

LEADERSHIP

POTENTIAL

CHARITABLE

PROVIDE

REWARDING

INSPIRE

FUTURE

TRANSFORMATION

POSSIBILITY

ACCOMPLISH

IMPACT

THE JUNIOR LEAGUE OF NORTHERN WESTCHESTER
CELEBRATING **60 YEARS** OF COMMUNITY SERVICE

PROMISE

BELIEF

COLLABORATION

HONOR

COMMUNITY

POSITIVE THINKING

DEVELOPING

VOLUNTEER

EMPOWERING

SUPPORT

EDUCATION

SERVICE

JLNLW**60YEARS**

JLNLW PO Box 72 Chappaqua, NY 10514

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IMPACT

noun / im-'pakt /

The effect or influence of one person, thing, or action on another.

WELCOME TO IMPACT

Welcome to the inaugural edition of IMPACT, a publication of the Junior League of Northern Westchester designed to provide information on pressing issues in our community and share what the JLNW is doing to address them. We hope to inspire you to be part of the positive, meaningful community impact that's going on. Join us as a partner, a donor, a member, a program sponsor or an advocate. There are many opportunities to learn, grow and positively impact our community through your involvement with the JLNW.

OUR MISSION

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

REACHING OUT STATEMENT

The Junior League of Northern Westchester reaches out to women of all races, religions and national origins who demonstrate an interest in and commitment to voluntarism.

IMPACT STATEMENT

The Junior League of Northern Westchester is working with Community partners to reduce hunger and to provide healthy living strategies for school-aged children in Northern Westchester.

Just turn the page to initiate impact.

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60 Years of Service (Page 38)

JLNW Celebrating 60 Years of Impact



PRESIDENT'S LETTER



I am so proud and excited to announce the Junior League of Northern Westchester's milestone 60th Anniversary. IMPACT is a wonderful vehicle through which we can highlight the many volunteer efforts initiated by the JLNW since 1953. I hope you feel as inspired by the women and the accomplishments of this organization as I am. Over the past sixty years our many talented, hard-working and dedicated members have focused their energies on serving those in need in our community and have proved that we can accomplish anything we set our sights on.

The JLNW's all-volunteer membership is one of our greatest resources by which I am truly inspired. Our efforts as servant leaders cement our position as a leading community service organization that seeks to identify critical needs in our community and finds a way to address those needs with meaningful programs and assistance. Collaboration with our many community partners adds additional benefit to ensure the effectiveness of the programming we develop and in turn broadens the scope of impact within the community.

All of our members are accomplished women, who are talented in their own fields of expertise. Notwithstanding, an additional advantage of being a member of the JLNW are the leadership skills gained through training and education. This is a critical part of our mission. Stepping outside our comfort zone with a safety net of support, we take our expertise out into the community. In this newsletter you will read more about how the League and its members 'build better communities' and have a real, lasting impact through the empowerment of our goal oriented mission.

With countless projects and programs already in our history, it has been an amazing six decades of service to the Northern Westchester Community. The JLNW continues to offer hope and assistance to those in need with current projects like the Holiday Sharing Drive, Backpack Buddies, *Kids in the Kitchen* and the Mount Kisco Interfaith Food Pantry.

As we move forward, I know that our positive thinking, combined efforts and leadership development will continue to galvanize into ever more successful programming. For the greatest success and benefit, we must keep in mind that we are all here, working together, to make our community a better place for all.

Yours Sincerely,

Kate Hutchings
President 2012-2013

ACTING ON IMPACT

IMPACT STATEMENT

Long known for its ability to assess needs and collaborate with others to develop and conduct programs that improve conditions in our community, the Junior League of Northern Westchester is actively working with its community partners to reduce hunger and to provide healthy living strategies for school-aged children and their families in Northern Westchester. These efforts include programs that offer additional food assistance to families in need, educational and informational events on healthy lifestyle choices, and an active engagement with the Public Affairs committees in NY State to effect change in Albany regarding issues of healthy school food.

Why Hunger and Healthy Lifestyles? How We Got Here

In 2008-2009, the financial markets plunged, people lost their jobs and there was tremendous uncertainty in our community, as well as the US as a whole. We realized that life as we knew it was changing, people were reassessing their wants vs. needs, many did not know if they would walk into work and still have a job. We sat down with our community partners, as we do every year, and began to delve into conversations around the gaps in service, what was shifting, what was most pressing to their various constituencies and our neighbors. We knew things needed to change, but what?

Childhood Obesity

The childhood obesity rate in Westchester surpassed the national average (Westchester at 28%, the national average was 24%). At the conclusion of these conversations, we realized that what our community needed most was access to some of the most basic needs: food, clothing and shelter. An area where the gap was the greatest was around lack of access to nutritious food. Our goals have been to provide programs that are educational, to provide much needed food for those families, and to encourage parents and children to lead an active lifestyle.

Now more than ever, it is important! These programs are critical to our families and communities. As we continue to address these issues, there is even more statistical information out there to support the need for these programs.

The American Heart Association recommended daily intake of sugar is 6 teaspoons—our actual intake is about 22.2 teaspoons. The average American consumes about 3.2 cups of sugar weekly—this is equivalent to 27 candy bars. On average we consume the sugar equivalent of 12 cans of soda in 5 days, in 1822 it was equivalent to only one 12 oz can every 5 days.

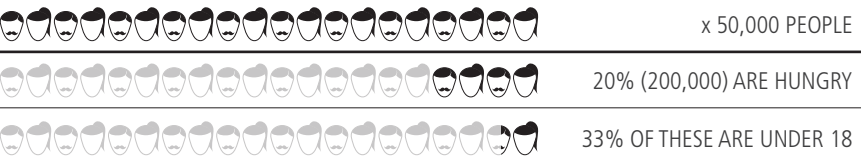
Childhood obesity is still on the rise. A 2009 study reported in the Archives of Pediatrics and Adolescent Medicine notes that one in four preschoolers is obese. Experts say it's because kids aren't getting enough exercise and eating a healthy diet.

Children ages 8 to 18 spend, on average, close to 45 hours per week watching TV, playing video games, instant messaging, and listening to music online—far more time than they spend with their parents or in the classroom, according to a study by the Kaiser Family Foundation.

Children who spend too much time in front of the TV or computer have “little time for exercising their predispositions for fantasy, imagination, and creativity,” writes child development professor and best-selling author David Elkind in his book *The Power of Play: How Spontaneous, Imaginative Activities Lead to Happier and Healthier Children*.

As these conversations unfolded, JLNW members and community agency leaders shared and gathered a lot of information. We learned about what issues were effecting our community and how things were shifting.

Here are a few of the things we learned.



- Approximately 1,000,000 people in Westchester County.
- Approximately 200,000 Westchester county residents are hungry or at risk of hunger.
- Approximately 1/3, or 66,000 of these, are children under the age of 18.

THE FOOD BANK FOR WESTCHESTER



THE MT. KISCO INTERFAITH FOOD PANTRY



- Between 2009 and 2010 the Food Bank for Westchester saw a 40% increase in demand.
- The Mt. Kisco Interfaith Food Pantry saw a 131% increase in number of clients between 2007 and 2010 (1,100+ in 2010 vs. 500 in 2007).

HOW ARE WE ACHIEVING IMPACT?

BACKPACK BUDDIES

2010–Present

COMMITTEE MEMBERS

Jessica Bailey-Inglis (Chair), Katonah
Alison Kaplan, Bedford
Fabienne Wheeler, Chappaqua
Liz Zimmerman, Bedford

COMMUNITY PARTNERS

Food Bank for Westchester, The Boys & Girls Clubs of NW, Mt. Kisco Child Care Center

Program Overview

Provides weekend food supplementation, when other resources are not available, for approximately 100 eligible children who attend the after-school program at The Boys and Girls Club of Northern Westchester. In 2013, we expanded this program to reach the Mt. Kisco Child Care Center and will be serving 15–20 families. *(For more information, go to page 10).*

KIDS IN THE KITCHEN

2005–Present

COMMITTEE MEMBERS

Jessica Bailey-Inglis (Chair), Katonah
All members

COMMUNITY PARTNERS

The Boys & Girls Clubs of NW

Program Overview

A healthy eating/lifestyle and exercise program that is conducted with the children who attend the Boys and Girls Club of Northern Westchester. Programs have included a 4-week karate training session, a two-day gardening program with students from multiple grades and several healthy eating and exercise education sessions for over 125 children. *(To learn more go to page 12).*

THE MOUNT KISCO INTERFAITH FOOD PANTRY

2010–Present

COMMUNITY MEMBERS

Kate Horn (Chair), Bedford
All Members

COMMUNITY PARTNERS

Mt. Kisco Interfaith Food Pantry

Program Overview

A volunteer, charitable alliance of community churches and synagogues dedicated to fighting hunger in the greater Mount Kisco area through the weekly distribution of food. JLNW provides volunteers once a month for these distributions. *(To learn more about the Mount Kisco Interfaith Food Pantry, go to page 21).*

BACKPACK BUDDIES BY THE NUMBERS

JLNW Members have dedicated over **127 hours**, the equivalent of **\$2,778** in woman hours, to the Backpack Buddies program from **September 2012–March 2013**.

We have done **17 distributions** providing an average of **70 packs per distribution** for a total of **1,190 food packs** provided to kids who are hungry from **September 2012–March 2013**.

KIDS IN THE KITCHEN BY THE NUMBERS

KITK FALL 2012 EVENT

12 women have volunteered, serving **24 hours** each. This is equivalent to **\$6,276** at an hourly rate of **\$21.79**.

150 kids attended.

KITK SPRING 2012 EVENT

24 women volunteered for **3.5 hours** each, equaling **84 hours**. At an hourly rate of **\$21.79**, this is equivalent to **\$1,830** in woman hours.

MKIFP BY THE NUMBERS

20 women have volunteered (3 per shift), giving approximately **45 hours** so far this year. **220 individuals (60–65 families)** are served each shift—total year to date **1100 people** served.

