

LIGHTS

A Publication of the Junior League of Pittsburgh, Inc.



**JUNIOR LEAGUE OF
PITTSBURGH**

Women building better communities

JUNE 2009

JLP Partners With Strong Women, Strong Girls

The Junior League of Pittsburgh has selected Strong Women, Strong Girls as its next Signature Project.

Strong Women, Strong Girls (SWSG) fosters high aspirations among disadvantaged elementary school girls and helps them develop skills for life-long success. College women, who are trained as mentors, lead girls in an innovative after school model focused on increasing the girls' self-esteem, building their skills and encouraging strong relationships with their mentors and peers.

SWSG began in 2000 as a student group at Harvard University, and through a partnership with Carnegie Mellon University, began a program in Pittsburgh. In the 2008-2009 program year, SWSG served more than 200 girls at 14 sites with 60 college mentors from three universities.

Junior League volunteers will be able to work hands-on with girls, families and mentors, as well as develop the program's infrastructure to create sustainability.

Volunteer opportunities might include: helping recruit girls at school and community events, participating in field trips, mentoring a college woman in Mentor2Mentor, hosting a career event for the college women and young girls, or sponsoring an outing for the young girls and their families.

With the JLP's help, SWSG hopes to reach 600 girls in grades 3-5 in Pittsburgh, recruit and train 150 mentors, add program sites, expand capacity at current universities, add higher education partners, and continue to support college women leadership development through extensive training and a Mentor2Mentor program.



Upcoming Events

July 22, 6:00-7:30 p.m.: **New Member Recruitment Event**, JLP Office

August 6, 6:00-7:30 p.m.: **New Member Recruitment Event**, WPXI-TV

August 9: **JLP Family Picnic**, Glenshaw Park

August 18, 6:00-7:30 p.m.: **New Member Recruitment Event**, JLP Office

September 9, 6:00 p.m. Social, 6:30 p.m. **GMM**, YWCA Downtown

October 14, 6:00 p.m. Social, 6:30 p.m. **GMM**, YWCA Downtown

November 11, 6:00 p.m. Social, 6:30 p.m. **GMM**, YWCA Downtown

American Girl Fashion Show

The JLP's 2nd Annual American Girl Fashion Show will be November 21-22 at the Pittsburgh Field Club in Blawnox.

Show times include Saturday at 11 a.m., 2:30 p.m. & 6:00 p.m. and Sunday at 1 p.m. and 4 p.m.



Looking Through the Rear View Mirror

When driving, it is customary for the driver to have her primary focus and vision on the road that lies in front of her. In addition to looking forward, she also engages her peripheral vision to observe what is on either side of the vehicle. Complementing the side vision is the rear view mirror that enables her to observe where she has been and what is behind her. Finally, if she is traveling with passengers, she is acutely aware of the goings-on inside of the car. Any accomplished female driver balances all of these factors effortlessly while being able to apply a fresh coat of lip gloss, adjust a stray hair and navigate the demands of radio station selection.

All of these acquired driving skills proved invaluable preparation for my year as your League's president. As president, my primary focus was forward. There was a strategic plan or road map with clear governance goals to achieve. Occasionally, my attention was turned to the side with some escalated administrative matter that required my attention. I balanced this view with a respectful eye on the past by constantly judging my performance with those who had successfully come before me. Finally, I had all of you in the car with me. I had to be responsive to your needs. My focus was to keep you engaged, organized, informed and connected to your League and your community. It was no small accomplishment, but we did it!

You volunteered, vocalized and participated in ways that exceeded my every expectation. I would not change a thing. I would have it no other way.

I am deeply grateful for all that we have accomplished together this past year. We have moved our headquarters from Squirrel Hill to the South Side. We have conducted first time fund and friend-raisers with Touch-a-Truck and American Girl events. We have forged partnerships with the YWCA and Strong Women, Strong Girls. We have created stronger, deeper bonds among our members, our board and our community. In short, we are a healthy and vibrant League that is better positioned today for continued success than we were a year ago.

