

THE BRIDGE

THE MAGAZINE OF THE JUNIOR LEAGUE OF BOCA RATON, INC.

Volume 15, No. 1
September 2004

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THE BRIDGE IS PUBLISHED MONTHLY
 (ONCE DURING THE SUMMER)

BY THE JUNIOR LEAGUE OF BOCA RATON, INC.

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 (561) 620-2553 FAX (561) 620-2554
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THE COMMUNICATION BRIDGE BETWEEN THE JUNIOR LEAGUE
 OF BOCA RATON, ITS MEMBERSHIP, AND OUR COMMUNITY.

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President's Perspective

Welcome back! I hope you all had a wonderful summer relaxing by the pool, reading on the beach or just enjoying the time with your families. Over the summer the Junior League Garden was in bloom. While most committees are just getting organized, the Food and Wine committee completed another absolutely wonderful event. I would like to thank the Boca Raton Resort & Club for once again choosing the Junior League as the recipients for the Silent Auction held during the Boca Raton Resort & Club 13th Annual Food and Wine Appreciation Weekend during the July 4th weekend at the Resort. Chair Adriana Velasco, Chair-Elect Kristen Velasco and the entire Food and Wine Committee did an unbelievable job obtaining auction items and organizing the event. The event raised over an amazing \$20,000 and these members are already working on ways to improve the event for next year. These ladies have truly blossomed into bright, brilliant, beautiful flowers that make our Junior League Garden so gorgeous.

Once again, we have donated backpacks filled with school supplies for the children of In the Pines and Kids@Home. More than 175 backpacks were handed out. It was just delightful to see the smiles on the children's faces as they received their backpacks filled with the necessary supplies to start the school year off right. Thank you Office Depot and JKG Printing for supplying the backpacks.

Other very busy bees this summer were Linda Donoghue (she has changed her name back to her family name) our wonderful Office Manager, Mary Lavallo, cookbook manager, Barbara Philip, Tracey Rossi, Christie Secreto and Eddie Pena, our Maintenance man for organizing the kitchen, archives and storage rooms at the Vegso Community Resource Center. They did an absolutely fabulous job organizing these rooms so that files, meeting materials and lots of other items can be easily found. I cannot thank them enough for all their hard work and commitment to making our new home look so much better.

As I have stated before, the Chinese proverb, "He who plants a garden, plants happiness." This happiness was enjoyed by two great leaders of our country, George Washington and Thomas Jefferson. George Washington designed the magnificent gardens of his home, Mount Vernon, and Thomas Jefferson created the gardens of his home, Monticello. Great leaders and gardening must be synonymous to each other. Thomas Jefferson once wrote that "the greatest service which can be rendered any country is to add a useful plant to its culture." Although we are not planting actual plants in our community, we are planting the seeds of our

projects which give a great service to our community. We are also planting the seeds of our New Members in our garden. With a little watering, clipping and pruning, they will bloom into bright, brilliant, flowers in our membership garden. We are "Women building better communities." I am delighted to be the gardener of this magnificent garden for the next year. I am thrilled you all have chosen the League to share your time and talents with. Together we will sow and enrich our League. We will watch all the flowers of our garden - the membership and our projects - grow, bloom and blossom! Our League leaders have been working very hard on their plans to cultivate the projects in the garden we have created in our community. I welcome your suggestions in ways to nurture our League. Located on Linda's counter is the new suggestion "Watering Can" waiting for your innovative ideas. As we plant the seeds that will help our projects continue to grow in our community, let us all keep the words of this Junior League Garden poem in mind as we all work together to cultivate our organization.

Linda

Junior League Garden

Plant three rows of Peas:
 Patience
 Promptness
 Perseverance

Then six rows of Lettuce:
 Let us be unselfish
 Let us be loyal
 Let us be faithful to duty
 Let us be true to our obligations
 Let us be open minded
 Let us care for one another

Plant three rows of Squash:
 Squash gossip
 Squash criticism
 Squash indifference

No garden is complete without Turnips:
 Turn up for meetings
 Turn up for others in need
 Turn up with a smile
 Turn up to do your personal best
 Turn up with a vision
 Turn up with determination
 Turn up when needed

I LOATHE CAR SHOPPING BY ANNE HENDERSON



Some people are Car People, who catch a fleeting glimpse of a car a mile away and immediately rattle off its make, model and vital statistics. These people understand the convoluted relationships between car manufacturers (“that model was made by Kia but it’s identical to the model put out by Rolls Royce and designed engineers at Honda who used to work for Toyota, using technology developed by Ford”). I am not. I could really care less about a car, other than its’ ability to get me from Point A to Point B in a timely manner. Whereas Car People trade in their cars pretty much as soon as they have driven them off the lot, I will happily keep mine forever and I even get some kind of perverse pride in having as many miles as possible (my top score was 130,000!) This summer, however, I found myself in the position of having to buy a new car at the spur of the moment. Sadly, my beloved Expedition developed a terminal disease and had to be put down (and only 80,000 miles, right in it’s prime, too!)

I loathe car shopping. I would rather shop for bathing suits than shop for a new car, that’s how much I hate it. This summer was worse than usual, however, since the spur of the moment timing prevented my husband from accompanying me, and I had to venture out into the world of car dealerships as a WOMAN ALONE!!!


First, I had to deal with the demise of my Expedition. It had

been acting up, not starting right away, coughing and spluttering first thing in the morning. Short of pouring a cup of espresso in its tank, I wasn’t sure what to do so I took it in to be looked at by Ivan, my trusty serviceman. “It has a bad valve in the fuel line,” he said. OK, I thought, that sounded cheap – how much could a tiny little valve cost? But then he went on, “You have to replace the whole fuel pump system – parts and labor will run you about \$1,200.” What?!! For a little lump of plastic? I had to stop and think. With the rising gas prices, the honeymoon was definitely over between me and my Expedition. My monthly gas budget was roughly the size of what it takes to run a small country, and my kids were getting older so that now instead of short trips with tons of children in tow, I was making longer trips with just my two. Plus, every time I filled up my tank I had the nagging sense I was personally responsible for the war. It had to go. It was a matter of National Security. “If you turn the key one click and count to 20 before you turn it all the way it should start until you find a new car, but hurry.” Ivan advised. I drove it home, dreading what I had to do next.

Surprisingly, my 13 year old daughter was my best resource. She is, as it turns out, a Car Person, and knows every detail about the latest models. “It’s all the boys talk about at school,” she said, shrugging. Within 15 minutes she had a printout from the internet comparing 5 models of cars she thought I would like. “Start with these” she instructed me, with a “My Mom Is an Idiot and I Have to Do Everything” look.

