



THE JUNIOR LEAGUE OF  
**PHILADELPHIA**

# HOTLINE

SPRING/SUMMER 2022

## A WORD FROM OUR PRESIDENT



Welcome! In this time of renewal and growth, I feel reinvigorated in reflecting upon the incredible year that we have had as a League. We have weathered another year of being in person less than we all would have hoped but have always found ways to further our mission in actions, words, and deeds – we’ve Junior Leagued It! I am incredibly thankful for members to have the opportunities to gather for Annual Meeting, the Past Presidents’ Tea, May Celebration, and other in-person events over the past two months to re-establish connections in closing out the year. There is a great deal to celebrate!

In our community work, we continue to make a demonstrated impact in our region to alleviate food insecurity while working with our members’ comfort levels around the COVID-19 pandemic. Our fundraising efforts have been extraordinary. Our wonderful Thrift Shop is having its most successful year ever – a huge round of applause is due to Suzanne, Crystal, Edna, Sarah, and all our part-time employees for all their hard work and dedication to the Shop! If you have not stopped in recently, I encourage you to do so. Say hello to our team and discover your next favorite find! The beautiful tea hosted by the Thrift Shop Committee in March was another successful Zoom event bringing together interesting talks and delicious treats. We also held our first in-person Spring Market at Merion Cricket Club on April 22-23, 2022. The preview party was a big hit, especially the fashion show! Additionally, the Spring Fling brunch held by Focus Fundraising was the perfect way to spend a beautiful morning with good friends, good food, a raffle, and the chance to be together. In membership, EVT has brought us a year of seamless meetings and exciting training, we will welcome 34 New Members as Active Members for the next League year, and Placement held a two-fold Placement Fair so all members could attend either in-person or virtually. Finally, Marketing Council has shown us how to highlight the best of our best this year, with impactful social media posts, our terrific website, and the Hotline providing various channels to spread the word about our mission and our accomplishments.

There have been exciting developments from AJLI as well. The following proposed new Mission Statement was approved by vote at Annual Conference in Dallas, TX on May 14: “The Association of Junior Leagues International, Inc. is an organization of women whose mission is to advance women’s leadership for meaningful community impact through volunteer action, collaboration, and training.” This will impact the JLP as our Mission Statement mirrors AJLI’s and will be confirmed with a vote in the 2022-2023 League year. Additionally, the JLP is an AJLI Award winner for the third year in a row! We were awarded the Innovation Award for our use of Qlik, a data analytics software, in our IBCI review process leading up to the vote to remain with Apple a Day or narrow to food insecurity within Apple a Day as our mission focus. We have previously won for our Community Impact and our new President, Kimberley Brown, was awarded the Rising Star Award in 2020. It’s been fantastic to watch our work rewarded with this recognition and lead the way for future efforts.

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

## A WORD FROM OUR PRESIDENT *(Continued from Page 1)*

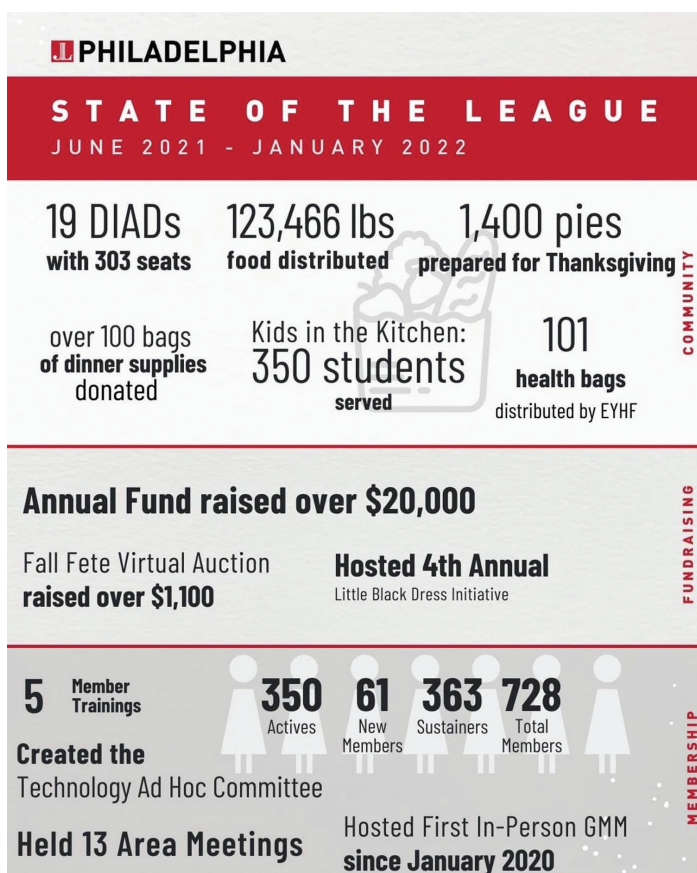
I am so grateful for the leadership of this year's Board and Management Council, for our committee chairs, and for all of you, our members. You are what makes the JLP the incredibly dynamic organization that it is and able to make the impact that it does. Thank you for an amazing year and for all the hard work. It was such a pleasure to celebrate our Little Black Dress Initiative grantees, Member Milestones, Thrift Shop Hanger Awards, and Award Winners, and pass

