Girl Scouts of Western Oklahoma. The Junior League members lead the class and the activities each week. Lessons include recognizing one's strengths and best attributes, handling peer pressure, healthy eating habits, exercise, and identifying core values and personal interests. Additional information about eating disorders, the power of positive thinking, relationship, and stress is also available to girls, on an age-appropriate basis.

Chelsey Raley has volunteered for two sessions and has had a great experience. She said, "There were definitely some

girls that you could tell were observing what you were saying and really processing the ideas that we were suggesting. They seemed to respond well when we broke down into small groups, and on a few occasions really asked some difficult questions that you could tell they were struggling with. Fortunately, we had a wonderful group of JL girls to respond and offer advice to the girls."

Uniquely ME! project manager, Ellen Pogemiller, has worked closely with the Girl Scout staff and was able to lead one class. The class focused on our strengths and values. At the end of the class, the girls were asked to create a superhero. All of the superheroes were female and they all exuded the characteristics of a Junior League woman – strong,

smart, resourceful and kind.

If you have a daughter or a granddaughter in Girl Scouts, please sign her troop up for one of our Uniquely ME! sessions. The cost is free for registered Girl Scouts and \$12 for non-members. For more information, contact Stephanie Ronck at 405-528-4475 or sronck@gswestok.org



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JLOC VARIETY PACK (2011-2012)



From left to right: Hayden Smith, Dinky Hammam, Erin Holman (Zookeeper), Kim Prigmore

Dream Night at the Zoo

On June 3rd, several Variety Pack volunteers helped out at Dream Night at the Zoo by collecting tickets, running the photo booth and assisting patrons during a 4 hour period. Dream night is an international event, held each year on the first Friday evening in June. The Oklahoma City Zoo and Botanical Gardens is the only Oklahoma zoo participating and the Developmental Disabilities Council has helped to design and sponsor this event since it began in 2005. In addition to providing access to families of children with disabilities, the Council funded disability awareness training for zoo employees that is now part of new employee orientation. Additionally, the zoo wrote and published a Dream night at the Zoo manual, working with zoo's from across the country to compile important information. http://www.okddc.state.ok.us/current_project_pages/dreamnight.html

Girls on the Run

On June 4, 2011, Variety Pack volunteers helped out with the first annual Girls on the Run New Balance 5K at Lake Hefner. Volunteers helped set up, helped out in the hair station booth, ran and walked with the girls and helped man the water stop while cheering on the girls. The mission behind Girls on the Run is to inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. JLOC Sustainer Leslie Littlejohn is the director for Oklahoma County and says "Girls on the Run inspires 3rd through 8th grade girls to stay true to themselves and live free from societal stereotypes. Our 12-week after school curriculum weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts." For more information check out the following website: www.girlsontherunokco.org.

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Teachers Warehouse

Over a 2 week period in late July, Variety Pack volunteers, helped bag teachers supplies and distribute these supplies to teachers at various high schools, middle schools and elementary schools in the Oklahoma City area. The Teachers Warehouse provides free classroom materials and teaching tools to OKCPS District teachers each month. Gently-used and new supplies are donated by businesses and individuals throughout the school year. The purpose of the Teachers Warehouse is to turn donations from local businesses into classroom materials and teaching tools. From coveted basic supplies such as paper and file folders to misprinted pizza boxes that found their final purpose as art portfolios, businesses might not even recognize the treasures they could bestow on a teacher. Businesses gain, because materials that they would otherwise warehouse or pay to haul away become tax-deductible donations that are recycled to support students, while teachers rein in out-of-pocket expenses and have one less barrier to coping with mounting pressures to raise test scores. <http://www.okckids.com/educators/tw.asp>