The next morning, armed with my printouts, my Consumer Reports guide to new cars and a feeling of impending doom I climbed into my Expedition and did as Ivan instructed – turned the key, counted to 20, and turned it again. Nothing!! (Oh No! IT KNEW!!!!) I tried it again – counting to 40. Again, nothing. I called the tow service and had it towed into the service center. “Ivan is on vacation but Phil will help you”, a voice on the other line said when I called to check on my car. Phil got on the line. “Mrs. Henderson, there is nothing wrong with your car, it started right away”. I explained what Ivan had told me about the fuel valve. Apparently Phil didn’t believe me. “Did you pump

... continued on page 7


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Dr. Morocco, a Junior League of Boca Raton member, is a graduate of Pennsylvania State University and Northwestern University Dental School. She completed advanced specialty training in Orthodontics at Baylor College of Dentistry in Dallas, Texas. Dr. Morocco has practiced orthodontics in the Boca Raton/Delray area since 1993.

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I LOATHE CAR SHOPPING CONTINUED FROM PAGE 6

the gas before you tried to start it? These cars aren't made to start if you pump the gas before you start it" He said. "Phil," I answered, "do you see how many miles I have on the car? How do you think I was able to drive 80,000 miles if I don't know how to start my own car, I tell you it has a bad fuel valve." We went along this track for some time, having this Alice-in-Wonderland-like conversation where I was trying to insist I needed a \$1200 repair, and Phil insisting I didn't. Finally, I caved and agreed to pick up the car.

When I finally got to my first new car dealership, I started wondering around the lot looking at the models on my printout. Surprisingly, no salesman came out to greet me. (Usually they are after you like a heat-seeking missile.) I approached a salesman. "I'd like some information about your cars" I asked him. He glanced up at me with a huge smile and then looked over my shoulder as if he was looking for someone. The smile froze, and then faded when he realized there was no husband in tow. "The only things I care about are fuel economy and safety," I told him "so I am looking for a small to mid size SUV with front and side airbags, antilock brakes, and anti-roll recovery system and it must get over 20 miles to the gallon. What do you recommend?"

Recovering himself, he led me over to a minivan. "Women love this car", he told me, "It has a great entertainment system and wireless headphones, plus an automatic door close". I may not be a car person, but I WAS swift enough to recognize immedi-

ately that this was not a small to mid-size SUV, Ok, I can be open-minded. "Does it have side impact air bags?" No, he said. "How about antilock brakes, anti roll system?" No again, "What is its gas mileage?" "About 15-18," he said. "But it has eight cup holders, and it comes in these neat colors". I left the dealership.

At the next dealership, I decided to be more assertive. I marched in and asked to test drive one of the models from my printouts. The car was brought round and the salesman handed me the keys. "I hope you don't mind if I don't go with you, but I have some paperwork to do and it's hot out here" he said. Apparently I was not considered a hot prospect enough to warrant the time it took to drive around the block. Fine, I had the information I needed thanks to the internet. I spent the remainder of the day test driving several models, and then went home to do the analysis to pick the best one out of the three that I liked.

The next day, having made my decision and eager to cut a deal, I climbed into my Expedition and turned the key. Nothing happened. It wouldn't start AGAIN. I called the towing company, and then handed the phone to my husband. "You try reasoning with Phil" I said. He dialed the service center, and came back two minutes later. "No problem," he said, "Phil will replace the fuel valve and bring the car back this afternoon. I don't understand why you couldn't get this done yesterday," he said, shaking his head." "Do I have to do everything?"

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LETTER FROM THE EDITOR BY JENNIFER CRITCHFIELD



As we have a gardening theme this year, I'd like to share something with you that I heard recently. It seems that gardening is good for us in more ways than we may realize.

You probably already know that gardening counts as exercise due to its cardiovascular, strengthening and stretching benefits. What you may not know is that there is an entire field, pardon the pun, called horticultural therapy which explores how gardening helps people heal both physically and emotionally.

Working outdoors in the sunshine and fresh air certainly boosts spirits. In fact, studies have shown that just looking at trees and plants reduce stress, lower blood pressure and relieve tension. Plus gardeners consume more varieties of vegetables more frequently than do non-gardeners. Now how's that for a health benefit?

Gardeners find life more satisfying and feel that they have more positive things happening in their lives. Gardening provides a

form of emotional expression, and in addition, gardening helps people to connect with others. On top of all of these perks, gardening helps to restore our environment, thereby improving the quality of life for all of us.

It seems that one of the healthiest things we can do for ourselves is getting our hands in the dirt. So let's get out there and help Lisa plant our garden!



Publications Committee (l-r) Anna Parrott, Stacey High, Claudia Villaman, Tracey DeFrances, Johanna Felberbaum, (Not present - Sonia Djahanshahi and Deborah Ehlers)

HATS OFF TO . . .

Linda Donoghue, Mary Lavalle, Barb Phillip, Tracey Rossi and Christie Secreto for their many hours of hard work at doing a wonderful job cleaning out and organizing the storage and archive rooms at the Vegso Community Resource Center.

Chair Adriana Velasco, Chair-Elect Kristen Velasco and the entire **Food and Wine Committee** for doing such a great job on the event.

Robin Deyo for creating an Equipment/Property Inventory

Notebook which will help keep the VCRC in good order.

Stacey Hannan-Quinn, Chair of the Summer Publications Committee, and committee members **Kristen Braaten** and **Sonia Djahanshahi**, for their incredible hard work producing the JLBR 2004-2005 Directory and Yearbook.

Cindy Krebsbach for agreeing to chair the Endowment Committee.

CARING HEARTS

The Junior League of Boca Raton gratefully acknowledges the following people and companies for their "Caring Hearts:"

Thanks to **Dr. Jed G. Beck, Dr. Ronald P. Snyder, and Nancy Trowbridge-Kitchens** of *Pearle Vision* at St. Andrews Plaza

for generously donating their services to the Kids@Home participants. More than 20 youths received complementary eye exams and more than 15 received corrective lenses at no charge.

Thank you to **Norm Shapiro** for his continued help and support as we adjust to living in our new home.

Thank you to **John Tringali** and **Eleanor Zaccagnini** of the *Clock Restaurants, Inc.* for their generous donation of a changing table for a restroom at the Vegso Community Resource Center.

Thank you to **Office Depot** and **JKG Printing** for the donation of backpacks for the children of JLBR projects.