the gavel to Kimberley Brown on May 18, 2022. It has been one of the greatest honors of my life to lead the Junior League of Philadelphia this year, and I cannot say it enough: thank you for putting your trust in me as your President. I can't wait to see all the wonderful things that Kimberley and the incoming leadership team do next year!

With love, always,  
Kira

## STATE OF THE LEAGUE

Our League is strong because of the hard work of every single one of you! Thank you for all of your contributions to the League so far this year while managing life in a pandemic. Here's an infographic compiling the information I shared at our January General Membership Meeting, and it only covers the highlights. Thank you to our wonderful Brand and Marketing team for making the infographic! Let's finish out this year just as strong as we've begun it!



## 2021-2022

### BOARD OF DIRECTORS

Kira Bryers, President  
 Kimberley Brown, President-Elect  
 Stephanie Lippincott, Assistant to the President  
 Natalie Kay, Secretary  
 Lisa Kreiling, Treasurer  
 Jodi Kerr, Sustainer Leadership Council Chair  
 Lauren Zabel, Chief Operating Officer  
 Marci Leveillee, Director of Development  
 Ja'Netta Kennedy, Nominating Chair  
 Kathryn Young Galla, Parliamentarian  
 Pam Phojanakong, Diversity & Inclusion Chair

## 2021-2022

### MANAGEMENT COUNCIL

Lauren Zabel, Chief Operating Officer  
 Kimberley Brown, President-Elect  
 Katharine Koob, Chief Operating Officer-Elect  
 Stef Robinson, Treasurer-Elect  
 Jacqui Rothera, VP of Marketing & Communications  
 Brittany Peterson, VP of Community  
 Adrienne Taylor, VP of Fundraising  
 Caitlin Marek, VP of Membership Development  
 Maima Radcliffe, Diversity & Inclusion Chair-Elect  
 Nina Lawall, Assistant to the Chief Operating Officer  
 Nyree Ellison, House Chair  
 Kathryn Young Galla, Parliamentarian  
 Kate Hall, Editor-at-Large

#### Hotline Submissions:

hotline@jlphiladelphia.org  
 Office: 610-645-9696  
 Office Fax: 610-645-0996  
 www.jlphiladelphia.org

#### JLP Thrift Shop:

Phone: 610-896-8828  
 Fax: 610-896-8924

#### Shopping Hours:

Mon. - Sat., 10 am to 5 pm, Sun. 12 pm to 4 pm

#### Donation Hours:

Monday - Sunday, 10 am to 3 pm

#### Consignment by Appointment:

Monday-Friday, 10am to 3pm

## HOTLINE DEADLINES

Fall Issue: June 30

Please contact the *Hotline* Committee via email at [hotline@jlphiladelphia.org](mailto:hotline@jlphiladelphia.org) with questions or comments.

The *Hotline* is eager to accept your articles and story suggestions. Please feel free to contact us with your articles and proposals to make this newsletter better. To publish the *Hotline* in a timely manner, articles are to be submitted via email at [hotline@jlphiladelphia.org](mailto:hotline@jlphiladelphia.org). Each article must have a byline and a headline. Remember *Hotline* also accepts advertising: \$25 for classified ads, \$200 for 1/2 page ads (4" x 5"), \$300 for 1/2 page (7.5" x 5") and \$525 for full page ads (7.5" x 10"). Discounts are available for recurring ads.

The Junior League of Philadelphia, Inc. is a 501(c)(3) organization.



JuniorLeaguePhiladelphia



jl\_philadelphia



@JL\_Philadelphia



the-junior-league-of-philadelphia-inc



# THE CHECK OUT DESK!!!

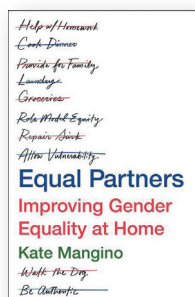
Submitted By: the Hotline Staff

Summer is here, and what are you reading? Well, you're not alone at all. Here are a few suggestions you might like to check out at your local library and bookstore. You never know what you just might enjoy while lounging on the beach.

## Equal Partners: Improving Gender Equality at Home

By Kate Mangino

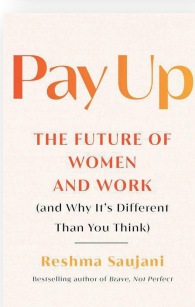
An inspiring and inclusive guide for rethinking and reworking household gender roles. From gender expert and professional facilitator Kate Mangino comes *Equal Partners*, an informed guide about how we can all collectively work to undo harmful gender norms and create greater household equity.