I am humbled and appreciative. I want to thank you Actives, Provisionals, Sustainers, friends of the League and employees of the League. A special note of thanks is extended to our new office manager, Bridget Keenan. She has been a wonderful addition to our Junior League family.

As I "turn the wheel over" to Sara Lowery, I remain committed to the mission of our League. My field of vision is somewhat altered. I am no longer focused on the responsibility of driving the Junior League car. I leave that to Sara's capable hands. I am content to return to being a passenger. I am along for the ride and I promise not to be a back seat driver!



Kim Jackson
2008-2009 JLP President

-Kim Jackson

2nd Annual Touch-a-Truck A Success

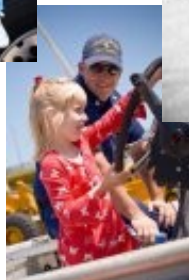
More than 2,000 people poured into the Strip District for this year's Touch-a-Truck (TAT) event on Saturday, May 30. Kids of all ages explored fire engines, police cars, cement trucks and much more. They sat in drivers' seats, honked horns and sounded sirens. More importantly, kids connected with the personnel who help build and serve the greater Pittsburgh community.

The ALCO parking lot at 15th and Smallman streets was full of 60 vehicles representing more than 45 government organizations and private industry. When not climbing on trucks, kids also enjoyed games and free fingerprinting. Special guests, Steely McBeam from the Steelers and Iceburgh from the Penguins, greeted families throughout the day.

"Touch-a-Truck is an event where big trucks and kids become friends," said Meghan Booth, TAT Co-Chair.

Marie Elash, TAT Co-Chair said, "Children of all ages have the hands-on opportunity to explore heavy machinery and meet the people who build, protect and serve our community. Both families and personnel attending are already excited for next year's event on June 5, 2010."

Proceeds generated will support the JLP's mission, including its new Signature Project, Strong Women, Strong Girls, as well as, Kids in the Kitchen, scholarships, and other children's charities.



Photos: Jennifer Churches

Kids In the Kitchen Cooks Up Fun

The Junior League of Pittsburgh, Inc. (JLP) presented Kids in the Kitchen, an annual program based on a nutritional initiative founded by the Association of the Junior Leagues International (AJLI). The League was proud to partner with the Hill House Association (Hill House) to present an interactive and empowering educational program to teach children about nutritional health.

This year's event was presented April 1, 2009 to approximately 50 children in Kindergarten through 5th grade at Hill House's after school program.

During the program, the children were split into two age groups to facilitate interaction. One session featured Kristin Johnson, a nutritionist from the American Heart Association, who educated the children about healthy eating. The other session was led by local chefs, Tod Shoenberger and Corey Hawk from Sodexo Dining Services, who led the children in cooking demonstrations.

Through these activities, the children learned how to make healthy food choices.

The participants were provided with a selection of healthy recipes and other educational materials. In addition, they received other items promoting a healthy lifestyle, such as jump ropes, pedometers and healthful snacks.



The League is grateful for the generous support of these sponsors:

Sponsorship Grants:

Highmark Blue Cross Blue Shield
Fair Oaks Foundation

In-Kind Donations:

Sodexo Dining Services
The American Heart Association
Joseph-Beth Booksellers
ChefWear
Allegheny County Department of Human Services,
System of Care Initiative
Good Apples
Trader Joe's
Auto Trader
Giant Eagle
Whole Foods

Nutritionist Offers Food for Thought

By Erin Kienzle-Gigis

You read labels, count calories and think you know a little about healthy eating... that's until nutrition expert Leslie Bonci sets you straight. She blew in as a ball of energy for the training session during the April General Membership Meeting.

"What makes people stupid? Not eating enough protein," said Bonci, R.D., M.P.H., L.D.N.