Thank you once again to the **Boca Raton Resort and Club** for all their help and support during the Food and Wine Appreciation Weekend.

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A CELEBRATION OF ACHIEVEMENTS

BY CLAUDIA VILLAMAN



The Junior League of Boca Raton celebrated its achievements at the May Dinner Meeting by awarding some of our outstanding members. These are just a few of the members who make JLBR the success which it is. Each Council awarded their top members for the hard work put into making 2003-2004 a stellar JLBR year. Here are the highlights of praise for the members honored:

The Communication Council awarded **Kara Donvito**. Leslie Jackson said of Kara, "to say that she makes her job look easy would be an understatement. She tackles each new task with true professionalism and follows through to the end."



The Community Council awarded **Michelle Duffy** and **Jami Guttenberg** for their dedication to the Kids@Home project. Michelle and Jami were selected for their successful efforts in establishing the League's newest project. They made it look so easy to start a project from scratch and more than accomplished their goals. Their teamwork made Kids@Home, Inc. very happy to be partnered with the JLBR.



The Finance Council awarded **Dorothy MacDiarmid** and **Tracey Rossi** who "worked so hard collecting, organizing and storing thrift! They put together a wonderful preview party and the sale was very successful! Dorothy and Traci took over this fundraiser with only six weeks to go and so much to do." Tracey and Dorothy did a great job of motivating this terrific committee.



The Personnel Council awarded **Robin Deyo** and **Emily McMullin** for their very successful year of General Membership Meetings, Cottage meetings, socials, and an AM/PM Placement Fair. They even managed to turn Internal PR into a fundraiser by not spending any of their budget money through securing sponsors, vendors, raffles and fundraising shifts to pay for our meetings. These dedicated members stay involved and make it look fun and easy along the way.



Planning Council awarded **Angela Miller** for her accomplishments as the Legal Adviser and By-Laws Coordinator. Michele Toomey said of Angela, "We defer to Angela's legal expertise on almost every decision we make as a Junior League. She has a command of our governing documents like no other member I know. This past year, she worked tirelessly tweaking the legalese in the "Vegso Community Resource Center Rental Guidelines" document. Additionally, she has been legal counsel to Personnel, Community, Planning and Finance Councils."




Sustainer of the Year was awarded to **Cindy Krebsbach**. As a sustainer, she certainly didn't rest on her laurels. First she sat on Nominating/ Placement as an Advisor. Kathy Adkins was grateful to have her - with her knowledge of the League and its members, she was invaluable. Peggy Jones states, "she has a wealth of knowledge about how we got to this point, a clear vision of where we are going, and enough energy and determination to help us succeed in the process. We honestly could not have accomplished what we did without her valuable assistance." Let's not forget her tireless efforts getting the VCRC ready for its grand opening by moving patio furniture with Lisa Bariso one weekend, stuffing favors and invitations, and putting personal touches everywhere you could imagine. Nor shall we overlook her assistance with raffle prizes for Trinkets and Treasures or her continued guidance to Cookbook. There are countless other things that she has done to make the League a better place, but there is not enough paper to list those deeds. Cindy gives a whole new meaning to the word sustainer - she sustains energy, dedication and gusto!

Finally, **Amanda Faust**, Member of the Year. Wow, what a title, what a member. As a first year active, Mandy accomplished so much by raising funds for the League as a member of the Fund Development Committee. Always one of the first to volunteer, this "green behind the ears" member chaired Bloomingdale's Girls Night Out and Mario's Dining for Dollars. While her committee was enjoying the fruits of their labor at the grand openings of Bong and Red Star, she was volunteering at the door to greet people. Apparently she felt she wasn't busy enough, so she also took on the responsibilities as *THE BRIDGE* writer for her committee - and she was terrific at that job too. But that wasn't enough for Mandy, she needed to donate more of her time to the League by completing over seven DIAD events. Mandy does what she says, and has great follow through. Can anyone say "leadership potential?" We can't wait to see what Mandy will do next!



Kudos to these and all the other fine members of JLBR who participated in making this past year's activities a major success. We hope that the 2004-2005 year will be a mirror image of the accomplishments that we have achieved to date.



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MEET YOUR BOARD OF DIRECTORS



Lisa Bariso, President: My most memorable JLBR experience was when I chaired Festival of Trees and Lights. Chairing this first time fundraiser for our League was exciting, trying and enlightening. I built so many wonderful friendship with the magnificent ladies of our League and learned skills that I continue to use today.

As President, I hope to revise our Strategic Plan so that it will continue to set goals and objectives for our League to accomplish, since we have accomplished many of them as it is now written. Regarding the Finance Council, I hope to get the Corporate Sponsor packet completed, so that we are working "Smarter, not harder," and to help our current fundraisers continue to grow and flourish. On the subject of our community projects, I look forward to them continuing to serve and enrich the community's needs, as well as looking for new ways for them to be strengthened and developed. Pertaining to Communications Council, I expect that our publication "THE BRIDGE" will continue to serve the needs of our members, our web site to improve and grow, and our line of communication to keep up with new technology and the needs of our membership. I would also like to continue educating the community about all the wonderful services we provide and promoting the Junior League Mission Statement. Concerning Personnel Council, our most important asset is our members, I hope to continue to find ways to meet their volunteer needs and continue to increase our membership of trained volunteers. Finally, I hope to continue to get the word out about the Vegso Community Resource Center and the Grant Library and Training Seminars that are taking

place there. This building is truly a gift to our community which needs to be unwrapped by them.

I am married to my wonderful husband, George, and we have two very active boys, John 11 and Zachary 7. They keep us very busy with baseball and hockey games as well as golf lessons. I am a part time preschool teacher at MECE Preschool. I volunteer at my children's schools. I teach Religious Education at my church. I enjoy all kinds of sporting events, traveling with my entire family and CHOCOLATE!



Dorothy MacDiarmid, President-Elect: I love the Junior League! I had the best time most recently when Mandy Faust, Kristina Rizk and Alicia Riggins went to Lakeland in June for the Area III conference. It was their first conference and I was proud to show them off as outstanding representatives of JLBR and introduce them to the other dynamic Junior Leaguers from other cities in the south.

My League goals this year are to be supportive of Lisa, watch and learn; to meet and get to know as many members as possible; to get our members interested and active with Public Issues & Advocacy work; to update and tidy the strategic plan; and to have fun!