## Pay Up: The Future of Women and Work (and Why It's Different Than You Think)

By Reshma Saujani

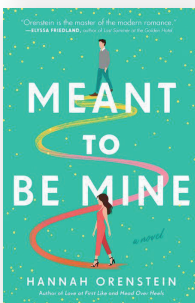
The founder of Girls Who Code and bestselling author of *Brave, Not Perfect* confronts the "big lie" of corporate feminism and presents a bold plan to address the burnout and inequity harming America's working women today.



## Meant to be Mine

By Hannah Orenstein

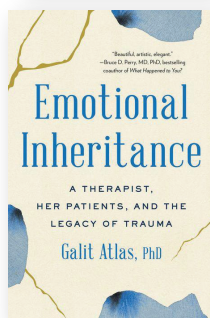
What if you knew exactly when you'd meet the love of your life? Edie Meyer knows. But fate comes with more complications than Edie expected and she can't fight the nagging suspicion that her perfect guy doesn't have perfect timing. After a tragedy and a shocking revelation rock Edie's carefully constructed world, she's forced to consider whether love chooses us, as simple as destiny, or if we choose it ourselves.



## Emotional Inheritance - A Therapist, Her Patients, and the Legacy of Trauma

By Galit Atlas, PhD

*Emotional Inheritance* is about family secrets that keep us from living to our full potential, create gaps between what we want for ourselves and what we are able to have, and haunt us like ghosts.



## The Memory Librarian: And Other Stories of Dirty Computer

By Janelle Monáe

Singer-songwriter, actor, fashion icon, futurist, and worldwide superstar Janelle Monáe and an esteemed cohort of collaborating writers bring to the written page the Afrofuturistic world of her critically acclaimed album, exploring how different threads of liberation -- queerness, race, gender plurality and love—become tangled with future possibilities of memory and time in such a totalitarian landscape ... and what the costs might be when trying to unravel and weave them into freedoms.



## SPRING IS COMING!!



With the warmer weather, we can open the windows, and let in some fresh air after being closed in for the cold winter months. Time to clean the windows and screens, dust the walls-- especially the ceilings, where dust webs might have gathered, shampoo the carpets, and wipe down the light fixtures and ceiling fans!

This task seems overwhelming but our homes aren't as dirty as our ancestors because we heat with natural gas/ electricity as opposed to oil, coal, or wood. This cleaner fuel leaves less dust, ash, or film on the insides and outsides of our homes, giving us a home that needs less cleaning. A quick swipe of a mop or duster can get most of the tasks done on a weekend. If you live in a larger home then it might take you longer or you can call in a cleaning service. If you're going that route, I suggest calling to book your service as soon as possible because they'll get busy quickly.

Before you fully get to spring cleaning, you should address the clutter that's accumulated over the winter. "If you don't have much time in your schedule, give it just 10 minutes at the end of each day, you'll be surprised at how much can be accomplished. Focus on one area at a time: one drawer, one closet, one room, until it is done! Then continue on to the next space.

**Spring is the time for renewal and refreshing!** Make it the year of refreshing your home to reflect on who and what you want to be. Don't feel bad about donating those golf clubs that never made it to a golf course or that sewing machine you never use-- the Thrift Shop can help find them a new home! It's time to live your true, real-life not, your fantasy life.

## AIM ANGELS IN MOTION

Jennifer Janet and her crew of ladies braved the cold weather on in March to drop off over (300) bags of supplies.



## MILESTONES/CELEBRATIONS/ANNIVERSARIES (YOU NAME IT!!)



### Congratulations

to Carly Williams, who welcomed daughter Daphne Kay on August 24th! She's excited to have two future JLPers!

### Happy Birthday

Sadly, our newsletter doesn't come out often enough to recognize everyone's special day, but we wanted to address that: "Hope all your birthday wishes come true!" "It's your special day — get out there and celebrate!" "Wishing you the biggest slice of happy today." "I hope your celebration gives you many happy memories! Happy Birthday!!!!

### Congratulations

to Kateryna Endrizzi, SHRM-CP, who in January 2022 completed her Master of Science in business Intelligence & Analytics from Saint Joseph's University with a 3.8 GPA after 10 years and while working full-time.

### Milestones/Celebrations/Anniversaries (You name It!!)

We would love to hear about it if you're willing to share that. And to be announced in the next issue of the Hotline JLP Newsletter.

For any submissions, you can provide them to the Hotline Committee member assigned to your committee or directly forward them to Hotline Submissions: [hotline@jlphiladelphia.org](mailto:hotline@jlphiladelphia.org)

Thank you

## HELLO FROM THE CHAIRS

It's a busy time, one that's challenging for some and joyous for others ... or perhaps a mixture of both! Wherever you are, this comes with good wishes for peace and good health.