Since 2010, there has been an increased need from **125 families to 180 families** per week. *(There are 2 distributions per week).*

BACKPACK BUDDIES

A JLNW initiative since 2010, Backpack Buddies bridges the gap in service for children enrolled in the Boys & Girls Club of Northern Westchester's after-school program. Throughout the school year the JLNW, in conjunction with the Food Bank for Westchester, provides 60 children in the after-school program with non-perishable, easily consumed and vitamin-fortified food to take home 6 times per month. The JLNW funds and runs this program that addresses hunger among children of working families. We purchase food, pack bags and monitor inventory provided by the Food Bank.

The Junior League was thrilled to expand its Backpack Buddies program to the Mt. Kisco Child Care Center (MKCCC) beginning February 2013, where we provided non-perishable food to 25 at-risk children and families.

Survey of Backpack Buddies Recipients

We asked the recipient families what they found most beneficial about the backpacks.

Here is what they said:

87% indicated that it led to making healthier food choices

84% indicated it helped them stretch their food budget

We recently received feedback from the families who participate in the Backpack Buddies program and here are some of the quotes we received:

"I like the Backpack Program. It is a big help and is healthy for our family."

"I want to say thank you for your help. At this moment, we have not much work, for that this help comes to us in the right moment. Thank you again for your help."

"We really are thankful for your program, it is a really big help for my family and all families. In name of our community: Thanks. We are so happy with this kind of program"

(Source: Families in the JLNW Backpack Buddies program)

From Our Community Partner

"The Backpack Buddies program is an important component of the multifaceted child nutrition program at the Boys and Girls Club of Northern Westchester. Our partnership with the JLNW is invaluable to us to help us make sure that no club member goes hungry. The B&G Club and JLNW have a long-term relationship that continues to work together to help those most in need in our community."

Brian Skanes

Executive Director of the Boys & Girls Club of Northern Westchester



Where We Are Going

As we continue with the Backpack Buddies program, we are finding that the needs of the community are changing and people have indicated that they would like more choice in the foods they feed their families. The recipients are telling us that they want and need options that are perishable. So this fall the JLNW will be implementing, in conjunction with the Food Bank for Westchester and Boys & Girls Clubs, the Kraft Mobile Food Pantry. The Kraft Mobile Food Pantry delivers frozen and refrigerated foods "Just in Time" for distribution to hungry people, thus overcoming the barrier of lack of /or inadequate cold storage. With the demand for food increasing throughout the county, we are looking to find ways to meet this growing need. The Kraft Mobile Food Pantry will offer fresh foods including meat and produce to local families, providing healthy and otherwise, unavailable items.

It's about more than just feeding the hungry, the contents of the food packages that kids take home are a critical element in helping kids make good food choices.

What is in a backpack?

Cereal
Rice
Canned Vegetables
Canned sauces
Beans
Peanut Butter
Pasta

KIDS IN THE KITCHEN

We conduct two healthy eating/lifestyle and exercise programs each year with 150 children who attend the Boys and Girls Club's after school program. Our fall event is generally a program that includes education on healthy eating and exercise. This portion of the afternoon program includes healthy recipes and often will include smoothies or tasty dips with veggies or pretzels that could be used for after school snacks. We also offer many fun physical activities. In years past we have done an obstacle course that involves dribbling a ball, cradling a lacrosse stick and jumping rope. In addition, educational stations which discuss the quantity of sugar in a variety of popular drinks and other health issues have been included.

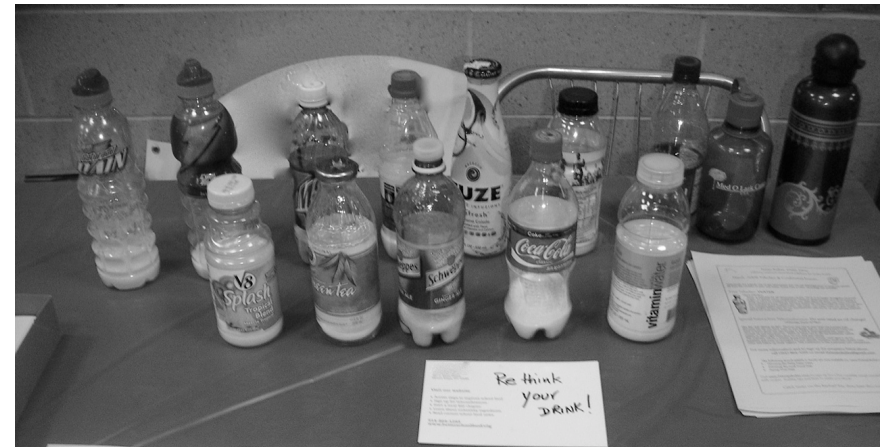
Our spring event, held in May is a gardening event. Junior League of Northern Westchester members work to ensure the garden beds are prepped and ready and then they work with each grade, K-8, to plant vegetables and herbs for their garden. These veggies and herbs are then used in the Kids Cafe located in the Club, which serves nutritious meals to children after school. This has quickly become a staple program and one which the JLNW members and the students really enjoy.

Childhood obesity is an epidemic in every developed country around the world. The Junior Leagues' *Kids in the Kitchen* is doing something about it with programs and events held in more than 200 communities in four countries.



The Junior League of Northern Westchester ran its first *Kids In The Kitchen* event in April of 2005. Since then we have been running this program in many variations. We began with a group of 20 children and parents at ThistleWaithe Learning Center, a Montessori preschool, where we conducted a one hour healthy eating awareness session. During that session students learned how to create easy, nutritious fruit and yogurt parfaits. Subsequent years have seen multiple events and larger programs which included local chefs, farmers, nutrition experts, health professionals and Emmy award winning FoodPlay Productions. A critical element of our ongoing commitment is teaching kids and their parents not only about the importance of healthy eating but overall health awareness. In recent years, we joined forces with the Boys & Girls Club of Northern Westchester for an expanded, afternoon long program that includes making fruit smoothies, planting gardens, education and exercise.

RETHINK YOUR DRINK



SUGAR BY THE NUMBERS *Figures in Teaspoons*

19	20oz. MOUNTAIN DEW
16	20oz. COCA-COLA
10	16.9oz. FUZE BANANA COLADA
8	20oz. SCHWEPPES GINGER ALE
7	20oz. GATORADE RAIN
6	20oz. V8 SPLASH TROPICAL BLEND
3	20oz. VITAMIN WATER ENERGY

Quotes from KITK

"This was so much fun. Can we have a dance party next year, too?"

"I loved the dip and smoothies. I want to try this at home."

"I had no idea that much sugar was in a cake."

"I can't believe there is so much sugar in a coke. That's gross! I am never drinking it again."

"So this seed I'm planting is going to grow into food I can eat?"

Helping Your Child Stay Healthy and Fit

By Peter Richel, MD

Every parent knows that doing the best thing for your children can sometimes mean doing the difficult thing. Kids love fast food, and eating on the run is common—squeezing in some dinner between homework, chores, television or video games. This lifestyle is helping to contribute to the childhood obesity problem in this country, according to Peter Richel, MD, Chief of Pediatrics at Northern Westchester Hospital. “Parents mean well; we see good parenting in our practice,” Dr. Richel says. “But they don’t realize the nutritional value of a home-cooked meal compared to fast food, and they don’t realize how valuable it is to sit down to a family dinner,” he says.

In February 2010, researchers at Kaiser Permanente published a study indicating that teen girls are much more successful in managing their weight when their family sits down together for the evening meal. These girls also had better self-image and ate less fast food than peers who rarely sat around the dinner table with family.

Weight isn’t the only benefit to family meals: The time you invest in this simple ritual also seems to help kids avoid alcohol and drugs, get better grades, and avoid depression and anxiety. Planning and preparing these meals will take more sweat equity on a parent’s part—especially given everyone’s schedules, says Dr. Richel, but the payoff will be worth it.

The best way to ensure all meals are healthy and nutritious is to make sure that fruits and vegetables take up about half of the plate. Check out choosemyplate.gov, the government’s new guide to healthy eating.

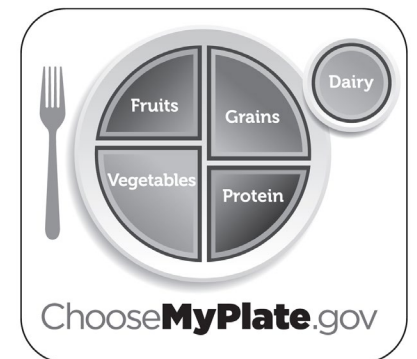
“Snacks are another strong influence on children’s weight and health. Parents know that they shouldn’t provide chips on a regular basis.” Instead, Dr. Richel advises providing snacks such as fruit, nuts, and carrot and celery sticks with hummus or peanut butter. “Children will fill up faster and they’ll get better nutrients this way.”

When it comes to controlling weight, activity is a must. “Kids should get at least 15 minutes a day of sweaty, heavy-breathing exercise. Unless children are involved in sports, they just don’t get enough activity,” he says.

Like the family dinner, the time you spend with your children walking the dog or hiking through the local park will keep you connected and help shield them from trouble through their teen years. Nutrition and exercise can be fun and a wonderful way for families to bond.

TIPS TO KEEP YOUR KIDS ACTIVE

1. Limit screen time.
2. Set a timer for video games and social media (1–2 hours per day is plenty).
3. Take a family walk after dinner.
4. Encourage participation in sports, through school or the community.
5. Spend time together on the playground or at the park.
6. Ask your kids what activities they like most and make time for them on your calendar.
7. Introduce children to new activities.



ABOUT THE AUTHOR



Dr. Pete is a pediatrician, a specialist in the division of medicine devoted to infants, children, and young adults. Currently, Dr. Pete serves as Chief of the Pediatric Department at Northern Westchester Hospital. His private practice is with Westchester Health in Mt. Kisco. Throughout his career he has received many accolades and awards and was listed as one of the Top Doctors in the Metro area for 13 consecutive years. Dr. Pete lives in Westchester with his family, and is available for expert commentary, hosting special programs, panels, events, or lectures. He is devoted to the medical care, education, and entertainment of his patients and their families.

Kids in the Kitchen

Recipes

Heading into its eighth year, Junior Leagues' *Kids in the Kitchen* is one of the most successful volunteer-driven programs addressing childhood obesity and nutrition with more than 200 individual Leagues participating in the effort.