I am the mother of an exuberant 5½ year old, Ian. He just started kindergarten at Gulf Stream School. I love being an active participant in his school activities. My husband, Blake, is a political consultant, so there are many opportunities to help with his projects. He is also a leukemia survivor, so we volunteer occasionally with the Leukemia Lymphoma Society. I adore my two Shih-tzu's, Jack and Mimi. In my free time - ha ha - I enjoy reading, typically I'm limited to US Weekly, although this summer I read seven books!



Jacqueline Reeves, V.P. Finance: I have enjoyed all of my DIADs, focusing on specific community events and meeting new people.

My goal this year as V.P. of Finance is to exceed our fundraising budget, balancing the budget and assisting with a complete overhaul of the accounting system.

I am a mother of two beautiful girls, Alyson (6) and Chloe (3 mos.), a wife to my husband Jason and I work full-time as a securities analyst with a regional wall-street firm, based in Boca. I enjoy working out, tennis, going to the beach and spa and reading. My tennis game has had to take a backseat recently.



Kathy Adkins, V. P. Personnel: My most memorable JLBR experience, hands down was the grand opening of the VCRC! It was so rewarding to work on this project with such talented and dedicated League members and watch our dream

... continued on page 11

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MEET YOUR BOARD OF DIRECTORS CONTINUED FROM PAGE 10

become a reality. The League now has a beautiful home and the community has a wonderful resource center thanks to the generosity and hard work of so many people. It is such a huge milestone in our League's history and one we all should be very proud of.

This year the Personnel Council will be focusing on membership training, streamlining our New Member class to one per year, advising and guiding actives and transfers throughout the year and planning fun and informative General Membership Meetings. Our goal as the "HR Dept." for the League is to help new members, actives and transfers with any issues or concerns they might have regarding their League activities and requirements.

I am very excited to be double placing this year as Assistant Chair for WVOY and working on this great fundraiser for the League. Most of my time will be focused on the League this year but when I do have spare time I enjoy volunteering at my daughters' school, reading, needle pointing and antiquing!



Kara Donvito, V.P. Communications: There are two JLBR experiences that stand out in my mind as the most memorable. I really enjoyed my new member project in 2000 which was to plan and host a Thanksgiving dinner and party for the children at Children's Place South. It was very hands-on and a great introduction to the true mission of the JLBR. The project also allowed me to work closely with a great group of four women in my new member class. The second wonderful experience was serving on the Board of Directors for the first time last year under the leadership of Carolyn Arnold. I learned so much throughout the year from the women on the Board and their combined League experiences. I would highly recommend self-nominating for a Board position if you can!

As this year's V.P. of Communications, my goal is to continue spreading the JLBR news and mission to our members, sustainers, and community at large. Through our wonderful publications, including *THE BRIDGE* and Yearbook, as well as our informative web site, we are able to tell many stories, keep people in touch with League activities, and share experiences of our involvement with our important community projects. The

JLBR is all about "Women Building Better Communities," and the Communications Council will continue to ensure that all of our constituents are aware of our efforts to keep up the great work here in our very own community.

I have been married for almost two years to my wonderful husband, David. We live in Boca with our beagle, Max, and my personal interests include reading, traveling, and spending time with my family and friends. I am also fortunate to have a job and career that I truly enjoy, serving as the Director of Public Relations and Publications at Pine Crest School.



Michele Toomey - Fund Development: Once upon a time, new members were required to do "new member projects." I was assigned to the group that had to build the JLBR's first (and only) float for the Boca Raton Holiday parade. Of course, no experience was necessary but oh what an experience it was! The learning process was invaluable! We all learned from our advisor, Debbie Abrams, how to run a meeting, assign tasks, how to make a donation ask, how to stay on task and of course the value of "chicken wire!" Great friendships were formed, future leaders were developed and most of all it was as fun as it was rewarding to accomplish a task in the name of the JLBR. This was my most memorable experience!

As Fund Development Chair, (my husband wonders how I got this job since all I do is spend!), we are looking forward to expanding our fundraising efforts beyond the new restaurant openings! This year one of our goals is to research and apply for available grant opportunities. There are so many corporations and private foundations giving away FREE MONEY! All we have to do is apply. Our revenue goal is \$10K! Stay tuned to Fund Development's *BRIDGE* articles for updates on our progress!

Is there life beyond JLBR? In early 2004, my partner Kristen Ross and I became consultants for a hip yet sophisticated clothing line called Etcetera. We present the collection four times a year by appointment. This endeavor has been challenging but enjoyable! Beyond fashion, I enjoy running, eating and antique hunting. And of course, spending time with my husband Ted, and two children (woof-woof) Charlie and Bruno.

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MEET YOUR BOARD OF DIRECTORS CONTINUED FROM PAGE 11



Leslie Jackson, PR/Marketing Chair: Of course, chairing Publications for two years was a very enjoyable experience, but I would have to say that my ODI road trip to Tampa with Nicole Mugavero, Dorothy MacDiarmid and Lourdes Delfin would have to be the most memorable. Going to an ODI conference is such a great way to get to know one another! Who would have guessed that Nicole likes to drive on trolley tracks?! Seriously though, if anyone has the opportunity to go to an ODI conference they should - it's a great way to get to know women in your own League as well as women in Leagues from around the world, plus you learn so much about how the whole "League" system works.

As Chair of PR/Marketing, I hope to continue on the path of informing the community about the fantastic things that the Junior League of Boca Raton is doing in our community. I also want to stress to our membership that we are the best form of PR the Junior League of Boca Raton has. When we are out in the community representing the League, we need to talk it up! We need to talk to people about what the JLBR is all about. We shouldn't be in a group talking amongst ourselves!

I am a wife to Jeff, a mother to Courtney (9), Griffin (7) and Devin (4). I volunteer as a Girl Scout leader for my daughter, who is now a Junior Girl Scout, and I volunteer at Addison Mizner Elementary School and Rainbow of Love. In my spare time I like to read and do needlepoint.



Robin Deyo, Project Development: I love to see the League "Machine" kick into gear where we are working together as one. For example . . . Those first few hours of Trinkets & Treasures thrift sale are so energizing, hearing with pride at a General Membership Meeting about the positive impact we have made on a community project or stumbling across "Savor the Moment" in a local gift shop and remembering the countless number of volunteers that made our cookbook one of the best in the nation.

In addition to supporting the efforts of our Community Project chairs, Community Council and Planning Council, our commit-

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Keep Smiling!

tee hopes to identify a new signature project for the League. We want to find a project that will pull at the heart strings of our membership.

My husband, Charles, and I have a precious little 3-year-old daughter named Ryn and a growing electronic marketing business named Cendyn. It seems we work all the time but when we are not, we love to play hard and enjoy travel, wine dinners, good books and the beach. Moving to Boca Raton in 1997 has been great for us . . . we've made good friends, nested with our families nearby and enjoyed helping out in the community.