Here we are, in 2022, still talking about and dealing with the coronavirus, sometimes still wondering when things will go back to the way they used to be. This "Great Wait" has many people reporting low attitude, morale, and energy.

Yearning for the past won't do anything to boost these all-important intangibles. Trauma happens every day to everyone. The only difference between you and the next person is how you deal with the curveballs that come your way. Be strong and get a little bit of help from your friends and those close to you that has your back and best interests at heart. No one has to walk this road or carry their burdens alone.

We hope that you will continue to enjoy reading what the Hotline has to offer and we encourage you to share your stories and feedback with us. There is no news, like your news!!

Jamila Robinson – Hotline Co-Chair  
Linda Nitsche, Hotline Co-Chair  
[hotline@jlphiladelphia.org](mailto:hotline@jlphiladelphia.org)



## NEWS FROM THE ANNUAL FUND

Submitted By: Kat Sweeney

We on this year's Annual Fund committee would like to extend a heartfelt thank you to all members who included the JLP Annual Fund in their philanthropic plans this League year. We are thrilled to announce that the 2021-2022 Annual Fund raised more than \$33,000 to date from over 180 different donors. This represents the participation of approximately 25% of our total membership.

The amazing aspect of the Annual Fund is that a gift of any size makes a significant difference and the impact is measured through the act of giving at all, not through how much. More than one-third of all gifts to this year's Annual Fund campaign were \$50 or less, and another one-third was comprised of gifts ranging from \$51-\$100. We are also grateful for members who took advantage of matching gifts programs that may be offered by their employers. The simple task of requesting a match has generated nearly \$2,000 for this year's Annual Fund (which may continue to grow in the coming weeks for some of our most recent donations)!

It's truly all about collective support that builds to ensure the Junior League continues to have the resources to bolster our mission of promoting voluntarism, developing the potential of women, and improving the community through the effective action of trained volunteers. Collective support in the 2020-2021 League year meant JLP members were able to pack 3,195 boxes of food for the Share Food Program, provide 3,300 snacks to more than 275 school-age students, and put on more than twenty training. As a quick point of reference, our member dues only cover 10 percent of the League's operating budget every year. We cannot wait to witness the incredible impact that the contributions to the 2021-2022 Annual Fund will have on our community and our membership thanks to your support and generosity.

## SAVE THE DATE: PHILADELPHIA ORCHARD PROJECT (POP) ANNUAL CELEBRATION

Submitted By: Rose Garbarino Cuzzo



## PHILADELPHIA ORCHARD PROJECT

To commemorate POP's 15th year, the organization will be honoring one of its long-standing community partners at the 2022 Annual Orchard Celebration – The Junior League of Philadelphia!

Members are invited to attend the celebration on Saturday, September 17, 2022, from noon to 3:00p.m. The event will be held outdoors at the POP Learning Orchard at The Woodlands in West Philadelphia. Tickets will be offered on a sliding scale and will be available to purchase closer to the event date.

For questions, please contact Rose Cuzzo, our POP Representative Advisor at [rose@rcuzzo.com](mailto:rose@rcuzzo.com) or 310-279-9935.

## SEPTA MAKING MOVES



As you all may know the Ardmore Regional Rail stop is connected to our League's back parking.

SEPTA is rebuilding Ardmore Station to improve accessibility, safety, and the customer experience.

The new station will feature full ADA accessibility – ramps and elevators, high-level and low-level platforms, a

new station building, new canopies and customer waiting for shelters, customer amenities, stormwater management, and site and circulation improvements.

SEPTA and its third-party contractors are nearing the completion of Phase A of this project and are getting ready to begin Phase B.

Phase A work was mainly concentrated west of Anderson Avenue. New catenary foundations and inbound and outbound low-level platforms were constructed.

Phase B will focus on the construction of a new station building, pedestrian tunnel improvements, and new elevator towers and high-level platforms.





# JLP THRIFT SHOP INTERNATIONAL WOMEN'S DAY TEA PARTY

Submitted By: Laura Bahnck



On Sunday, March 6, 2022, the Thrift Shop Committee hosted the second International Women's Day Virtual Tea Party. More than forty Junior League of Philadelphia members and their guests gathered on Zoom and enjoyed afternoon tea boxes from A Taste of Britain in Wayne. Many attendees even dressed the part in festive hats and fancy serving dishes!

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. Local author and "Page Six" Style Reporter, Kristin Contino, spoke about the role of Queen Elizabeth II and women in the royal family. Kristin told us some of the inspiration for her latest book, "A House Full of Windsor," and its connection to the Philadelphia area. She was also happy to answer any questions about the royal styles of Catherine, Duchess of Cambridge, and Diana, Princess of Wales.