Chili Turkey Burgers

Difficulty: Medium
Makes: 5 servings

INGREDIENTS

2 ½ pounds fresh ground turkey
1 cup shredded sharp cheddar cheese
1 egg
½ cup small diced red bell pepper
¼ cup small diced red onion
1 tablespoon sugar-free Ketchup
1 tablespoon chili powder
1 teaspoon salt
¼ teaspoon black pepper
pinch cayenne pepper

DIRECTIONS

Place turkey meat and all ingredients in a bowl and mix well with your hands. (Use gloves if you have them as the chili powder may turn your hands red, won't kill you though).

Form meat mixture into 10 equal amounts and form into patties.

Pan saute the turkey burgers over medium high heat for about 7 minutes on each side until completely cooked all the way through. (This is poultry and it must be fully cooked)

Serve as a meal with traditional burger set up of lettuce, tomato, onion and pickle and a couple dollops of mayonnaise.

Pita Pizzas

Difficulty: Medium
Makes: 4 servings

INGREDIENTS

4 whole wheat pita breads
1 cup pasta sauce from a jar or can
1 ½ cups shredded part-skim mozzarella cheese
1 teaspoon dried oregano
2 cups sliced mushrooms

DIRECTIONS

Preheat the oven to 400°F.
Slice each pita bread in half horizontally to make two rounds.

Place the pita rounds, cut side up, onto two baking sheets. Spread 2 tablespoons pasta sauce on each round. Sprinkle with the cheese and oregano, and top with the mushroom slices.

Place the baking sheets in the oven. Bake for 10 to 12 minutes.

Remove the baking sheets from the oven using potholders. Use a spatula to move the pizza to four plates.

NUTRITION INFORMATION (serving size: 1 pizza)

Calories: 339
Fat: 11.4g
Saturated fat: 5g
Carbohydrates: 43.7g
Protein: 19.4g
Fiber: 6.1g
Cholesterol: 25mg
Sodium: 846mg

More recipes on the following page

Groovy Grasshopper Dip

Source: Batter Up Kids

Difficulty: Easy

INGREDIENTS

½ cup light sour cream
½ cup plain nonfat yogurt
2 tablespoons chopped fresh flat-leaf Italian parsley
2 tablespoons chopped fresh green onion tops (or chives)
1 teaspoon garlic powder
½ teaspoon paprika
½ teaspoon salt
Black pepper to taste
10 ounces frozen chopped spinach, thawed and squeezed dry
1 avocado, peeled pitted and chopped
¼ cup chopped green bell pepper
¼ cup grated Parmesan cheese (optional)

DIRECTIONS

Combine sour cream, yogurt, parsley, green onion or chives, garlic powder, salt, and pepper in a mixing bowl. Add spinach, avocado, and green bell pepper. Stir to blend.

Cover dip and chill in the refrigerator for 30 minutes or longer before serving.

Garnish with grated Parmesan cheese if desired.

SERVING SUGGESTION

Serve with assorted fresh veggies, crackers, or breadsticks.

Carrot Patch Muffins

Source: From Women Who Can Dish It Out, The Junior League of Springfield, Missouri

Difficulty: Difficult

Makes: 12 servings

INGREDIENTS

2 ¼ cups all-purpose flour
¾ cup sugar
½ cup shredded or flaked coconut
½ cup chopped walnuts
½ cup dark seedless or golden raisins
1 tablespoon baking powder
1 ½ tablespoons salt
1 teaspoon ground cinnamon
1 ½ cups shredded carrots
¾ cup skim milk
¼ cup applesauce
1 teaspoon vanilla extract
1 large egg
7 teaspoons corn syrup

In a small bowl, mix the milk, applesauce, vanilla and egg until well blended. Stir the milk mixture into the flour mixture, stirring until moistened. Fill the mini-muffin tins one-third full.

Place the tins in the oven, and bake 4 minutes.

Open the oven door, use potholders to pull out the oven rack and squeeze a little corn syrup in center of each muffin.

Return the muffins to the oven for 5 more minutes.

DIRECTIONS

Preheat the oven to 375°F.

Lightly grease two mini-muffin tins.

Mix the flour, sugar, coconut, walnuts, raisins, baking powder, salt and cinnamon in a large bowl. Stir in the carrots.

NUTRITION INFORMATION (serving size: 1 muffin)

Calories: 97

Fat: 2g

Cholesterol: 8mg

Sodium: 129mg

The Junior League Partners with Kashi

In the fall of 2011 Kashi, the premier natural food and lifestyle company, launched **The Kashi REAL Project™**

The Kashi REAL Project™ is an initiative designed to raise awareness of the Real Food Deficit and amplify the work of great organizations (like ours!) that are working to keep real food in the minds and hands of communities throughout the country. The Real Food Deficit, simply put, is the gap between Kashi's vision for a healthy community and reality. It's a complex problem including everything from moms without the resources to prepare wholesome meals for their families and underserved neighborhoods that don't have access to fresh produce, to kids growing up with limited nutrition education. The Kashi REAL Project™ brings attention to these issues and the dedicated organizations working to improve them.

Kashi decided to partner with the Association of Junior Leagues International (AJLI) because of Association-wide initiatives like our *Kids in the Kitchen* program as well as the many exciting food and health projects by individual Leagues. Heading into its eighth year, Junior Leagues' *Kids in the Kitchen* is one of the most successful volunteer-driven programs addressing childhood obesity and nutrition with more than 200 individual Leagues participating in the effort. This recognition of our commitment to the goal of promoting healthy nutrition in the communities we serve is a great reminder of what happens when more than 155,000 women volunteers in four countries come together to create lasting community impact.

The Association's partnership with Kashi will enable AJLI staff to create new programmatic content and materials and to further strengthen the Junior Leagues' *Kids in the Kitchen* program for participating Leagues (*read more about AJLI and our powerful Association on page 34*).

All recipes courtesy of <http://www.kidsinthekitchen.ajli.org/recipes/>

Benefits of this partnership have been significant. Here are some of the highlights from our work together.

The Junior League's Kids in the Kitchen program was promoted as Kashi's featured partner from January 31 to February 22, 2012 on their website and Facebook page and remains on their list of partners today.

Kashi presented 29 Leagues with a total of \$80,000 in grants to further develop their Kids in the Kitchen programs at AJLI's Annual Conference in April 2012. The winning Leagues were selected from a pool of more than 100 applicants because their applications, judged by Kashi, showed how they would use the \$5,000 and \$2,500 grants to expand their Kids in the Kitchen efforts.

Kashi is once again promoting the Junior Leagues and the Kids in the Kitchen program, this time on 6.4 million boxes of Kashi Cinnamon Harvest Cereal® being sold throughout the United States in 2013.

Also in 2013 Kashi has renewed their financial support to Leagues by offering \$50,000 in \$1,000 to \$10,000 grants to Leagues who did not previously win a grant for their Kids in the Kitchen program. Qualifying Leagues had the opportunity to apply in March and April and the winners, judged by Kashi, will be announced at AJLI's Annual Conference in May. A second round of new funding for Leagues, up to \$50,000 to be distributed once again, will be available in the Fall/Winter.



MOUNT KISCO INTERFAITH FOOD PANTRY

The Mount Kisco Interfaith Food Pantry (MKIFP) is a volunteer charitable alliance of 11 area churches and synagogues dedicated to fighting hunger in the greater Mount Kisco area. Free food, both perishable and non-perishable is distributed to area residents 2 times per week.

Items may include:

Fresh eggs, fruits, vegetables and meats as well as non-perishable food and supplies.

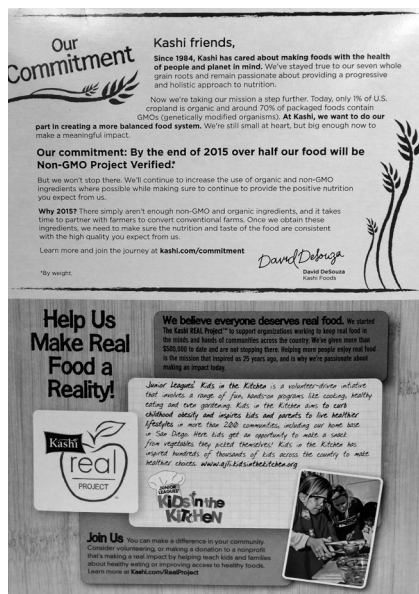
On a monthly basis the JLNW members staff a shift at the MKIFP and distribute food to those individuals that come through the door.

The number of senior citizens served by the Mt. Kisco Interfaith Food Pantry surged by a startling 34% in the last 12 months (MKIFP Spring 2013 newsletter).

"Hunger and Homelessness have a new face in Westchester and it's not the predictable one." That's an assessment being given by the Westchester Coalition for Hunger and Homelessness (WCHH), which has seen a 30% increase in the number of people seeking food and shelter during 2010. The new clients seeking assistance are not the destitute. They are professionals laid off from their jobs, as a result of the economic recession, and whose unemployment benefits have expired or cannot be stretched enough to feed their families. Some have been able to find jobs or remain in jobs, but at significantly lower salaries, making their rent payments unaffordable.



Look for The Junior League on 6.4 million boxes of Kashi Cinnamon Harvest Cereal this year.



For more information or to follow what comes next with this great partnership check out The Junior Leagues' Kids in the Kitchen website, kidsinthekitchen.ajli.org or follow AJLI's blog connected at connected.ajli.org.

SUSTAINER SPOTLIGHT

HARRIETTE SCOTT

Harriette Scott has been a Junior League member for more than 25 years and also currently serves as President of the Mount Kisco Interfaith Food Pantry. We were lucky enough to sit down and talk with Harriette about her JL career, the role it has played in her life and her current and very exciting new role with the Interfaith Food Pantry, one of the JLNW community partners.

Born and raised in Louisiana, Harriette and her family currently reside in Mount Kisco. She began her Junior League career with the JL of Champaign-Urbana, IL, transferred to the JL of Athens, GA and eventually ended up at the JLNW. Through her JL career she has served as chairman of numerous fundraisers, was a provisional trainer and served on strategic planning committees. In 2006 she was awarded the Kay Niles Award by the JLNW. She

remembers being a provisional and the important thought her provisional trainer emphasized to them “that the years we spend as an Active Junior League member would give invaluable experience and training that we would take out into our communities for the rest of our lives.” When Harriette reflects on this she states, “What words of truth! The Junior League provided me with the skills and a desire to reach out and help those in our community who are less fortunate. Every day I see other JL members in our community doing the same thing. It is really quite amazing.”