Barbara Hill, Sustaining Advisor: The most memorable experience I have had in the JLBR would have to be the year I served as president. It was a year full of challenges and rewards as we sought to establish the Children's Place South in Boca Raton. The year gave me such insight into the strength and influence of the League. It was an honor and privilege to represent such an outstanding group of women.

My goal this year is to help bridge the gap between sustainers and actives. I will attempt to get more sustainers involved in the activities and functions of the League. It is our obligation as former Active members to help "sustain" the League. I look forward to the coming year and getting to know the Active membership.

I am married to Doug, a CPA in Deerfield. We have three children, Tyler, Graham, and Kirsten. We have the state covered with Kirsten at UM, Tyler at UCF and Graham at UF! We have two Black Labs that are valuable members of our household as well :). I have begun a new career as a Realtor. While I am enjoying the challenges of real estate, I have found it has really hurt my tennis game. My personal goal is to get back into an exercise routine.



Barbara Phillip, Treasurer: My most memorable experience in the League was seeing the Vegso Community Resource Center become a reality and being such a beautiful, functional building.

My League goal this year is to set up a new system of accounting for the League that will provide more detailed information which will be helpful to the individual committees as well as the Board. I have also discussed with the V.P. of Finance the need to establish a book of standard operating procedures related to the League accounting that can be passed down from year to year.

I am a self-employed CPA. I work part time around my son Matt's school schedule. I am happily married to my husband, Michael. Along with having a great 12-year-old son, we have a crazy, sweet dog, Kayla.

COOKBOOK STRATEGIES BY GAE KAPRAL



Happy Summer greetings from all of us on the Cookbook Committee! We all are certainly getting excited for the upcoming year! We are looking forward to providing you with not only the award winning “*Savor the Moment*,” but also some wonderful other League swap books that we will be featuring at the monthly GMMs. We have some popular

books returning, such as *True Grits* from Atlanta, *Apron Strings* from Little Rock, *Bay Tables* from Mobile, and many others that will provide not only gift opportunities, but will challenge cooks at all levels. This year we will have a children’s party book and a couple of books for beginning cooks that will be fun. All will be available at the September GMM meeting.

We are still looking at new and exciting marketing strategies involving local realtors, developers and interior designers. We are also looking toward more mass media markets to promote “*Savor the Moment*.” Stayed tuned for more details!

Since we hope that all of you had an opportunity to travel our wonderful state this summer, please let Mary Lavallo or the Cookbook Committee know of any retail shops that you think should carry “*Savor the Moment*.” In the meantime, we are pleased to welcome two new accounts, Fine China and Gifts by Courtney Davis in Delray Beach and It’s in The Kitchen, a new shop that has opened in Weston.

Wishing you continued cooking success and we look forward to seeing you in September!

Grilled Pork Tenderloin with Honey-Beer Marinade
from “*You’re Invited*” by the Junior League of Raleigh, NC
Yield 8-10 servings



- 1 1½ - 2-pound boneless pork tenderloin
 - 1 cup beer
 - ½ cup honey
 - ½ cup Dijon mustard
 - ¼ cup vegetable oil
 - 1 small onion, finely chopped
 - 2 teaspoons rosemary leaves, crushed
 - 3 cloves garlic, minced
 - 1 teaspoon salt
 - ½ teaspoon ground black pepper
- * Place pork roast in 3-quart bowl or plastic container
 - * Combine remaining ingredients and pour over pork
 - * Cover and marinate at least one hour or overnight in fridge
 - * Remove pork from marinade
 - * Place on grill over coals or indirect flame
 - * Grill or bake at 350°, 30 or 45 minutes or until thermometer reaches 160°, basting occasionally
 - * Simmer leftover marinade 5-10 minutes and serve with roast



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WVOY LUNCHEON . . . CHECK! BY DENISE ZIMMERMAN



Kathy Adkins (Asst. Chair), Denise Zimmerman (Chair), Caroline Angstadt (Asst. Chair)

We are just two months away from the 17th Annual Woman Volunteer of the Year Luncheon (in case you didn't mark your calendar, it is Monday, November 1 at the Boca Raton Resort &

Club). Now, because we know that many of you are just getting back from a busy summer of sipping daiquiris, reading romance novels and lounging around (ok, maybe not) we compiled a WVOY checklist so you won't forget a thing!

- () Call Robin Philpit ASAP to place an ad in the program for your friend who happens to be a nominee (see the list below). OOPS! Yes, the deadline was August 31, but of course Robin will let this ONE ad slide in if you call her TODAY!
- () Fulfill your \$100 financial commitment by underwriting the event. You can mail your checks to the League office (don't forget to write WVOY on the memo line) or call Linda Donoghue, JLBR Office Manager, with your credit card information, 620-2553.
- () Get in touch with Caroline Angstadt – tell her you'll gladly donate \$50 to the JLBR so you can secure one of the gor-

geous table arrangements in an oh-so-pretty vase, courtesy of Tiffany & Co. They are so perfect and all will surely be sold by the day of the luncheon. Imagine everyone's envy as you walk out with one.

*** If you're more of a player than a spectator, skip the next two!*


- () Put together a list of your 10 favorite gals so when you get your invitation, you can fill it out and get it in the mail right quick. Tables are first come, first serve. You don't want to be too far from the runway and miss the hottest, latest, newest from SAKS.
- () Speaking of, call SAKS and arrange for one of their personal shoppers to help you decide which fabulous outfit you will walk down the red carpet in!
- () Ok, so you'd rather be in the trenches than the sidelines? Great! Don't forget to stop by the WVOY table at the September General Membership Meeting and sign up for a fundraiser shift. Remember that you need to complete a 4-hour and a 2-hour fundraising shift as part of your League requirement.

If you have any questions, please don't hesitate to contact Caroline Angstadt, Kathy Adkins or Denise Zimmerman.