Serving as both the emcee and a speaker, JLP Past-President and Sustainer Jennifer G. Morgan presented an informative social history of "Tea and the British Royal Family." Not only did Jen share her vast knowledge of British history with us, but she also informed us about the lesser-known Philadelphia Tea Party, one week after the Boston Tea Party, and introduced us to Chocolate Biscuit Cake, which The Queen eats a slice of daily. Jen also told us about the history and etiquette of afternoon tea, noting that scones

originated in 16th century Scotland and the original recipe contained oats and yeast, cooked on a griddle drop style.

Throughout the Virtual Tea Party, Thrift Shop Chair Allison Hanson drew raffle tickets for several fabulous prizes selected from the Thrift Shop. In closing, JLP President Kira Bryers spoke about the achievements of the League in the past year, and Thrift Shop Chair Sandra Grance thanked all of the participants for attending. It was a wonderful afternoon that was educational, enjoyable, and delicious!!





# MAY CELEBRATION!!!!

Submitted By: Jacquelyn Hickey Rothera

JLP members, staff, and partners gathered at The Cloisters at Bryn Mary College for the first in-person May Celebration since 2019. It was a beautiful evening to gather and celebrate another year of service to the community and the strength of women in leadership. After a time of gathering with food, drinks, music, and photographs, the meal and program began, under the leadership of President Kira Bryers. She introduced Carrie Scheitrum and Malikah Cliett, who recognized the four grantees from the Little Black Dress Initiative – Face To Face Germantown, The Food Trust, Methodist Services, and Philadelphia Orchard Project. Representatives from each organization shared how the LBDI funds are being used and emphasized the importance of their partnership with the JLP.

Kira continued with a League Year In Review and emphasized her hope that all felt that they had a home in the League this year. She shared the new organization mission from the recent AJLI conference and announced that the JLP had won the Innovation Award for our use of Qlik software with the IBCI review process. Kira recognized member milestones of New to Active members, 5-Year Active Members, 10-Year Active Members, and 15-Year Active members - Laura Bahnck and Elizabeth Downey. Sustainer Chair-Elect Mary Kate LoConte recognized and welcomed new sustainers and Thrift Shop Co-Chair Allison Hanson handed out 19 gold hanger awards and two platinum hanger awards to Courtney Stefan and Kelly Murphy-Newell. Kira announced the JLP annual awards, listed below:

## **Committee of the Year –**

Education and Volunteer Training (EVT)

## **Volunteer of the Year –**

Beth Johnson

## **Leader of the Year –**

Jacqui Rothera

## **Apple A Day Award –**

Melissa Batson

## **President's Cup –**

Dalia Omran



## **Susan Myers Leadership & Community Activism Award –**

Dr. Ala Stanford

President-Elect Kimberley Brown accepted the Susan Myers Award on behalf of Dr. Ala Stanford and recognized her tireless work in reaching underserved and marginalized communities in Philadelphia during the COVID-19 pandemic. Kim continued by introducing the 2022-2023 JLP Board and Management Council members. Past-Presidents Bobbie Cameron, Meredith Nissen, Aronte Bennett, and current President Kira Bryers passed the ceremonial gavel to welcome President Kimberley Brown as the 2022-2023 JLP President. Kim provided an address to the attendees where she encouraged the JLP to serve others with an open hand, as her grandmother taught her, to be resourceful and innovative, and to further our new focus to combat food insecurity in the Philadelphia area.

Thank you to the EVT committee members and co-chairs Ashley Reece and Victoria Lynch Mullane for their hard work in planning and hosting this special evening!





## DECISIVELY DECISIVE

What do you want for dinner tonight?

Are you sure?

Positive?

Indecision and second-guessing drain our time and energy, even when it comes to small, relatively insignificant choices like what to eat.

Every time you flip flop on a decision or second guess yourself, you're spending valuable mental energy you can no longer direct toward more critical matters.

Here are some strategies and exercises you can use to bolster your decision-making ability and confidence.

**If you're feeling like...**it's impossible to choose because each possibility seems equally appealing.

**Do this:** Make your decision criteria more specific. Establish a list of goals and desires you have for yourself or

your project. Which possibility satisfies the most items on your wishlist?

**If you're feeling like...**you have too many emotions to make a logical decision.

**Do this:** Write out all these emotions and also why they're blocking a decision. The simple act of putting emotions onto paper is enough to help many people process and effectively manage said emotions.

**If you're feeling like...**you don't have time to hem and haw over the perfect decision.

**Do this:** Make the best decision you can right now and permit yourself it later if necessary.

**If you're feeling like...**you can't stop second-guessing every possibility.

**Do this:** Turn your uncertainty into precision. Frame the concerns causing your second-guessing as specific questions and then answer them.