“THE JUNIOR LEAGUE PROVIDED ME WITH THE SKILLS AND A DESIRE TO REACH OUT AND HELP THOSE IN OUR COMMUNITY WHO ARE LESS FORTUNATE.”

Several years ago, Harriette was asked to serve on the board of the Mount Kisco Interfaith Food Pantry as a representative for Bedford Presbyterian Church, most recently she took on the role of its President. Harriette is one of several JLNW members who have served on the Board at the Food Pantry. Currently Sue Melvin (Mount Kisco) is a board member and Trina Fontaine (Armonk) has recently completed a board term. “It did not take long for me to see what an important issue hunger is in our community. Before serving on the Board of the Food Pantry, I would never have thought hunger could be a big issue in a place like Northern Westchester. Instead, I found an organization feeding hundreds of people each week and working tirelessly to find funds and volunteers to accomplish their goals. I truly feel this is the most important and rewarding volunteer position I have ever undertaken.”

“I TRULY FEEL THIS IS THE MOST IMPORTANT AND REWARDING VOLUNTEER POSITION I HAVE EVER UNDERTAKEN.”

The Mount Kisco Interfaith Food Pantry is a not for profit organization whose aim is to feed anyone who is in need of food in our community. Its Board is made up of representatives of twelve interfaith congregations from our community. Each week groceries are distributed to at least 175 households. Their goal is to provide three days of nutritious food weekly to those in need. The last few years of economic turmoil have shown an increased need for their services. She remarks, “There are people standing in the Food Pantry line who never thought they would find themselves there.” There are several plans that the Food Pantry has initiated to further serve their consumers. They have implemented a home delivery service for seniors and disabled individuals who are unable to physically come to the pantry themselves. Periodically a representative from SNAP (Supplemental Nutrition Assistance Program) assists in helping those who qualify for food stamps. There is also a strong emphasis on ensuring the food provided is nutritious and they recently began conducting cooking demonstrations and tastings on distribution days. Over the past two months cooking demonstrations for a cheesy bean and brown rice casserole and venison chili served over brown rice were held with recipes provided in both English and Spanish. The plan is to continue food demonstrations throughout the year.

The Mount Kisco Interfaith Food Pantry has an important and valuable partnership with the JLNW. The JLNW provides volunteers to work one food pantry distribution shift each month. “This partnership is very important to both of our organizations, as we have a strong interest in alleviating hunger in our community. The work the Junior League does with the Backpack Buddies program sending nutritious food home with children from the Boys and Girls Club, the *Kids in the Kitchen* program, and the Holiday Shaving Drive is making a big difference. Many of the children and families that are served by these programs are probably consumers at the Food Pantry as well.”

THE HOLIDAY SHARING DRIVE

For 32 years, the Holiday Sharing Drive (HSD) has been the JLNW's signature community initiative and in the 2012-2013 service year, this proud tradition continued.

From efforts that started in the summer of 2012 and culminated during the week of December 1st, the HSD brought our community together and provided much needed food, clothing and gifts for 247 Northern Westchester families, nearly 900 individuals, during the holiday season. Over 15 community service organizations partnered with the JLNW this year to identify families in need and facilitate the program. With the families identified, the HSD Committee set about securing over 175 members of the community to serve as donors and then anonymously matched them with a specific family. The donors learned about the families' needs and then prepared holiday gift containers geared toward satisfying those needs. The most common necessities: coats, sheets and blankets, clothing, shoes, cleaning supplies, toiletries and, of course, food. Many donors also elected to supplement the containers with a toy for children or a special gift for adults. In lieu of or, in some cases, in addition to taking an entire family, some donors chose to fulfill "Big Ticket" needs such as high chairs, cribs, car seats, and bicycles—expensive items that are critical for basic safety and help support physical activity to encourage healthy lifestyles.

Even though they were faced with a hard economy, the innovative HSD committee would not be deterred. Creatively looking for ways to make sure every family that was identified could be matched, the committee worked hard to organize groups that could take on families and share responsibility for making donations, thus lessening the contribution required of each individual. Of the donors to this year's drive over 30 were groups organized by churches, schools, and Boy Scout / Girl Scout troops that sponsored 132 (almost 54%) of the families.

The HSD raises public awareness of local poverty and hunger, very real issues even in our affluent area; promotes voluntarism by offering a volunteer opportunity for individuals, families, schools and scout troops, among others; and improves the lives of those most in need in our community. Hitting on all parts of the Junior League mission, it's no wonder that this popular community initiative continues to thrive into its third decade.

32ND ANNUAL HOLIDAY SHARING DRIVE

2012-2013

COMMITTEE MEMBERS

Cristina Hopper (Co-Chair), Amawalk
Jennifer Simpson (Co-Chair), Bedford Corners
Nikki Asch, Millwood
Debra Barrett, Bedford Corners
Colleen Cerami-Segal, Chappaqua
Regina Cindich, South Salem
Tara Eckert, Bedford
Denise Fischer, Bedford
Anne-Marie Gaita, Yorktown
Susan Halsey, Waccabuc
Emily Hanlon, New Canaan, CT
Wendy Kelly, Bedford
Vanessa Lewis, Bedford
Lauren Neustat, Armonk
Melanie Priezler, Chappaqua
Mary Vincent, Somers

CALL TO ACTION

Be Part Of The Tradition

Groups that can take on a number of families-in-need are a critical part of making the HSD a success. Let the JLNW help you organize a group from your church or synagogue, your child's scout troop or school, your book club or simply your group of friends. Visit jlnw.org and click on the snowman to get information on how to effectively organize your group.

Do you know someone who works for Johnson & Johnson, have an in at Campbell's soup? Corporate donations of goods that can supplement gift containers go a long way to help families in poverty and suffering from food insecurity.

If you can connect us with companies who want to help, please email us at HolidaySharingDriveJLNW@gmail.com.



2012 HOLIDAY SHARING DRIVE PARTNERS

THE JLNW IS PROUD TO PARTNER WITH AGENCIES FROM ACROSS OUR COMMUNITY WHO WORK EVERYDAY ON ISSUES FROM HUNGER AND HOUSING TO EDUCATION AND MENTAL HEALTH TO ADVANCE OUR MISSIONS AND ENHANCE THE LIVES OF THOSE WE SERVE.

PARTNERS

A-Home	MHA of Westchester
ANDRUS	Mount Kisco Child Care Center
Bedford Central School District	My Second Home
Boys and Girls Club of Northern Westchester	Neighbor's Link
The Children's School for Early Development	Ossining Children's Center
Green Chimneys	Ossining Community Action Program (CAP)
Hope's Door, Inc.	WestCOP/Mount Kisco, Putnam &
IFCA Housing Network	Yorktown, Head Start
Lexington Center for Recovery	

FEEDBACK FROM OUR PARTNERS

As a Head Start program, all of the families at WestCOP Mt. Kisco Head Start are low-income families. In 2011 and 2012, every family was at 100% of the poverty level or below. This program [HSD] is important because many of our families are single mothers; some have experienced domestic violence; some have special needs and many work multiple jobs and long hours. ... WestCOP's focus is on "Helping People, Changing Lives." ...With the support and help of good people like the HSD donors, our clientele feel empowered to change their lives.

Linda Bremmer

Director, WestCOP Mt. Kisco Head Start

100 percent of our clients are the working poor / below poverty level. ...Our Mission is "to inspire and enable young people, especially those who need us most, to become caring and productive citizens." It is difficult to accomplish this if children feel that no one cares for them. Especially at holiday time, children become painfully aware of how economically disadvantaged they are. The Holiday Sharing Drive provides them with joy and the wonderful feeling that people in the community care about them. Parents, depressed at this time because they cannot provide anything above the basics for their children are grateful, encouraged and joyful that their children are taken care of during the holidays.

Barbara Cutri

Director of Operations, Boys and Girls Club of Northern Westchester

A LOOK AT DRIVE WEEK

During "Drive Week", when donors drop off containers full of supplies and gifts for their HSD family, the JLNW takes over half of the gymnasium at the Boys and Girls Club of Northern Westchester to organize the effort.

In just two days over 2500 square feet goes from looking like this...



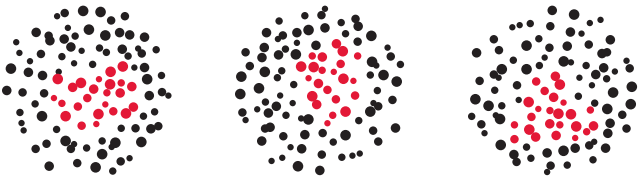
....to looking like this.



POPULATIONS IN POVERTY

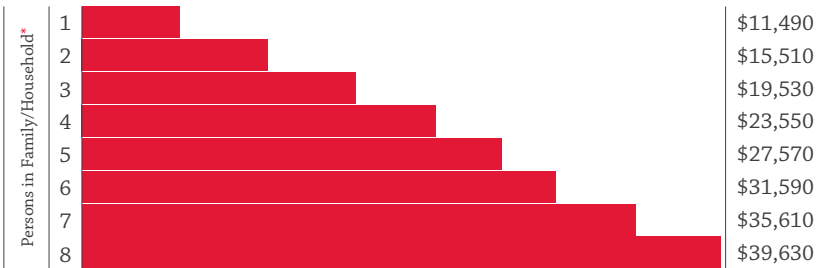
All of our Holiday Sharing Drive partners have some (or in many cases the entire) percentage of their clientele who are either at or below the federal poverty line. But what does that actually look like? The 2013 poverty guidelines paint the harsh reality for the low-income families that the JLNW helps through the HSD and other programs.

CHILDREN IN POVERTY			PEOPLE IN POVERTY	
USA	NEW YORK STATE	WESTCHESTER COUNTY	USA	NYS
23.7%	22%	23.6%	14.3%	14.5%
			WESTCHESTER COUNTY	
			8.9%	
			SENIORS IN POVERTY	
			USA	NYS
			13.3%	13.7%
			WESTCHESTER COUNTY	
			14.8%	



Source: United States Census Bureau

2013 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA



*For families/households with more than 8 persons, add \$4,020 for each additional person.