17TH ANNUAL WOMAN VOLUNTEER OF THE YEAR NOMINEES

- American Heart Association: *Lisa Sliney*
- American Red Cross/S. County de Hoemle Service Center: *Carol Orze*
- Association for Community Counseling: *Helene Sacharow*
- Boca Ballet Theatre: *Susan Harris*
- Boca Raton Educational Television: *Susan Whelchel*
- Boca Raton Historical Society, Inc.: *Beth King*
- Boca Raton Museum of Art, Inc.: *Marie Munro*
- Boca Raton Police Services Department: *Rae Felter*
- Caldwell Theatre: *Madelyn Savarick*
- Centre for the Arts at Mizner Park: *Wendy U. Larsen*
- Children's Museum: *Penny Morey*
- The Children's Place at Home Safe: *Sylvie M. Godin*
- Christians Reaching Out to Society, Inc.: *Annette Hyder*
- Debbie-Rand Memorial Service League, Inc.: *Elise Winn*
- EPOC: *Rosalind Murray*
- Florence Fuller Child Development Centers: *Janelle Sloan*
- In The Pines: *Anna Ridolfo*
- Junior League of Boca Raton: *Anne Vegso*
- KIND (Kids in New Directions): *Betsi Kassebaum*
- March of Dimes: *Rosalind A. Gatewood*
- Migrant Association of South Florida: *Emma Vasallo*
- Rotary Club of Boca Raton/Sunrise: *Mary Malatesta*
- Ruth Rales Jewish Family Services: *Diane Feldman*
- Soroptimist of Boca Raton/Deerfield Beach: *Connie Siskowski, Ph.D.*
- Friends of the Unicorn, So. Fla. Chapter: *Valeria Rosenbloom*
- Tri-County Humane Society: *Arlette Baker*
- YMCA of Boca Raton: *Judith L. Schipani*

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ANNE VEGSO - ONE OF OUR GREAT ASSETS BY JOHANNA FELBERBAUM



Her name is familiar to all, as it graces our Community Resource Center. Anne Vegso is a generous financial supporter of the Junior League of Boca Raton and so much more. In our affluent city filled with name plaques, this lady – described by her peers as an angel, has proven that philanthropy and volunteerism do not have to be mutually exclusive.

The Junior League of Boca Raton has proudly selected Anne Vegso as our 2004 Woman Volunteer of the Year Nominee. She has supported the League in so many ways throughout the years. Anne’s a hard-working woman whose passion is volunteering. Even after dedicating fourteen years to many of the Leagues’ projects, she was surprised by her nomination and greatly honored.

When asked about her favorite placement, she chose the Children’s Place South. It was a project she began with a task force and after years of work was able to see through to completion. “We were doing such a wonderful thing – the need was so desperate.” This year she will be co-chairing the sustainer coordination with Marina Chaney and Betsy Bleich, who describes Anne as a “sincere, humble, and giving” lady who “truly believes in giving back.” Outside of the Junior League, her volunteer activities include rocking babies in the NICU nursery at Boca Raton Community Hospital – a job she enjoys,

as her two children are grown. Anne is also serving her third year on the board of AVDA. The organization is building a new transitional facility in Delray Beach and she is thrilled to once again be involved in and support another community project from start to finish. Anne and her husband Peter are publishers of the Chicken Soup series of books. True to the Vegso’s spirit of giving back to the community, a portion of the proceeds of the books are giving to corresponding organizations in need.



When not volunteering, Anne and Peter often travel. They especially enjoy spending time at their home in Ocala, where they breed, train, and board thoroughbred horses. It is a laid back atmosphere that allows them to get away and relax. Her 18-year-old daughter starts college this fall and her 23-year-old has recently joined the Junior League of Atlanta. Her advice to her daughter and the many new members of our League is to get involved. “The Junior League allows you to see what is happening in the community and to make friends. What you give comes back one hundred fold.”

The Junior League of Boca Raton is proud and honored to have Anne Vegso as our Woman Volunteer of the Year nominee. She defines grace, integrity, and selflessness and truly embodies the spirit of volunteerism.

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Portrait of Huntley, daughter of Richard and Elise Wood of Coral Gables, FL.



MARK YOUR CALENDARS BY KRISTIN CALDER



Picture this . . . a private portrait session with a professional photographer for you and your spouse, family or friends with a beautiful backdrop. It's all possible through the Junior League of Boca Raton's fundraiser, Family Portrait Day. This special event will allow you to capture the moment and will take place between Friday, November 12, 2004 and Sunday, November 21, 2004.

Last year's event was a huge success and we're excited to announce new details for our second year. Portraits will be taken at the beach at Sunrise, throughout the day and at Sunset. In addition, we've added a special location: The Boca Raton Resort and Club. This is a rare opportunity and space is extremely limited.

Junior League member and photographer Darcy Plimpton Sims, of Child of Mine photography and "Savor the Moment" cookbook CD-ROM will be taking the portraits again. With your portrait session, you will receive two rolls of 4 x 6 prints developed in a professional lab and all of the negatives! Turnaround time from your portrait session to receiving your prints and negatives is just a few days.

Sign-up begins at the September 14th General Membership Meeting. Reservations are available on a first come, first serve basis. Start thinking now about holiday portraits, gifts for the

relatives and holiday cards! Payment is required in full to hold your reservation. Portrait session rates are between \$250-\$350. Cash, checks and credit cards are accepted.

This year we will also extend a special invitation to your family and friends who would like to participate in our Family Portrait event. Please spread the word about this wonderful opportunity. The funds raised will benefit the League to help support its numerous worthwhile causes that benefit children, families and arts and culture. For more information about the Family Portrait Day event, please contact Kristin Calder, Family Portrait Day Chair.

Family Portrait Day Committee members include Kristin Calder, Chair, Tibisay Vasile, Chair-Elect, Becky Carlsson, Sarah Doyle, Rebecca Elman, Deann Joachim, Jill Patterson, Dianne Pfau and Kimberly Sipp.



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Recommended by Michelle Duffy

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STRIKE THREE BY AMANDA FAUST



You Are a Turkey, Shop til' you Drop and Mingle til' you Tingle

Fund Development is so excited to announce three new FUNdraisers for this fall. These events are the easiest way to support the JLBR and meet new people. Each event this fall is \$15.00 or under.

October 22, 7:00 - 9:00 p.m.: *Bowling Extravaganza!* Bring your friends & family for a night of laser lights, pizza, music and bowling. Look like a turkey or get a turkey, it is all about having fun and mingling with everyone you haven't seen in a few months. \$15.00 adults (12+) \$10.00 children (shoes, pizza and drinks are included). Each lane will have 4-6 people. Buy your tickets at the September and October Meetings.

October 26, 10 a.m. - 10 p.m.: *Bloomingdale's "The Shopping Benefit!"* Save 15-20% on almost everything. Buy your coupons at the September or October meeting and give to your friends and family. Each coupon cost \$10.00, which JLBR gets 100% of that \$10.00. When the coupon is turned in another \$5.00 is given to the JLBR.