"If the second-guesser would think more precisely and less vaguely about what question exactly he is asking when he doubts himself," write

the authors of a study published in *Episteme*, "then he would be able to see when it is rational to stop re-thinking."

**If you're feeling like...**your initial instincts are sound but you can't, strictly speaking, explain why.

**Do this:** Say "because" again and again and again. (I think we should make this investment because I think it's a good idea because I read data suggesting high returns, etc., etc.) Say "because" until you uncover the fact or evidence-based nugget behind your decision.

**If you're feeling like...**every decision is just too hard.

**Do this:** Practice making decisions every chance you get, especially small ones you might usually shrug off. If someone asks you what time you want to meet, select a specific time instead of responding with a vague and agreeable, "whatever works."

When someone asks you what movie you want to see, what food you want to eat, and so on, try your best to never default to, "I don't know."

## JLP ANNUAL MEETING!!!

Submitted By: Jacquelyn Hickey Rothera

Annual Meeting for Active and New Members took place on April 20, 2022, both online and in-person at the Sheraton Downtown. This was the first in-person Annual Meeting since April 2019. After in-person attendees attended the Placement Fair in the hotel's outdoor lounge area, the meeting was called to order by President Kira Bryers. She commended all members for their resilience and highlighted accomplishments of the League during the 2021-2022 year. Chief Operating Officer Lauren Zabel continued to note JLP accomplishments with her State of the League report, which included showcasing the 2020-2021 Annual Report. Parliamentarian Kathryn Young Galla reviewed the parliamentary procedures, including the meeting guidelines, process for motions, and electronic ballot voting.

Marci Leveillee, Director of Development, introduced Melissa Baston, Issue-Based Community Impact Ad Hoc Committee Chair, to discuss the ballot item related to our Apple A Day Health Living Initiative™.

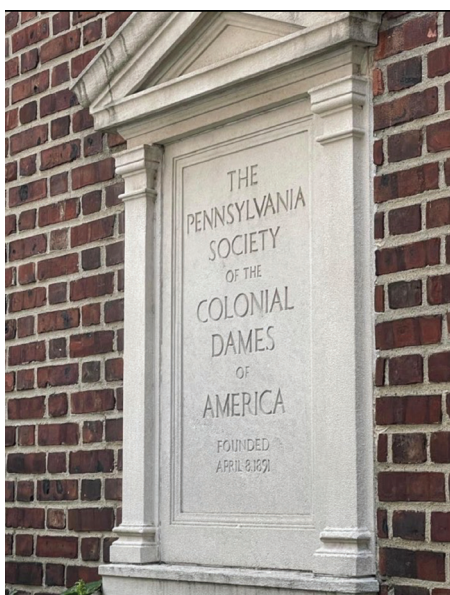
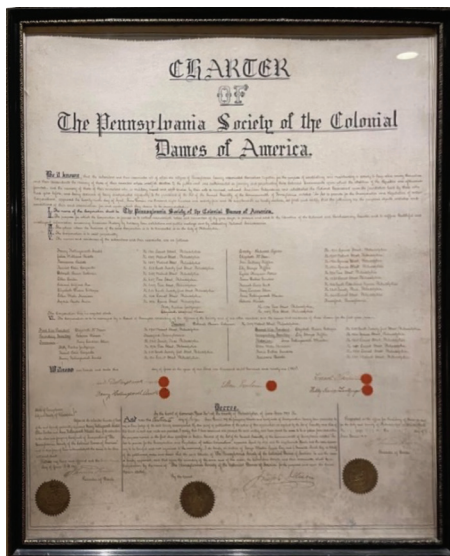
Melissa returned to discuss and review the Project Advisory Council process and all of their work throughout the League year. To continue discussing the ballot items, Vice President of Community Brittany Peterson presented the proposed slate of community projects, which included Empowering You Health Fair, Food to Families, and Kids in the Kitchen®. Adrienne Taylor, Vice President of Fundraising, discussed the fundraising project slate of Focus Fundraising, Sponsorship, and Spring Market. Nominating Chair Ja'Netta Kennedy presented the committee's proposed leaders for the 2022-2023 League year. With an approved motion to add to



the agenda, President-Elect Kimberley Brown and Chief Operating Officer-Elect Katharine Koop presented some ideas and opportunities to reinvigorate Active Members for the 2022-2023 League year - May Celebration would be free for members who complete their requirements on time and some requirements will be modified or waived. Treasurer Lisa Kreiling shared information regarding the current financial state of the JLP, highlighted by the great success and profit of the Thrift Shop. President Kira Bryers adjourned the meeting and in-person attendees were able to further socialize and reconnect.