Bonci is the Director of Sports Medicine Nutrition for the Department of Orthopedic Surgery and the Center for Sports Medicine at UPMC. She also serves as a nutrition consultant for the Steelers, Penguins, and Pirates. Bottom line: when Leslie Bonci talks, people listen.

One of the biggest lessons from her lecture: more protein.

"You should have a protein every time you eat. It could be an egg with the yolk, nuts, seeds, or edamame," said Bonci.

A good rule of thumb: eat ½ gram of protein for every pound of body weight. So if you weigh 130 pounds, you should eat 65 grams of protein a day.

You also need to drink more.

"If you feel tired, chances are you're dehydrated. You should have 90 oz of liquid a day. That's four and a half water bottles," said Bonci.

Sure, it sounds like a lot, but she says you can count any liquid except alcohol. Therefore, orange juice, a cup of coffee, etc. all count to-



wards your daily 90 oz.

Bonci is a wealth of information, but to sum it up, these are the five foods she says to incorporate into your meals every day:

- Nuts – ¼ cup a day
- Dark greens – ½ cup of broccoli, spinach, etc.
- Low fat dairy/soy calcium – yogurt, Greek yogurt
- Something red – tomatoes, berries
- Grain – barley or quinoa (a grain widely used for its protein content)

Bonci also shared her recipe for "Feta Quinoa Salad With Baby Spinach." It's a dish she says

FETA QUINOA WITH BABY SPINACH

8 oz quinoa, uncooked
Juice of 1 lemon
1 ½ TBSP extra virgin olive oil
¼ tsp sea salt
4 cups baby spinach leaves
4 oz feta cheese crumbled (about one cup)
½ cup minced scallions (green and white parts)
20 oz can white beans, drained
26.5 oz can diced tomatoes, drained
3TBSP finely chopped fresh herbs such as parsley, mint, basil
½ tsp sea salt or to taste
½ tsp freshly ground black pepper or to taste
2 TBSP toasted pine nuts

Cook quinoa according to package directions, drain. Whisk together lemon juice, olive oil and ¼ tsp sea salt in large bowl. Add hot quinoa to the dressing, toss. Cool to room temperature and add spinach, feta, scallions, tomatoes and herbs. Salt and pepper to taste. Garnish with pine nuts. Serve cool or at room temperature

Yield: 8 servings

Calories: 363
Carbohydrate: 51 grams
Protein: 14 grams
Fat: 9.6 grams

Member News

Sustainer Maria Thomas Burgwin and husband Maury Burgwin are pleased to announce the birth of their son, Collinson Thomas Burgwin, on October 5, 2008.



Carter Hamilton Hawes was born April 2, 2009 at 2:26 a.m. at Magee Women's Hospital. I want to thank everyone for all of the wonderful advice and support given to me.
-Angie E. Hawes

Gregory & Christine Farrell welcomed Thomas Gregory into their family on Friday, April 17 at 10:04 a.m. He was 8 pounds and 20 inches long. Thomas joins big brothers Daniel (age 5) and Gary (age 3).



Kim Kisner Named One of Pennsylvania's Best 50 Women in Business



Kimberly J. Kisner, Attorney/Owner of Kisner Law Firm, was recently selected as one of Pennsylvania's Best 50 Women in Business for 2009.

The program honors women who share a commitment to business growth, professional excellence and to their community. To be selected for this award, recipients were self-nominated or nominated by another person, and are owners, presidents, partners, board chairs, senior executives or hold other management level positions with significant decision-making authority in for-profit businesses or companies.

Kisner is a practicing employment law attorney and founder of the Kisner Law Firm. With more than ten years of employment-related legal experience, she advises business owners, professional practices, and human resource managers, concerning legal issues in the workplace and litigates employment discrimination cases in federal and state courts. In addition to her work as an attorney, Ms. Kisner is a residential real estate investor and a volunteer for Law Links at the Bayer Center for Nonprofit Management. Ms. Kisner was selected by *Pittsburgh Magazine* and the Pittsburgh Urban Magnet Project (PUMP) as one of 2006's "40 Under 40," and by the *Pittsburgh Post-Gazette* as a 2008 Community Champion.