November 17, 6:00 - 9:00 p.m.: *Royal Palm Place/Boca Magazine.* Royal Palm Place and Boca Magazine have invited

us to be the sole charity at this fabulous event, receiving 100% of ticket sales and raffle sales. Royal Palm Place is having a big party with great prizes, scrumptious food and much more. The cost is only \$15.00! This is another great event to mingle and meet new people. Again, tickets will be sold at the General Membership Meetings!

Have you heard of *IGIVE.com*? Do you buy anything online? Go to their website and register your name and address and select the JLBR as your charity. IGIVE.com has commitments from 650 merchants that will donate a portion of your purchase to JLBR. When you sign onto one of your favorite web sites (for example: expedia.com), IGIVE.com will automatically pop up on your screen to let you know how much of your purchase will be sent to the JLBR. You don't have to log onto IGIVE.com to order but you can check with the website to see your balance from donations. Recommend this to your friends and family. This is such a simple way to contribute to the JLBR without leaving your house!

Fund Development is constantly presented with fundraising opportunities and we take into great consideration whether or not they will benefit the JLBR and if members would be interested. Please do not hesitate to contact either Michele Toomey, Chair, at chicken007@msn.com or Amanda Faust, Chair-Elect, at amandafaust@bellsouth.net if you have any suggestions or ideas.

TRINKETS & TREASURES READY TO ROLL BY DONNA MOCK



I'm just trying to figure out where the summer has gone, and I think that the last thing I said in May was where had the year gone. I hope all of you had a wonderful summer and are all rested up for the coming year. Trinkets and Treasures had a rather uneventful summer, but with lots of great plans and ideas for the upcoming year.

The location and a date for the event will be at the South County Civic Center in Delray Beach during the weekend of March 4th - 6th. We will start collecting all your wonderful treasures in November. We'll get a schedule out shortly along with an updated price list that will be available at the September General Membership Meeting and on the JLBR web site.


One of the major changes this year, is that we are really going to try and establish ahead of time our Junior League Boutique areas that we know all of you are dying to rummage through. So please, as you are cleaning out and sorting, set aside any items you would want to see in the Boutique and box them up separately and label it as such.

We have a couple of things coming up soon and we wanted to let you know about them. First things first, at every General

Membership Meeting we will have an item of the month to collect. Starting in October, for example: costume jewelry, children's books, handbags, and easily portable items will be collected. Next we are going to have a kick off party for Trinkets and Treasures on October 14th at the Vegso Community Resource Center. Food, wine and fun will be had by all and the only thing required to attend is a new item to put in a Silent Auction Basket, (i.e., picture frames, vases, scented candles, gift certificates, you get the idea.) We'll get more information to you in September.

Regan Such (Chair-Elect) and I are looking forward to a spectacular and fun year. See you in September.

City of Boca Raton



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FOOTPRINTS IN THE SAND BY ROBIN DEYO



Project Development is under way. Our committee includes, Michelle Coggiola, Sarah Flynn, Mary-Randolph Scott, Kathy Lewis and Mary Csar as Sustaining Advisor. Our dynamic group met in late July to start the process of looking for a new community project for our League to support. And the ideas started flowing!

It was suggested that, after years of successful fundraising for everything from the cookbook to the new Vegso Community Resource Center, the League could use a new community project that our members can sink their teeth into. One that would strike a cord with our heart strings, is good PR in the community as to the core philosophies of the League and something we could showcase as the reason for our continued fundraising efforts.

After meeting with most of the community chairs for status updates on their projects, I also solicited sustainers like Lisa Mulhall and Cindy Krebsbach for ideas. While they made great recommendations, Lisa wisely advised us that the process is not as easy as it sounds. First off, if there was an obvious needy

project out there, all those dedicated Project Development committees before us would have already targeted it and made it a reality. We also need to make sure the project meets the League's positioning statements, offers the best mix of funding and volunteers efforts and is truly compelling to our League members. Not many projects meet all those criteria.

So like sponges, we are asking everyone for ideas. Our team is reaching out to past, current, and prospective organizations for their proposals. Chatting up fellow members and encouraging everyone we know to submit ideas, inspirations or other offers!

While writing this article I wondered, do we have a listing of all the community projects the League has initiated or worked on in the past? It would be interesting to see the footprints we have left in our service area. As you can see, our members have had a huge impact in making Boca Raton safer, healthier and better educated.

Reading through the list, I am so very proud to call myself a member of the Junior League of Boca Raton. You should be too!

Thanks for being a part of our special group of caring women.

PAST & PRESENT JLBR PROJECTS



“Singing Pines” Building Preservation
 Alcohol Awareness
 Alden Academy
 ARC
 At Home Alone
 AVDA
 BABES
 Boca Bell
 Boca Helping Hands
 Boca Raton Beautification Project
 Boca Raton Blood Bank
 Boca Raton Center for the Arts
 Boca Raton Community Hospital
 Boca Raton Convalescent Home
 Boca Raton Historical Society
 Boca Raton Public Library

Boca Raton Volunteer Center
 BRET
 Caring Kitchen
 Center for Group Counseling
 Child Watch
 Children's Assistance Committee
 Children's Museum of Boca Raton
 Children's Place South
 Children's Science Explorium
 CHIPS
 Community Connection
 Community Food Pantry
 Delray Beach Historical Society
 Dixie Manor
 Drug Film
 Education of Parents of Hearing Impaired
 Family United Now Visitation Center
 Farmworker's Coordinating Council
 Fiesta of Arts & Crafts
 Florence Fuller Child Development Center
 Florida Historic Preservation Commission
 Fountains Nursing Home
 GATE
 Grandparenting Program
 Guardian Ad Litem
 Habitat for Humanity
 Healthy Mothers/Healthy Babies
 In the Pines

JLBR C.A.R.E.S.
 Just say No!
 Kids@Home
 LEAP
 Mainstream Teen Center
 Microplex Science Museum
 Migrant Health Fair
 Mott Reading Program
 Music Appreciation Program
 Palm Beach Habitation Center
 PBC Education Foundation
 Project Graduation
 Project LEAD
 Project You
 Puppet Pals
 Puppet School Program
 RDT Center
 Runaway & Abused Teenage Program
 SADD
 Safeplace
 Sandoway House
 Singing Pines Museum
 Sugar Sand Park
 The Haven
 Tutoring Through Schools
 United Way
 Vegso Community Resource Center
 YMCA
 Youth Activities Center

FREE EYEGLASSES TO YOUNG ADULTS BY LESLIE JACKSON



Thanks to the generosity of Dr. Ronald P. Snyder and Dr. Jed G. Beck of Pearle Vision at St. Andrew's Plaza, seven young adults from the Junior League of Boca Raton's outreach partner, Kids@Home, received complimentary eye exams on July 22nd and five of the seven participants received eyeglasses at no charge.

professionals committed to strengthening lives of promising young people by giving them the emotional support and practical tools that they need to lead productive fulfilled lives. Kids@Home was founded by the Altman Foundation for Children.