Source: U.S. Department of Health and Human Services

LETTER FROM HOLIDAY SHARING DRIVE RECIPIENT

Dear Junior League of Northern Westchester,

I would first like to say thank you for the wonderful gifts you have provided for my son and myself. I am so grateful to have been chosen to receive these wonderful gifts. The blankets, sheets, towels and pajamas are beautiful. My son loves to read anything about animals so the *National Geographic* magazines are his favorite. I would like to thank the child that gave him these magazines because it shows that you have so much kindness and character instilled in you. The gift card to Stop and Shop also helped to put some extra needed food in our fridge to keep our tummies full. I explained to my son that we are truly blessed because there are plenty of other families and children that are having a very difficult time with food, clothes and housing that don't have anything. For this reason I have taken an item from each of our bins and donated to our church because no matter how you look at it everyone needs to help each other. I would like to teach my son that no matter how bad we are doing always find it in your heart to help someone else when you can because you will eventually get your blessings. We are truly grateful and thankful to have been blessed by your generous donations of toys, books, clothes, shoes, pjs, blankets and gift card. We thank you so much and will never forget what you have done for our family and will continue to try to help others just as you have helped us.

HSD Recipient Family from the Ossining Children's Center

The official poverty thresholds do not vary geographically, but they are updated for inflation using the Consumer Price Index (CPI-U). The official poverty definition uses money income before taxes and does not include capital gains or noncash benefits (such as public housing, Medicaid, and food stamps).



JLNW MARY HUGHES SAKRAIDA COMMUNITY SERVICE AWARD

Each year the Mary Hughes Sakraida Community Service Award (MHS Award) is bestowed upon an exemplary high school senior who has made outstanding contributions to his or her community through voluntarism, consistent with JLNW's mission. Originally developed as the Community Scholarship Award it was renamed in 2001 after the untimely passing of then JLNW President, Mary Hughes Sakraida. An incredibly dedicated servant-leader, Mary approached her role as President of the JLNW with tremendous energy and commitment and her mark on this organization was lasting.

"A SINGLE EFFORT CAN MAKE ALL OF THE **DIFFERENCE**
DURING EMOTIONAL TIMES IN **A PERSON'S LIFE."**

The MHS Award is intended to recognize students who, from a young age, exhibit the sophistication and selflessness to realize that the world is larger than themselves and that no matter what your lot in life, there are always others who face more difficult challenges. We look to those with a strong record of volunteer service who either live, attend school or perform community service in Northern Westchester. Since its inception the JLNW has bestowed over 32 awards, totaling more than \$32,000. Each year we are honored to receive numerous applications from a remarkable group of students and this year's candidates were no exception.

MARY HUGHES SAKRAIDA AWARD

2012-2013

COMMITTEE MEMBERS

Pamela Williams (Chair), *Mount Kisco*

Tiffany Navarro, *Purdys*

Heather Zimmer, *North Salem*

2012 RECIPIENT

Bridget Boccio

West Lake High School, Thornwood

Mary Huges Sakraida would have been incredibly proud of our 2012 award recipient, Bridget Boccio of West Lake High School. With a true passion for volunteering Bridget has had a lifelong commitment to Girl Scouts of the USA since joining at age 6. It was her Gold Award Service Project, the most prestigious award in Girl Scouting, that attracted the JLNW's attention.

In honor of her late uncle, Dr. Samuel Oberlander, an obstetrician at Albert Einstein Hospital, Bridget spearheaded a clothing drive for mothers and infants in the Bronx community surrounding her late uncle's hospital. Through this project Bridget collected 80 outfits and 50 blankets for these families in need. Her project directly impacted the lives of women who had little financial support heading back out into the world as new mothers. Through this experience, Bridget says she realized how "a single effort can make all of the difference during emotional times in a person's life."

ADVOCACY, LOBBYING AND THE JUNIOR LEAGUE

2012–2013 NYSPAC Liaison

Jessica Piecyk (Chair, Public Affairs Committee), Armonk

The JLNW has a proud history of advocacy and lobbying efforts, which was perhaps most effective in the 1980's and 90's on the issue of domestic violence (*read page 38 on the JLNW's 60-year history for more*). Today, Junior League members continue to engage in advocacy and lobbying on issues surrounding childhood obesity, healthy lifestyles and other pressing issues that deserve legislative action even if we aren't currently engaged in direct services or capacity building in those areas.

In The Junior League, there are four tools that we use to achieve significant community impact on an issue:

Direct Services when League members create and execute programming such as the JLNW's Backpack Buddies and Kids in the Kitchen;

Capacity Building where we help a community partner expand their services as is found by JLNW members working shifts at the Interfaith Food Pantry;

Public Awareness / Advocacy when the JLNW educates our community about pressing issues and encourages action as we do through Facebook, our website (jlnw.org) and publications like this; and Lobbying when the JLNW and its members seek to influence public policy.

People sometimes confuse the words “advocacy” and “lobbying.” The legal definition of lobbying usually involves attempting to influence legislation. Advocacy covers a much broader range of activities including things like sit-ins, boycotts, marches, and protests to raise awareness and action on an issue not specific to any one piece of legislation. Lobbying always includes advocacy but advocacy does not necessarily include lobbying.

TO PUT IT SIMPLY

Advocacy = awareness & action; Lobbying = legislation & laws.

The JLNW is an active member of the New York State Public Affairs Committee known as NYSPAC, which comprises 18 Junior Leagues (more than 8,000 women) across the State of New York. As champions of identifying and addressing the needs within our communities, legislators respect our opinion as community leaders and a non-partisan voice. Each year the JLNW NYSPAC liaison visits Albany to promote local issues from our League and lobby legislators to enact legislation to benefit our communities. We are actively involved in educating our membership on issues pertaining to the two NYSPAC task forces, “Women's Health” and “Children and Families” and informing members of the status of pending legislation.

To that end, in the 2012-2013 service year NYSPAC has taken a position on and actively lobbied for two specific pieces of legislation.

The Trafficking Victims Protection Justice Act (TVPJA), bill A.2240/S.2135, sponsored by Assemblywoman Amy Paulin (D-Westchester) and Senator Andrew Lanza (R-Staten Island). The TVPJA seeks to address child sexual abuse and exploitation, including forcing minors into prostitution, in a comprehensive way by enhancing protection for trafficking victims. It increases accountability for buyers and traffickers who are fueling the growth of this massive underground industry and it helps prevent re-victimization of trafficking victims by the justice system. The bill looks to close any gaps and loopholes from the 2007 NYS Human Trafficking Law and the 2008 Safe Harbor Law that deal with how prostituted minor children are treated within the justice system.

Governor Cuomo's Women Equality Act, a 10-point plan calling for changes in New York State law to provide stronger protections against discrimination and inequality based on gender in the workplace and beyond. Among the key elements of the proposed legislative package are tougher laws to safeguard victims of sex trafficking and domestic violence, two issues NYSPAC has supported in recent years.

When you are in the business of building better communities, like the Junior League is, it's important to be working on many fronts. While advocacy and lobbying efforts may not constitute the majority of where League members put their volunteer hours, they play an appropriate and vital role in fulfilling the Junior League mission to promote voluntarism, develop the leadership potential of our members and to improve the communities in which we live.

JLNW MEMBERS

Learn more about Advocacy & Lobbying from material written by the Center for Lobbying in the Public Interest that was developed for Junior Leagues, the source of information used in this article. In this primer you will find more detailed information about advocacy and lobbying as well as “10 Reasons to Lobby for Your Cause” and how to “Make a Difference for Your Cause in Three Hours a Week,” which provides comprehensive steps for preparing your organization for public policy, becoming a voice for your cause and a vehicle for citizen participation, and increasing and sustaining your advocacy. Visit ajli.org > Member Section > Search: “Advocacy: Tools for Sustained Change.”

CALL TO ACTION

Learn more about the NYSPAC 2013 focus on Human Trafficking, read about the new federal rules issued by the U.S. Department of Agriculture eliminating the sale of junk food sold in schools during the day and brush up on many other pressing issues relevant to our community by visiting jl-nyspac.org.

Get lobbying tips, view our Position Statements and learn more about our history of advocacy and lobbying by visiting jlnw.org > Community Impact > Advocacy.

WE ARE

DAUGHTERS SISTERS **WIVES** AUNTS
NIECES (GRAND) MOTHERS / **BRITISH**
MEXICAN **CANADIAN** AMERICAN*
ALBANIAN ARMENIAN **AUSTRALIAN**
BELARUSIAN **BRAZILIAN** BURMESE
CHILEAN CHINESE **COLOMBIAN**
CUBAN **CZECH** DUTCH **DOMINICAN**
FIJIAN **FILIPINO** FINNISH **GERMAN**
GREEK **GUATEMALAN** HAITIAN
HONDURAN HUNGARIAN **INDIAN**
IRISH **ISRAELI** ITALIAN **JAMAICAN**
JAPANESE **KENYAN** KOREAN
MALAWIAN MOROCCAN **NIGERIAN**
NORWEGIAN **PERUVIAN** POLISH
PUERTO RICAN RUSSIAN **SAINT**
LUCIAN SLOVAKIAN **SOUTH AFRICAN**
SPANISH **SWEDISH** SWISS **THAI**
TURKISH **UKRAINIAN** VENEZUELAN
VIETNAMESE / PUBLIC SPEAKERS
PHILANTHROPISTS MUSICIANS
STORE OWNERS CHEFS **ACTRESSES**
RADIOLOGISTS **TEACHERS**
JOURNALISTS **BANKERS** DOCTORS
ENGINEERS DESIGNERS **REGISTERED**
NURSES LAWYERS **PROJECT**
MANAGERS ELECTED OFFICIALS
ENTREPRENEURS CHIEF FINANCIAL
OFFICERS **WEDDING PLANNERS**

*We currently have Junior Leagues in Canada, The United Kingdom, Mexico, and The United States.