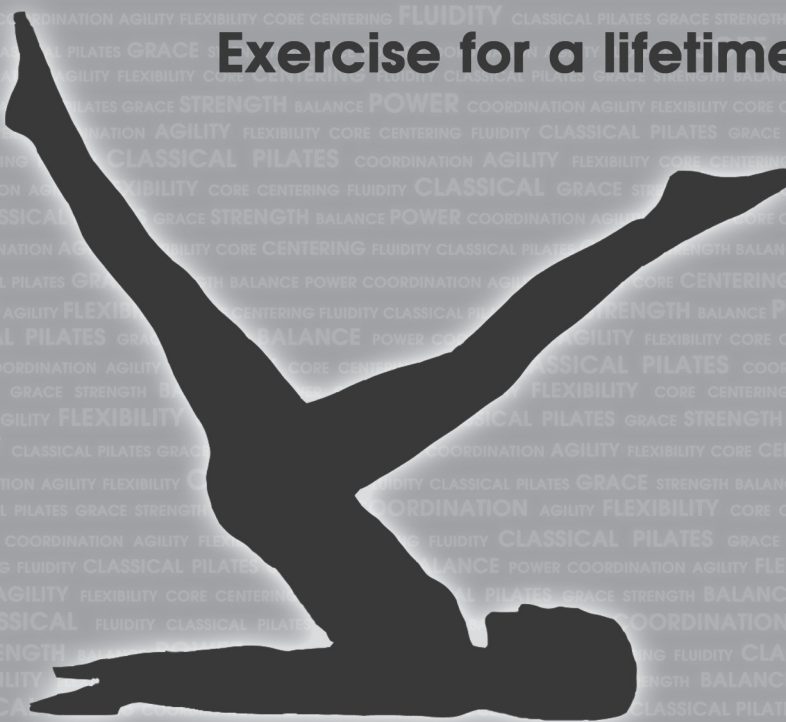
Courtney Rideout, Teachers Warehouse Coordinator



Members pose for a quick picture before the race begins.

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Early Bird Program

The first five years are critical in preparing a child for school success, and sadly many Oklahoma County children enter school without the necessary skills needed to be successful. There is good news, though! Early Birds is a free family-based, school readiness program that arms parents with information, activities and materials to use with kids during the first five

years of childhood. Members from both Variety Pack and Uniquely Me! worked together for 2 nights at OPUBCO to help stuff over 1600 bags for the Early Bird program. Volunteers created an assembly line and filled each Early Bird canvas bag with 5-10 educational toys. For more information please check out earlybirdsok.org.



▲ Alisha Kaighen fills bags with crayons and coloring books.



◀ Liv Tegenu and Courtney Steward fill bags with books and toys.



Early Bird program coordinator Mary Ellis helps League members fill over 1600 bags.

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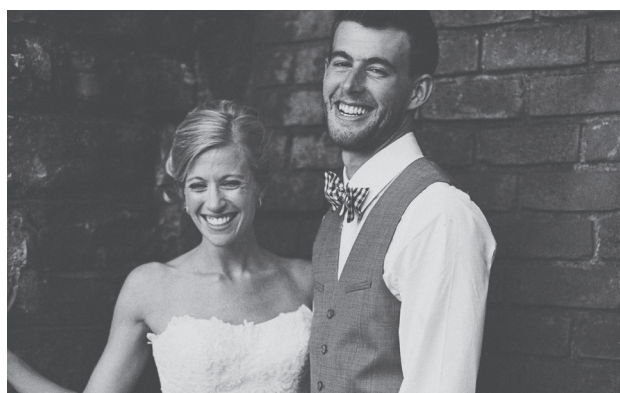
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Newly-weds



Mr. and Mrs. John Semtner

married June 25, 2011



Mr. and Mrs. Wes Hamer

married May 21, 2011

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To announce your engagement or wedding in the League Link, go to the Members Only portion of the jloc.org website and submit your requested information. The NearlyWed/Newly Wed form is located under the Forms/References tab.

If you would like to submit a photo, please send it to Cyone Harris at cyoneharris@cox.net.

To announce your engagement or wedding in Brides of Oklahoma Magazine, contact us at 405-607-2902 or visit www.thebridesofoklahoma.com

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[various]



The Social Network

BY LYDIA SULLIVAN



new relationship.

No, I am not talking about romance, or love, or actually, maybe I am! If a romance is something you look at and constantly update, amend and communicate with daily. And also look at first thing in the morning and last thing at night, then, yes I suppose I am talking about a romance. This romance is of two star crossed lovers called Facebook and Twitter.