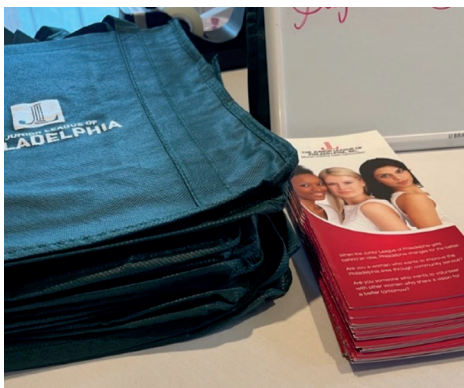
## SPRING FLING



## PRESIDENT'S TEA APRIL 30, 2022



## GENERAL MEMBERSHIP MEETING (GMM)



JLP member badges



Members of Marketing & Communications Council: Natalie Caldwell, Veronica Adamcik, Kat Swift, Erin Nanovic, Jacquelyn Rothera



# HISTORY IN THE MAKING

Submitted by: Mary Kate Lo Conte

Jodi Kerr, Sustainer Chair, and Mary Kate Lo Conte, Sustainer Chair-Elect presented the History of the Junior League of Philadelphia during a New Member meeting on February 8th. This interactive meeting was held via Zoom with the over 40 attendees getting a deep dive on our rich history.

The presentation spanned from the establishment of the Junior League of Philadelphia in 1912 to the Centennial Celebration in 2012 and highlighted the projects which have made a lasting impact on our community like the Water Works Restoration. As part of the presentation, Jodi and Mary Kate led an interactive trivia game in which attendees enthusiastically participated.

Test your League history knowledge with two of the questions from the presentation.

**Q:** During WWII, the JLP raised \$125,000 to buy which of these for University Hospital?  
A) Airplane  
B) X-ray equipment  
C) Updated beds  
D) New heart monitors

**A:** During the Second World War, we volunteered at the University Hospital, worked with the Red Cross, and raised \$125,000 to buy a hospital plane. We also donated 10,300 ampules of penicillin. In

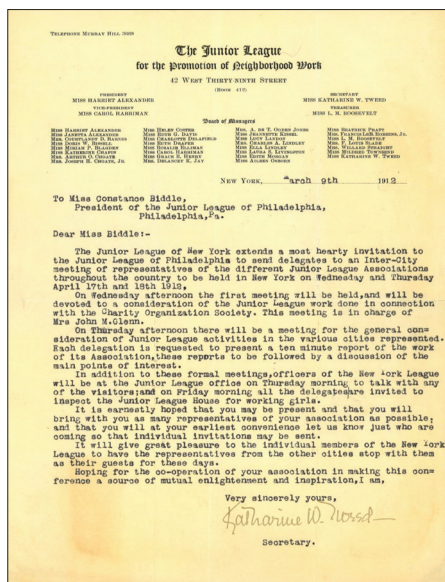
addition, 212 League members joined the Red Cross, putting in 132,000 hours, and 24 members enlisted in the Armed Forces.

**Q:** As part of our reading literacy initiative, in 2000, the JLP sponsored the authoring of a children's book as a fundraiser. The main character in the book befriended?

- A) Ben Franklin
- B) William Penn
- C) Betsy Ross
- D) Thomas Jefferson

**A:** The book, "The Spirited Philadelphia Adventure," was authored and illustrated by one of our very own JLP members and was used as both a fundraiser and vehicle for PR and Marketing our mission. In the story, on a visit to the Franklin Institute on Benjamin Franklin's birthday, young Elena is greeted by the youthful spirit of Ben himself who takes her on a tour of Philadelphia without leaving the museum. It's an educational fantasy book with lively illustrations and lots of history.

The presentation concluded with sharing how new members will accomplish great things by trying something different, meeting different people, and making a difference here in our community. The future of the League is in their hands!



# STAYING HEALTHY

Now that we have been deep amid COVID many may have neglected taking care of their health in other areas, please do not and remember to take care of yourselves during these winter months. Reach out to your medical professionals immediately if you experience or are experiencing any of these symptoms., make an emergency plan of action, and last but certainly not least keep your family involved and informed.

## Stroke Symptoms

Spot a stroke F.A.S.T.

### FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

### ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

### SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

### TIME TO CALL 911

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

## Heart Attack Symptoms

### CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

### DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

### SHORTNESS OF BREATH

with or without chest discomfort.

### OTHER SIGNS

may include breaking out in a cold sweat, nausea, or lightheadedness.



# SUSTAINER TEA WITH A UNIQUE TWIST

Submitted By: Anne Hopkins & Annamarie Hellebusch

During the week of March 21st, Sustainers' Teas were hosted at members' homes in the city and suburbs giving Sustainers the chance to finally meet in person after so many months of Zooming.