WE ARE

CHANGE AGENTS IN OUR LOCAL COMMUNITIES / **293 LEAGUES AND 155,000 COMMUNITY AND CIVIC LEADERS STRONG** / ONE OF THE LARGEST AND MOST EFFECTIVE VOLUNTEER ORGANIZATIONS IN THE WORLD / **IN OUR COLLECTIVE VOICE WE HAVE EXTRAORDINARY POWER** / OUR FUTURE IS FILLED WITH PROMISE AND POSSIBILITY

WE ARE THE JUNIOR LEAGUE

TOGETHER WE ARE A VAST NETWORK OF LEADERS WHO, IN OUR SECOND CENTURY, ARE REIMAGINING OUR COMMUNITIES AND REIMAGINING WHAT LEADERSHIP MEANS IN TODAY'S WORLD—HOW IN THIS NEW LANDSCAPE WE CAN BRING ABOUT LASTING POSITIVE CHANGE.

We are part of a powerful Association that is the “go to” organization for women committed to developing their potential as community and civic leaders who can tackle both longstanding and emerging issues and create lasting impact. The Junior League of Northern Westchester is part of The Association of Junior Leagues International, Inc. (AJLI); an entity that exists to provide continuity, support, guidance and leadership development opportunities to 293 Junior Leagues in Canada, Mexico, the United Kingdom and the United States. In the words of AJLI Executive Director, Susan Danish, “Together we are a vast network of leaders who, in our second century, are reimagining our communities and reimagining what leadership means in today’s world – how in this new landscape we can bring about lasting positive change.”

TRANSFORMATION

Our Association’s multi-phased, multi-year strategic planning process known as the Strategic Roadmap, or the Road to Transformation, is a topic that JLNW members have learned about during General Membership Meetings and have read about in AJLI’s annual publication *connected*. For those not yet caught up on the latest Roadmap news, here is the quick backstory: AJLI, prompted by research showing a decline in membership over the last several years and a desire to bolster the position of The Junior League not only as the best source for community and civic leadership development for women but also as a thought leader on matters of social impact through volunteer services, has embarked on a journey to make The Junior League even more meaningful and relevant to the millions of women around the world who share its values.

TRANSFORMATION *(continued)*

In addition to spearheading several initiatives that facilitate connections among members and enable Leagues to do their work better (read more about it on AJLI's blog, **connected.ajli.org** > search "Roadmap"), AJLI has continued to expand the resources they provide to support members in their development as community and civic leaders. In the past the only opportunities that AJLI organized were for League leaders but now, whether you are a new member just learning about The Junior League or a 20-year Sustainer, there is something for everyone.

To take advantage of the following opportunities visit **ajli.org** > Member Area > Training & Meetings > Online Learning

Webinar Wednesdays

A series of one-hour online presentations by experts from both the nonprofit and for-profit worlds on subjects relevant to Junior Leagues and their members. This FREE training opportunity is open to all Junior League members of every status level. Members can take advantage of the live Webinars by registering online or view over 20 on-demand recordings anytime. Topics range from specific issues (like Human Trafficking and the High-School Drop Out Epidemic) to leadership development topics that are tailored specifically for women.

"Building Leaders and Blazing Trails: Changing the World with The Junior League" AJLI's first interactive, on-demand training module, is a comprehensive review of The Junior League. The module consists of four 10–15 minute lessons that you can complete all at one time or individually as you find time. This module was created to seek the level of the learner, which is to say that this course will have different meaning but equal value to someone completely new to The Junior League or to someone who is more experienced. You are guaranteed to pick up some new information and a lot of inspiration!

To take advantage of the following resources visit **ajli.org** > Member Area > Resource Center. Once you begin to look around you will find that these are excellent resources for your work both in and outside of the JLNW.

Issue-Based Community Impact (IBCI)

Resources are now all in one, easy to access location on the AJLI website. Issue-Based Community Impact (IBCI) is a comprehensive curriculum that instructs Leagues on every aspect of community impact, from selecting an issue to forging new partnership with community leaders and agencies. Formally presented at conferences, the training workshops are now available to view on-demand. Additionally, members will also benefit from resources in this section including on-demand viewing of roundtable discussions with members from across the Association about how they are implementing various parts of IBCI; access to the IBCI Group where Leagues can share ideas, templates and lessons learned; and links to external resources providing additional information about issue-based community impact.

The Knowledge Center is a robust library housing a variety of static resources that provide insight, guidance and ideas in three major areas:



Improved Community where you will find information and templates on things such as: Diversity, Collaboration, Advocacy, and Program Development & Evaluation.

Organizational Capacity where you will find information and templates on things such as: Fund Development, Governance, Management, Marketing & Public Relations, Planning and Technology.

Strong Membership Base where you will find information and templates on things like: Developing & Retaining Volunteers, Delegating, Mentoring, Team Building, Conflict Mediation, and Generational Diversity.

While some of the resources in the Knowledge Center are tailor-made for The Junior League, many of them can be helpful to non-League related work in the community. Like all of the training opportunities, resources and tools found on the AJLI website, the goal is to support you, the Junior League Member, in your development as a community and civic leader.

These personal development tools are just a few examples of how our Association is supporting Junior League women in our organization's 112th year but perhaps are the most important because informed and well-prepared individuals are the ones who spark major transformations. You can seize the power within and you can transform the world because you are part of an army of change agents transforming not only yourself but also The Junior League. We are moving confidently into our second century to remain the most relevant, meaningful organization of women history has ever seen. We are The Junior League in the midst of a radically meaningful transformation.

CALL TO ACTION

Be part of the most relevant, meaningful organization of women history has ever seen. Be part of an organization that offers women opportunities for connection and growth through community service. Be one of the 155,000 strong.

JOIN THE JUNIOR LEAGUE

Visit **jlnw.org** or email us at **info@jlnw.org** to learn about membership opportunities.

THE JUNIOR LEAGUE OF NORTHERN WESTCHESTER CELEBRATES 60 YEARS OF COMMUNITY IMPACT

For the past 60 years The Junior League of Northern Westchester has kept pace with the ever changing needs of our community. From the very start a group of civic minded women looking to make a difference organized as The Junior League of Mount Kisco in 1953. Their work attracted other women volunteers who were committed to improving the welfare of our community. In 1968 the name was changed to The Junior League of Northern Westchester (JLNW), which reflects the broader reach of our service area.

There are not many all-volunteer nonprofit organizations that can say they have been around for sixty years of continuous, dedicated service. We are proud to be the members of the JLNW, participants in the continuing legacy and honoring the heritage of this long-standing institution.

Through our tradition of leadership and volunteer service we have been on the cutting-edge of researched based programming specifically designed to address the needs of our Northern Westchester Community. This thoughtful approach reinforces the importance and continued relevance of our Mission, as we truly are 'Women building better communities'™.

Also unique is how the JLNW introduces programming that once up and running can be released from under the JLNW umbrella and sustained on its own. A leading example of this effective model is Hope's Door. Begun in 1980 by the JLNW as The Woman's Shelter of Northern Westchester it has been assisting victims of domestic abuse find a safe haven from which to achieve a fresh start for over 30 years.

LEADERSHIP DEVELOPMENT

In accordance with our Mission we develop the potential of our members so that they are prepared as the most effective volunteer force available to our community. This development is at the heart of everything we do. Utilizing the many skills and talents that each member brings with her to the League and complementing that with additional education, we are able to study emerging issues and assess capabilities and resource requirements in order to establish and facilitate programs that meet real and critical needs. An important aspect of our model is helping members reach personal and organizational goals and support them on pathways to leadership within and outside of the League.

COLLABORATION

We are pioneers and leaders but we do not stand alone. Since 1953 the Junior League of Northern Westchester has been at the forefront of collaborative efforts. Our strategic alliances help build diversity and assist in our ability to address complex issues. By establishing relationships with key community influencers and leaders we are better able to identify needs and find long-term sustainable solutions. Our community partners represent a broad cross section of Northern Westchester. Working together with shared objectives expands capacity and translates into actionable programs with obtainable goals. *(Continued on next page).*



December 2012 Community Advisory Council Meeting

BY THE DECADE

Over the past 60 years the Junior League of Northern Westchester has achieved significant milestones as we have worked for the greater good of our community.

The 1950's

Junior League of Mount Kisco was established as the 182nd member League of the Association of Junior Leagues of America (1953), Hillcrest Home for Children Library (1953), Children's Theatre Group (1958)

Cross agency collaboration unites goals and improves long term outcomes by the coordination of strengths, assets, resources and needs for integrated community programming through:

Continuum of Services

Identify, target, evaluate and research approaches (prevention through education, direct or indirect assistance), regular framework review.

Reduction of Barriers

Facilitate participation, create easy access and availability.

Coordinated Efforts

Reduce duplication, close gaps, promote flexibility, and unify services.

Successful alliances and well packaged programs provide assistance with demonstrated effectiveness and broader community participation. Securing support from funding agencies, foundations and other types of awarded financial recognition increasingly requires the collaborative, research-based programming the JLNW provides. Most recently we were awarded a Chase Community Giving Grant for our work on food insecurity and healthy lifestyles.



The Silent Witness March in Washington, D.C. 1997

THE THRIFT SHOP AT BEDFORD HILLS TRAIN STATION

For over 30 years, the most recognized face of The Junior League of Northern Westchester was ‘The Thrift Shop’ opened in 1974 at the Bedford Hills Train Station. A major renovation was undertaken in 1976 and at that time The Railroad Station was given landmark status dedicated by the Town of Bedford and the JLNW. A vital source of revenue, ‘The Thrift Shop’ generated well over a half million dollars during its years of operation. Opened for over three decades, 2006 saw the closing of our shop due to increased expenses and reduced revenues.

DOMESTIC VIOLENCE INITIATIVES

In the early 1980’s members of the JLNW started educating themselves and the community about an unknown, and yet to be illegal, crime now known as domestic violence. Armed with information, they organized with other interested community groups and established the Northern Westchester Shelter, now Hope’s Door, one of the first safe houses for victims of domestic violence in the country.