We all have Facebook accounts, Twitter accounts, Linked In or all of the above. We constantly rotate socially through one of these outlets. So, why would we not use it in our gregariously social organization of The Junior League! Well, for those of you that might not know, we do have our Facebook page at www.Facebook.com/JLOC.IMPACT and our Twitter account @JL_OKC. We would like all of our members to embrace this new type of relationship by communicating with us via these mediums.

How do you begin, one might ask? Well, it's a simple introduction. On a blind date, one would simply introduce themselves with a hello at first, right? So simply leave US a hello or an 'I've joined' the group remark on either Twitter or Facebook.

Next, one would usually debate on whether to ask the other about themselves or simply be the more forward one and tell about themselves. Go ahead! Do both! We won't bite! Tell us about something you're doing for or within the Junior League. Or just ask us what is going on? "What can I come to this week?"

Here comes the difficult part in the

date...when you don't want to divulge too much as too scare off the potential new partner. Well, at the League, YES! We even want to hear about your pets and/or pet rocks! This is part of the relationship! Facebook and Twitter are NOT our website. We don't use this as just a space for us to give you information. This is our way of creating and maintaining an online relationship and presence, with our members, potential members and even people on the outside just interested in how awesome we are!

This is the relationship we are offering to you ladies. The best thing about this relationship, is that even if you dump us for a weekend with the girls, or just a vacation from the computer life, we will still be here. It will feel like you never left when you click on that tab and type in The Junior League of Oklahoma City.

Congratulations!

Congratulations to Kimberly Swan for being the first member to find the hidden reading glasses, which were located on page 12 in the September League Link issue. Remember to email Heather Davey at shopku@aol.com if you spot the reading glasses and you will win a really great prize.



Congratulations to the 2012 Mistletoe Market Chair Amy Parrish!



REMEMBER TO SUBMIT NOMINATIONS FOR STAR AND ABC AWARDS

BY LIZA CRYDER

The STAR and ABC awards are a wonderful way to shine a spotlight on those women who give 100% and more as a volunteer within the Junior League of Oklahoma City. Presented monthly to deserving recipients, the award winners are announced at the general meetings (summer recipients will be announced at the September meeting.) Though many JLOC members may be aware of these awards, some may not know what makes a person eligible to be nominated and how to go about doing so. For those of you out there, definitely keep reading!

The STAR (Special Thanks and Recognition) award is for recognizing an active volunteer who has excelled at impacting the community through

a Junior League project. Anyone who is in a community placement is eligible for this award – including provisionals. Do you know someone who always shows up early and leaves late? Puts in extra time at their placement without asking for anything in return? Nominate them! The Membership Council will choose a winner each month from the submitted nominees.

The ABC (Above and Beyond the Call) award is for people in appointed positions who have gone above and beyond their job description and requirements. These women may work extra shifts, donate more time and expenses than required or simply lend a helping hand at headquarters on their own time. The ABC award

winners are chosen by the board from the list of nominees.

How do you nominate someone for a STAR or ABC award? Simply email Whitney Tero or Nazette Zuhdi with the nominee's name, placement and reason for nomination. Project managers and council VPs are especially encouraged to keep their eyes open for potential nominees and to notify Whitney or Nazette if they witness standout performances.

So remember, if you see a fellow Junior League member going above and beyond, whether they are in a community placement or appointed position, nominate them for the STAR and ABC awards – they deserve the recognition and praise.

Nominating Committee

By Mandy Heaps

I didn't know what to expect when I attended my first Nominating Committee meeting. I had always thought this committee seemed so special and secretive...almost like a secret society. And now that I have been through a couple of meetings, I can tell you that Nominating Committee is special and secretive! But in a really good way...and without a secret handshake.

Here are some things I bet you didn't know about Nominating Committee:

We get to know every single member of the League. We learn about your past placements, prior appointments, professional skills, interests, bra size...all the important things to consider when making appointments. I'm just kidding about the bra size. Digital Cheetah doesn't track

that...yet. We work incredibly hard to know as much as we can about all our members so the most qualified woman is placed in each position.