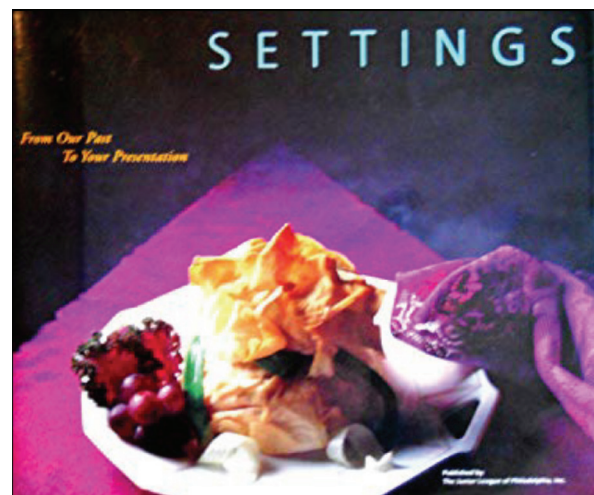
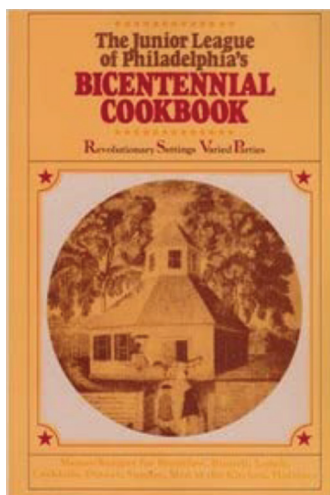
While all of the teas were thoroughly enjoyed, the tea hosted at Jane Sagendorph's home in Paoli had a unique twist. She and her co-host Barbara Gasper thought it would be fun to serve their 25 guests food from Junior League of Philadelphia cookbooks.

Most of the food came from recipes found in The Junior League of Philadelphia's Bicentennial Cookbook published in 1975. If you have a copy on your shelf, you can flip to the pages below to check them out. If you don't, you can still find a copy of this classic cookbook on eBay.

|                         |         |
|-------------------------|---------|
| Asparagus Rolls         | Page 58 |
| Deviled Eggs            | Page 69 |
| Hot Spinach             |         |
| Hors d'Oeuvres          | Page 85 |
| Gala Pecan Spread       | Page 87 |
| Crudities with Dill Dip | Page 92 |
| Yummy Nuts              | Page 95 |

In addition, the co-hosts modified a recipe from The Junior League of Philadelphia's Settings cookbook to change the Shaved Ham Oven Sandwiches to Shaved Ham Oven Sliders which were a big hit. The original recipe is from page 114 of the cookbook, which is a bit harder to find but does appear on Etsy.

All of the tea attendees had a wonderful time catching up with great friends and enjoying great food. season!

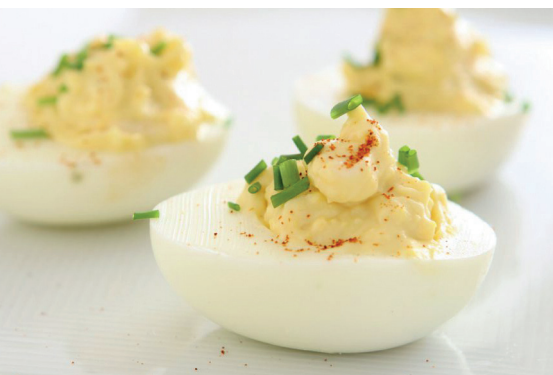


## DON'T FORGET!!!

The Hotline committee wanted to remind you that we are here to help push and promote your events, and the sponsors of our events. With that being said we ask that any articles be submitted before the current deadline. Please make sure they are in a Word document and provide any images that you may have taken of good quality. We are also seeking ads/advertisements from our sponsor, below is the requirement for those ads. The best way to get an ad is as a PDF. We would suggest the following sizes:

- The price is 25.00 - 1/8 page – 3.75" x 25" (This would essentially be a business card sized ad)
- The price is \$50.00 - 1/4 page – 3.75" x 5"
- The price is \$300.00 - 1/2 page horizontal – 7.5" x 5"
- The price is \$200.00 - 1/2 page vertical – 3.75" x 10"

**NOTE:** Ads can come from anyone, not just sponsors. They can be from members' businesses or connections, vendors, etc.





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## SUSTAINER SPRING MEETING

Annamarie Hellebusch and Debbie Vozzo

The Evening Sustainers hosted a day of shopping on May 5th at the J. McLaughlin store in Haverford. Light refreshments, wine, and sparkling water were served at the store from 5 -8 pm. It was a fun time to catch up with friends and update spring wardrobes. Sustainers found great outfits for upcoming weddings, graduations, and summer gatherings.

J. McLaughlin donated 15% of the sales from the day back to the Junior League of Philadelphia. The JLP received a check for \$873.00. This was our 2nd event at the store this year. Total proceeds for this year are \$2250.00.

Many thanks to those who came out to the store or called in orders. And a special thank you to the ladies at J. McLaughlin for making it a special evening. Looking forward to the next event in the fall.