Our dedication, advocacy and lobbying efforts on behalf of domestic violence saw us at the forefront of the push for enacting strict laws, paving the way for progress and making it a major focus of the criminal justice system. In the 1990’s, the JLNW, along with other Leagues from across the U.S. were a force in helping to gain passage of legislation addressing domestic violence. In 1995 JLNW President, Betsy Isles, was in attendance when Governor Pataki signed the Family Protection and Domestic Violence Intervention Act of 1994 making prevention of domestic violence a priority, declaring a policy of “zero tolerance” in New York State.

As part of an effort to drive attention to the issue, Junior Leagues participated in a compelling public awareness campaign ‘The Silent Witness March’. 1997 saw an illustrious and defining moment as members of The Junior League of Northern Westchester joined other Leagues and organizations for a march in Washington. Participants of ‘The Silent Witness March’ held life-sized, red silhouettes representing women and children who had been killed as a result of domestic violence.

The 1960’s	The 1970’s	The 1980’s	The 1990’s
Hawthorne House - Halfway House for Alcoholics (1965), The Hudson River and Northern Westchester Speech Center in Mount Kisco (1966)	Mount Kisco Day Care Center (1971), Serenity House - Halfway House for Women Alcoholics (1974), Child Abuse Task Force (1975), Project for the Elimination of Architectural Barriers to the Handicapped (1976)	Hope’s Door, formerly the Northern Westchester Shelter (1980), Holiday Sharing Drive (1981), Muscoot Farm Restoration, Community Advisory Council (1986), Winner BMW Community Impact Award (1987)	Friends of The Children at Bedford Correctional Facility (1995), Silent Witness March (1997), Love Shouldn’t Hurt Symposium (1999)

GENERAL HISTORY

With a rich history of promoting voluntarism, membership development, and social support services the Junior League of Northern Westchester is exemplary in our methods as we meet challenges and seize opportunities to design and implement programs specific to the needs and issues affecting our community. As servant leaders JLNW women have continued the tradition of caring and compassion with persuasive, powerful voices for advocacy on local and national stages.

Junior Leagues are leaders in the push for social change. In 1985 AJLI launched the 'Woman to Woman' initiative, a three-year public awareness campaign designed to educate the public on the gender-specific impact of alcohol abuse cutting across socioeconomic boundaries. The JLNW was one of more than 100 Leagues from the U.S., Mexico and Canada that participated. Over one million copies of the "Woman to Woman: Alcoholism and You" brochure were distributed. The Junior Leagues also

JUNIOR LEAGUES ARE STRUCTURED TO BE THE 'GIFT THAT KEEPS ON GIVING'.

sponsored the first major national conference on women and alcohol in 1988 with the National Council on Alcoholism and Drug Dependence with funding from Allstate Insurance and Blue Cross and Blue Shield Corp.

We continue to be leaders on local, national and international fronts with projects like *Kids in the Kitchen* which addresses nutrition and healthy lifestyles. Generating awareness of the extent and problem of human trafficking, and educating the public on how it can be prevented, has become an important initiative for the Junior Leagues. As we move proudly into our 60th year, the JLNW has committed our support for 'Gateways' a special program designed to assist victims of sexual exploitation and domestic human trafficking.

All Junior Leagues, including the Junior League of Northern Westchester, are structured to be the 'gift that keeps on giving'. By effectively leveraging the skills that they already have and gaining new ones through education and experiences in the League, members are well positioned to go out into the community as leaders known for being able to get the job done. We are driven by our mission to promote the importance of the voluntary sector, develop members for community and civic engagement, and improve communities through effective action and leadership. We recognize the effectiveness of advocacy and change-related volunteering, which allows us to combine the efforts of both public and private sectors.

As we celebrate 60 years of service, the Junior League of Northern Westchester is committed to continuing its charitable legacy into the future. Looking into the coming decades we find ourselves ever-true to our Mission and the belief that volunteer service is an essential part of responsible citizenry. Whether it's nutrition education programs for children and families, empowering and developing the potential of women or making sure the spirit of the holidays is able to be shared by all, the Junior League of Northern Westchester remains a positive force in our community, ready and well positioned for the years to come.

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The Millennium

Child Care Training Fair (2000), Teen Center at Boys & Girls Club of Northern Westchester (2003), Career Closet (2004), Kids in the Kitchen, Family Wellness Day, National Planetree Alliance Best Practice, Award for JLNW Caring Cart At Northern Westchester Hospital (2005), Garden of Hope, NICU NWH (2007), Human Trafficking Seminar (2009)

The 2010's

Backpack Buddies, Independent Neighborhood Network (2010), Interfaith Food Pantry (2010), Chase Community Giving Grant (2012)

CALL TO ACTION

Looking to volunteer but not sure where to begin? The Junior League of Northern Westchester is the perfect place to start. JLNW's leadership development, numerous committees and programs, along with our Community Partner relationships gives you all the exposure and tools you need to find the perfect volunteer experience suited to your interests and expertise. We are New Members, Actives and Sustainers engaged in the stewardship of caring for our community.

Join us at one of our Informationals, check on line for dates at jlnw.org or contact us via email at info@jlnw.org. Become a Friend and **Like Us on Facebook!**

SUPPORT OUR IMPACT

2012–2013 Fund Development Team

BENEFIT BOUTIQUE

Melissa Welch (Chair), Katonah
Serena Covino (Chair Elect), Bedford
Yalda Bahari, Bedford Hills
Kelly Farling, Pleasantville
Amy Holmes, Chappaqua
Jane Lash, Mount Kisco
Deanna Berg MacLean, Bedford Hills
Joan Reilly, Chappaqua

Wendy Boyd, Armonk
Colleen Cerami-Segal, Chappaqua
Tara Eckert, Bedford
Denise Fischer, Bedford
Anne-Marie Gaita, Yorktown
Wendy Leason, Chappaqua
Christine O'Malley, Chappaqua
Lana Pattinson, Pleasantville
Tiffany Prasad, Pleasantville
Jocelyn Schulman, Armonk
Mary Vincent, Somers
Lisa Vlkovic, Mount Kisco
Heather Wohl, Chappaqua

SPRING FUNDRAISER

Samantha Johns (Chair), Chappaqua
Nikki Asch, Millwood
Vaishali Bhattacharyya, Chappaqua

THE ROLE OF PHILANTHROPY

The act of giving taps into something deep within our nature. Being charitable has significant implications not only for our individual well-being, but that of our local communities and even our nation as a whole. Providing critical services to those in need helps to shape the overall moral vision of society creating bonds of trust and friendship. This momentum of good will is a building block of strength upon which a healthy community thrives.

The Junior League of Northern Westchester is an established charitable organization with a proven track record. For over 60 years we have been a leader for social responsibility. Our all-volunteer organization is dedicated to answering the need for substantive change on a local level. By concentrating our efforts locally we establish programs committed to real and lasting change. Our donors and supporters are partners in providing the tangible resources we need to evaluate critical need, advocate voluntarism, educate and train our member volunteers, and institute programs to effect positive transformations within our Northern Westchester Community. The Junior League of Northern Westchester is a forward thinking organization with a Mission that is both relevant and vital for today's society.

Every little bit helps. Each donation no matter what size makes a difference. 100% of net proceeds from donations directly support JLNW programs. We welcome you to visit our website or call with any questions you may have regarding our organization. It's not all about the zeros, there are many ways in which you can help with your time, talent or technology. Become a member, sponsor a family for the Holiday Sharing Drive or attend one of our events.

BEING **CHARITABLE** HAS SIGNIFICANT IMPLICATIONS NOT ONLY FOR OUR INDIVIDUAL WELL-BEING, BUT THAT OF OUR **LOCAL COMMUNITIES** AND EVEN OUR **NATION** AS A WHOLE.

The Junior League of Northern Westchester fundraising efforts include:

SPRING FUNDRAISER

Attend our annual tasting event pairing wine, gourmet food and great auction items. Can't attend? Participate by donating silent or live auction items.

FALL BENEFIT BOUTIQUE

Enjoy a night out with friends and make a difference. Shop for a cause, or even become a vendor.

ANNUAL CAMPAIGN

The sole purpose of our annual campaign is to raise money to fund our programs and projects.

TRIBUTE GIFTS

Honor a significant event or milestone, celebrate a loved one. Commemorative gifts are acknowledged by a special card; no dollar amount is ever disclosed.

Include us in your charitable giving plan. As the great multipliers of civic leadership, The JLNW is the gift that keeps on giving. What makes us unique is not just our effective programming, but the effort given to develop a corps of well trained volunteers. This focus on the development of civic leaders further improves our community as JLNW members take their training out to support other organizations as board members, volunteers and non-profit employees.

CALL TO ACTION

Learn more about the variety of opportunities the Junior League of Northern Westchester has for you to donate or volunteer by visiting jlnw.org or emailing us at info@jlnw.org.

We would especially like to acknowledge and express appreciation for our members and sustainers who donate countless hours, tireless work and financial backing on behalf of the JLNW.

The Junior League of Northern Westchester is deeply grateful for the generous gifts given by all of our donors and supporters.

SOMETHING TO THINK ABOUT

Focusing on an issue to make an impact in your community is important but it's also important to be aware of other pressing issues. While the JLNW is currently focusing on hunger and healthy lifestyles, we recognize the importance of ongoing education about other issues where we might make an impact in the future.

Human Trafficking

When you think of Human Trafficking what image comes to mind? Girls in China or Africa or other far off places being sold for some type of service, typically prostitution. Maybe that it only happens in poor countries, maybe it only happens to poor people, maybe it only happens to juvenile delinquents. Do you imagine that it happens here in the United States, in Westchester County? Unfortunately it does happen here and it is a growing issue that needs our attention. It has been estimated by ECPAT-USA (End Child Prostitution and Trafficking) that in the United States there are 200,000 American children a year at risk for exploitation. Children are being strategically targeted and manipulated by pimps who use hotel rooms as venues to abuse children, knowing that there are not systems in place to protect the victims. It was recently reported that 4,000 youth in New York City alone are working in the sex trade. It was also noted that the entry age of these children for girls was between 12–14 years old and for boys it was 11–13 years old.

In addition, the US State Department estimates that approximately 15,000–18,000 foreign individuals are trafficked into the United States each year. Women and children comprise 80% of the total number. Between 2001 and 2007, only 131 foreign minors, over 80% girls, have been successfully recognized by U.S. authorities as being trafficked.