Confidentiality is one of our top priorities. Kind of like Fight Club. The first rule of Fight Club is no one talks about Fight Club. The same rule applies to the Nominating Committee. Self submissions and the discussions around various placements stay within the walls of our meeting room and are not shared with anyone outside of our committee.

We are the chosen ones. Seriously. The members of this committee are the only ones elected through a double slate by the general membership. You elected each of us because you believed we would be the most qualified group to select the League's next leaders. Each committee

member is dedicated to proving you right.

I hope you've learned a few things about Nominating Committee that you didn't know. Or, hopefully I've reinforced what you already knew and you can share it with others when they ask you about what really happens in Fight Club...I mean, Nominating Committee. Serving on this committee is something every League member should put on their Junior League Bucket List. Express your interest in serving on the Nominating Committee before the end of December via the website or directly to Gina Burchfiel, this year's Nominating Chair. It's definitely worth the commitment. The only thing that would make it better is Brad Pitt. Am I right, ladies?!

ANNUAL MEMBERSHIP LUNCHEON NOMINATION FORM

This page may be
duplicated to allow for
additional volunteer
service entries

The Junior League of Oklahoma City, Inc. is pleased to honor two Sustaining Members for their volunteer achievements in the community. The award recipients will be notified in early 2012 by the selection committee. The award winners will then be honored at the Annual Member Luncheon scheduled for Thursday, March 29, 2012, at Quail Creek Country Club in Oklahoma City.

The honorees will also be recognized at the May General Membership Meeting. Please take some time to complete the nomination form by Tuesday, November 15, 2011. Full criteria can be found on jloc.org in the forms and documents section. The honorees will be celebrated at the Annual Member Luncheon scheduled for Thursday, March 29, 2012, at Quail Creek Country Club in Oklahoma City.

INSTRUCTIONS

1. Complete this nomination form in its entirety to the best of your ability.
3. Any member of the Junior League is eligible to submit a nomination.
4. If you are re-nominating a candidate from a previous year, you must sign the current nomination form.
5. The individual submitting the form may only nominate the candidate in one of the two categories – either Sustainer of the Year OR Mary Baker Rumsey Lifetime Achievement Award.
6. Only One additional item, such as a resume or biography, can be attached on an 8 1/2" x 11" piece of paper with the nomination form.
7. Nominations must be received by Tuesday, November 15, 2011. Nominations may be submitted electronically or at JLOC HQ, 1001 N. Grand Blvd., Oklahoma City, OK 73118; ATTN: Nazette Zuhdi-Cleaver

NOMINEE NAME

PHONE NUMBER

ADDRESS/CITY/STATE/ZIP

NOMINATOR(S) NAME

RELATIONSHIP TO NOMINEE

EMAIL OF NOMINATOR(S)

PHONE NUMBER

ADDRESS/CITY/STATE/ZIP

SIGNATURE OF NOMINATOR(S)

PLEASE EXPLAIN THE ACTIVITIES IN DETAIL REFLECTING THE NOMINEE'S VOLUNTEER SERVICE DURING HER SUSTAINING YEARS WITH THE LEAGUE.

EXPLAIN WHY YOU THINK THIS NOMINEE DESERVES THIS AWARD:

VOLUNTEER EXPERIENCE

ORGANIZATION(S): DATES OF SERVICE:

JOB DESCRIPTION OR ROLE IN THIS POSITION, TITLES HELD, ETC.:

DISTINGUISHED POSITIONS (PLEASE LIST ANY ADDITIONAL POSITIONS OF DISTINCTION OR OTHER INFORMATION NOT GIVEN ABOVE.):

RECOGNITION & AWARDS (HAS THE NOMINEE RECEIVED ANY SPECIAL RECOGNITION, HONORS OR AWARDS FOR HER VOLUNTEER WORK?):

Please check the award for which you are nominating a sustainer:

☐ Mary Baker Rumsey,
Lifetime Commitment Award

☐ Sustainer of the Year

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Contact Liza Cryder, League Link Business Manager for more information at Liza.Cryder@gmail.com.