Kisner has repeatedly been a leader in the Junior League since 2003. She has served as Show House Co-Chair, Show House Research Chair, Education and Events Director, Placement Director and is currently on the Nominating committee.

New Vision Adopted by AJLI

The 87th Annual Conference in Atlanta was a historic meeting and marked an important new chapter in Junior League history. At the Annual Meeting, which took place on the Saturday of the conference, delegates approved a proposed Bylaw change regarding electronic voting, rescinded the previous AJLI Vision Statement AND adopted a new Vision Statement:

“The Junior League: Women Around the World as Catalysts for Lasting Community Change.”

“The new Vision Statement reflects our hopes for the future...our vision for the next 20-plus years...yet works in tandem with our existing Mission and Reaching Out Statements,” said Debbie Brown Robinson, AJLI Board President.

The new Vision Statement represents both a call to action to prospective members and an inspired invitation to existing members to re-engage. In the true spirit of Mary Harriman, it encourages us to seize new opportunities to address issues critical to members at a local level as well as matters of global concern. And, finally, it positions us to re-focus our Association’s purpose to generate lasting community change and move forward in the 21st century through the leadership of trained volunteers.

From here, AJLI—with the help of consultants from the Monitor Institute, a prominent think tank and consulting firm with substantial nonprofit experience—will develop a new AJLI Strategic Plan. This will be a highly interactive process, with ample opportunity for Junior League leader and member involvement and input throughout the summer and early fall. Conversations about the bright future of the Junior League Movement will continue at AJLI’s Fall Leadership Conference in Denver in October.



Photo Courtesy: Pittsburgh Parks Conservancy

DIAD: JLP In Action

JLP members help plant trees in Highland Park during a Done In A Day in cooperation with the Pittsburgh Parks Conservancy (PPC) on “Earth Day” weekend. The PPC reached an agreement with the Pirates, so that the Pirates will donate a tree to the PPC for every homerun they hit this season at PNC Park.

Congratulations!

2009-2010 Board of Directors

President: Sara Lowery
President-Elect: Christie Smith
Treasurer: Nneka Hawthorne
Treasurer-Elect: Jen Hart
Secretary: Gretchen Smathers
CADDC Director: Reshma Paranjpe
Communications Director: Erin Gigis
Education & Events Director: Christina Kepplinger
Fund Development Director: Jenny Danquist
Membership Development Director: Ondrea Robinson
Nominating Director: Nancy Davis
Placement Director: Alma Lucas
Projects Director: Alicia Andrews
Strategic Development Director: Michelle Smith
Sustainer Director: Debra Callahan

Provisional(s) of the Year:

Angel Mazack &
Sarah Stallings

Leaguer of the Year:

Jenny Danquist

Anne D. Johnston

Award:

Fredrica Cryan



JUNIOR LEAGUE OF PITTSBURGH

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New Active Members

Meredith Ambrose
Sarah Bailey
Meghan Booth
Kathleen Earnest
Sara Gable
Anna Geiselhart
Amy Giammatteo
Danielle Haenel
Soquel Harding
Angie Hawes
Jen House
Erika Kovac
Angel Mazack
Sarah McMullen
Shannon Murphy
Justine Patrick
Diane Poche
Sara Lea Phelps
Kara Prentice
Laura Rubin
Lauren Santori
Caroline Seely
Melissa Shepard
Ritu Singh
Sarah Stallings
Ann Staudt
Brienne Terril
Kimberly Toland
Heather Marie Unruh

2009 Scholarship Winner: Anna Jon Sabo

High School: Shadyside Academy

College Plans: Mathematics major at University of Pennsylvania

Volunteer activities:

- Monongahela Valley Hospital
- Gwen's Girls
- Northwestern University's Civic Week: (serving homeless in San Francisco and tutoring in New York City schools)
- Mathematics Tutor