In Pound Ridge, NY a 65-year-old restaurant-guide writer is accused of bringing young women from abroad to his northern Westchester County home under the guise that they would work for him, then forcing at least one of them into sexual slavery. The author was charged with one count of first-degree sex abuse and two counts of second-degree labor trafficking, both felonies, according to the county District Attorney's Office. Police say he lured the primary victim, a 21-year-old from Hungary, to work at his home as his personal assistant. But after she arrived, she learned the real rules of the house: that her e-mails and personal phone calls would be limited and that she would get no spending money or access to transportation, police said. Then there was that other expectation, that he "threatened and coerced the victims to perform sexual favors," District Attorney Janet DiFiore said in *Journal News*.

To date, there have been minimal state or federal efforts to assist and protect child victims of trafficking. As a result, state or private child welfare agencies do not have the expertise to identify the majority of child victims of trafficking and subsequently, child victims do not receive the protections afforded to them under state and federal laws.

In response to this critical gap, the International Organization for Adolescents (IOFA) and the Center for the Human Rights of Children at Loyola University developed the Building Child Welfare Response to Child Trafficking Project. The purpose of the project is to help organizations and agencies address systemic gaps in knowledge, policies, and procedures within local child welfare agencies in the United States.

The JLNW on Human Trafficking

In 2009 and 2010 the JLNW was part of a coalition of social service providers, community agencies and local law enforcement that held a free training titled "Human Trafficking and Modern Day Slavery: Tools for an Effective Response." In the first year alone we had approximately 100 attendees. By the second year we maxed out at 150 and had to start a waiting list. Over 50 various social service providers, community agencies, government and law enforcement departments from throughout Westchester were trained on the dimensions of human trafficking; how to identify and service trafficked victims; understanding the legal framework; and NYS law. Ron Soodalter, a Chappaqua resident and author of *The Slave Next Door: Human Trafficking and Slavery in America Today*, helped the group to understand the historical context of human trafficking and how it is interwoven into our economy and society today.

Beginning in September 2013, the JLNW will be partnering with The Gateways Program in Pleasantville. Gateways is an intensive, specialized residential program for girls ages 12–16 who have been victims of commercial sexual exploitation and domestic trafficking. They use a strength-based youth development model to assist these young woman in gaining the skills needed to return to the community as productive, independent young adults. We look forward to developing a partnership with Gateways on this critical issue.

What can you do about it? You can become an informed consumer. In 1998 the Tourism Child-Protection Code of Conduct was created by ECPAT-Sweden and ECPACT-USA launched the code in 2004 to address the issue of child sex tourism. Currently 1000 companies have signed the code in 40 countries. Sadly less than 10 of them are U.S. based companies and currently only 4 are US based hotel companies: Carlson Companies, Hilton Worldwide, Millennium Hotel St. Louis, and Wyndham Worldwide. As an educated consumer you can inquire at the

hotels or airlines you frequent to identify if they have signed this code to help identify and report suspected incidents of trafficked individuals. In April of 2012, the Junior League of Northern Westchester in signed an advisory resolution along with 65 other Junior Leagues to help in this effort with the ECPACT Code of Conduct. To learn more about the code and for a list of current signatories log on to ecpatusa.org

PRESIDENT-ELECT'S LETTER



My enthusiasm for the Junior League of Northern Westchester runs deep and sharing that passion is one of my greatest joys. This is not just because of our rich 60 year history or the astounding impact we make in the community, but because we are an organization that truly develops the potential of women. What makes Junior Leagues special is their development of leadership skills, which is not only in line with our mission but something we truly focus on. From the very start, at the beginning of my provisional year through today, the JLNW challenged me to be a better partner, mother, friend, employee and volunteer through a union of shared interests and exceptional education opportunities.

The face of voluntarism among women has changed over the years. Local volunteer organizations create supportive relationships including social interaction which binds us in solidarity with our community. Relationship development is a critical piece of the volunteer experience and important to the community we serve. In order to accommodate today's challenging schedules the JLNW offers flexible volunteer opportunities for daytime, evenings and weekends. Good news for the busy, talented women who want to volunteer but need adaptive scheduling.

We look forward to our 60th Anniversary service year with great anticipation. Plans are in place to expand our Back Pack Buddies program with the inclusion of the Kraft Mobile Food Pantry that will offer fresh food choices to those facing food insecurity. The JLNW has pledged to continue gaining knowledge on the issue of human trafficking as well as support reform through the New York State Anti-Trafficking Coalition. We are involved with 40+ advocates and organizations to further efforts by the New York State legislature to implement the Trafficking Victims Protection Justice Act. And we have also committed our assistance to the Gateways Program based in Pleasantville, NY; a specialized residential program for girls aged 12-16 who have been victims of commercial sexual exploitation and domestic trafficking.

Anniversaries are a time to reflect on all we have done and a time to look forward to what we can achieve for the future. Sixty years of continuous service is an exceptional accomplishment as each year presents different challenges and exciting opportunities. It is my sincere honor to be President-Elect of the JLNW, an amazing organization of women volunteers dedicated to the service of our Northern Westchester Community.

Yours truly,

Danae Richards

EDUCATION REWARDING DEVELOPING COLLABORATION
VOLUNTEER POSSIBILITY **IMPACT** CHARITABLE COMMUNITY
LEADERSHIP EMPOWERING FUTURE

2012-2013 LISTING OF JLNW MEMBERS

In honor of our 60th Anniversary, The Junior League of Northern Westchester would like to give special recognition to **Lucia Maloney**, Sustainer Emeritus and first President elected to preside in 1953.

Amawalk Cristina Hopper	Barbara Schneider Heather Trotta Sally Voss Elizabeth Zimmerman	Karin Kimtis-Hood Lucy Hovis Elizabeth Isles Christie Jenkins Samantha Johns Wendy Leason Margery Kirsch Suzanne Klen Lucia Maloney Mary Lynn McRee Frances Meek Dawn Gonick Marilyn Netek Christine O'Malley Palma Patti Melanie Preizler Joan Reilly Danae Richards Linda Sharp Jennifer Sheehy Margaret Schumel Bella Sheth Anne Stabile Ann Styles Christy Tedeschi Kathy Thorsberg Carey Vames Fabienne Wheeler Heather Wohl
Armonk Anne Bentzen Wendy Boyd Blakely Broadbeck Judy Daddario Susan D'Angelo Caroline Eickelbeck Adrienne Flanagan Katharine Fontaine Lauren Neustat Jessica Piecyk Nancy Quicke Jocelyn Schulman	Bedford Corners Penney Klingman Jennifer Simpson Debra Barrett	
Baldwin Place Andrea Finella	Bedford Hills Yalda Bahari Christina Dochtermann Deirdre Glascott Deanna MacLean Mira Vojinovic	
Bedford Elizabeth Carlton Lucia Chapman Serena Covino Tara Eckert Joyce Espy Robin Farrell McCree Denise Fischer Melissa Flemming Kate Horn Alison Kaplan Wendy Kelly Jennifer Kothari Vanessa Lewis Cristina Magidson Christine McKenney Barbara Podlach Judith Quaranta	Briarcliff Manor Katherine Saunders	
	Brewster Jennifer Binette	
	Chappaqua Maud Bailey Jennifer Bancroft Linda Bean Kathleen Berman Vaishali Bhattacharyya Susan Biggar Carolyn Brennan Colleen Carami-Segal Deborah Coffino Jamie Comstock Kelly Connell Slomsky Nancy D'Agostino Amy Holmes Kristen Holme	
		Cross River Wendy Gerber Kathleen Martin Caitlin Reidway
		Goldens Bridge Ali Flynn Dianne Grim

Katonah
Heather Brennan
Kelly Donohue
Kirk Ferguson
Maria Fitzgerald
Jessica Inglis
Jamie Kilgore
Meagan McKusick
Melissa Neborak
Michele Nekos
Kathleen Parsons
Bea Rhodes
Annette Vessecchia
Melissa Welch

Millwood
Nikki Asch

Mount Kisco
June Blanc
Marnie Bretz
Kathleen d'Erizans
Melinda Godel
Ann Griffin
Kate Hutchings
Patricia Keesee
Jane Lash
Kim Lisella
Lee McCarthy
Sue Abernathy Melvin
Stacey Reynolds
Harriette Scott
Wendy Spano-Bracco
Patricia Thompson
Lisa Vlkovic
Elizabeth Walton

New York City
Janet Gilmore

North Salem
Leigh Garten
Pat Cohen
Heather Zimmer

Ossining
Catherine Borgia
Maggie Davis

Peekskill
Diana Blancato

Pleasantville
Becky Allardyce
Andrea D'Aria
Christie Evans Sturges
Kelly Farling
Julie Martin
Lana Pattinson
Tiffany Prasad
Abigail Moffat Simes
Julie Anne Zanie

Pound Ridge
Suzanne Beatty
Maria Boniface
Becki Fleischer
Lisa Gerard
Mary Giannini
Susan Heath
Char Hogue
Karen McGrady-Rodriguez
Michele Cestari Schimmel
Susan Turner
Karen Vincent

Purdys
Tiffany Navarro

Somers
Kathleen Liddy
Cynthia Forrest Olson
Claire Prohl
Madelyn Ricciardi
Mary Vincent

South Salem
Regina Cindrich
Lisa Cohen
Mary Hafter
Mary Pat Wachter

Thornwood
Martha Jordan
Jeanine Kemm

Waccabuc
Ingrid Connolly

Susan Halsey
Cheryl Hughes
Shannon Rattner

Warwick
Elizabeth Parkinson

Yorktown
Anne-Marie Gaita

Yorktown Heights
Noor Dunn
Bridget Krowe

Out of State

Danbury, CT
Susan Zangler

East Haddam, CT
Jane Schaller

Mystic, CT
Mona Spillo

New Canaan, CT
Erin Cortright
Emily Hanlon

Omena, MI
Jeanette Hodgson

Sandy Hook, CT
Beth Beekman

Saratoga, CA
Elizabeth Matisoo

Seagirt, NJ
Donna Hostetter

Washington Depot, CT
Kiersten Marich

Westboro, MA
Hazel Norst