Nancy Trowbridge-Kitchens of Pearle Vision met with the past president of the Junior League of Boca Raton, Carolyn Arnold, several months ago and expressed Pearle Vision's desire to give back to the community. Pearle Vision at Saint Andrews Plaza chose to partner with the Junior League of Boca Raton "because of the organization's long standing commitment to the community and its unyielding outreach to children" stated Trowbridge-Kitchens.

This was the second of three events sponsored by Pearle Vision at Saint Andrew's Plaza for the Kids@Home organization. On June 10, nine young adults received free eye exams and seven of the nine received eyeglasses at no charge. "We want to give back to our community and help these young people achieve their goals through better vision" said Dr. Beck. "Hopefully our efforts will help them in their educational endeavors and beyond," added Dr. Snyder. "It was a wonderful feeling having helped those in need," he concluded.

Kids@Home is a nonprofit organization led by dedicated, talented

The third complimentary eye exam program for Kids@Home participants took place on Thursday, July 29 at Pearle Vision at Saint Andrew's Plaza.





for children newborn to 1 1/2 years, incorporates the most current research on early childhood development and provides families a special place for learning and connecting with other parents and babies through music and movement. A true bonding experience. Eight weekly sessions.



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IT'S A GROUP EFFORT BY KATHARINE MOSS



The Junior League is proud to announce that the C.A.R.E.S. Committee has formed a partnership this year with Leeza's Place. C.A.R.E.S. will support Leeza's Place through coordination of volunteers for service, support, and education to caregivers and their families.

Leeza's Place was founded in 2002 by Leeza Gibbons and her family in tribute to her mother and grandmother, who both suffered from memory disorders and Alzheimer's disease. This organization was developed in response to the growing needs of those suffering from these related disorders and their caregivers. By blending practices of social services, healthcare advocacy efforts and partnerships with Universities around the world, Leeza's hope is to create a national community of physicians, local non-profits, caregivers, educators, and researchers dedicated to community, care, and a cure for memory disorders.

The newly constructed site of Leeza's Place (expected to open October 2004) will be located on the campus of Florida Atlantic University in the Louis and Anne Green Alzheimer's Research Center & Care Facility. The establishment and operation of Leeza's Place have been a joint effort of the Leeza Gibbons Memory Foundation, Florida Atlantic University, and support from various organizations (JLBR) and benefactors.


Over the past two years, the C.A.R.E.S. Committee has worked diligently to establish and foster relationships with local healthcare providers and organizations. These include Boca Community Hospital, FAU's Memory and Wellness Center and Caring Hearts Auxiliary. FAU's Memory and Wellness Center (located at FAU's College of Nursing) provides comprehensive and coordinated primary care for many of Boca Raton's seniors. They offer memory/cognitive screening, routine healthcare, comprehensive care management, caregiver counseling, education and support. The Memory and Wellness Center also offers a Driver Assessment Program for seniors. This comprehensive driving evaluation encompasses tests of visual acuity, visual scanning/tracking ability, cognitive tests of driving safety, and a "behind the wheel" assessment. The Caring Hearts Auxiliary was established to support the fundraising initiatives of FAU's Memory and Wellness Center.

After working with these local healthcare organizations, the C.A.R.E.S. Committee witnessed how well each group worked independently and in conjunction with one another. We found Leeza's Place to be an excellent opportunity for JLBR to be part of and to be involved in the development of a facility designed specifically for the caregiver.

In April 2004, Kristen Ross, Vice President of Community Council and former C.A.R.E.S. Committee Chair, invited

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Robert A. Eckelson, D.D.S., P.A.



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IT'S A GROUP EFFORT CONTINUED FROM PAGE 20



Future Louis and Anne Green Alzheimer's Research Center & Care Facility where Leeza's Place will be located

C.A.R.E.S. Committee members' Jeanette Himes and myself to address the JLBR's Board of Directors. Yvette Grove, a representative from Leeza's Place for Organizational Development, accompanied the meeting. Yvette oriented

requested the remaining balance of C.A.R.E.S. Committee funds to be directed toward Leeza's Place. The C.A.R.E.S. Committee would formalize the details of partnership with a proposal to the Project Development Committee during the 2004-2005 League year. Community Council moved to approve a donation to Leeza's Place of the remaining C.A.R.E.S. funds in the amount of \$7,500. All guidelines establishing our relationship with Leeza's Place will be defined in the Assistance Agreement signed by both organizations.

the Board on Leeza's Place and its vision. We discussed the committee's progress thus far; the role JLBR would have if involved in a project such as this and explained that any help from JLBR would be used as support for programming, not for medical treatment. Programming at Leeza's Place focuses on the education, energy, and empowerment of the caregiver within a home like setting. Some of these programs include: Memory Screening, Confident Caregiver Courses, the Memory Life Ledger, Mentoring, and Outreach Support. Leeza's Place will have one full-time employee. The remaining manpower will be provided through volunteers.

As we begin the 2004-2005 League year, our hope is that with continued support of community leaders, Leeza's Place will become a place of respite for caregivers. As members of JLBR we wish to serve and provide great opportunities for those in need. For more information call 1-888-ok-Leeza or log onto www.leezasplace.org, Yvette@memoryfoundation.org, www.fau.edu/memorywellnessCenter/index.html, or pick up a brochure in our resource library.

Jeanette Himes and I proposed the idea that JLBR form a partnership with Leeza's Place to support, educate, and provide volunteers for service within Leeza's Place. This recommendation was made following assessment of committee experiences, previous goals, and the need for committee change. Jeanette and I

"Alzheimer is the disease that robs the mind of the victim and breaks the hearts of the family."
*... Jerome H Stone, President,
 National Alzheimer's Disease and
 Related Disorders Assn.*

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MEET PIA BY DOROTHY MACDIARMID



This year's Public Issues & Advocacy (PIA) committee is small but mighty. Jane Rea sells curriculums to the state Department of Education and is getting involved with lobbying. She has many friends on both sides of the aisle in Tallahassee. Jamie Wicker is fresh out of the University of Florida graduate school, where she earned a Master's degree in Political Science. She is currently working as Campaign Manager on the reelection campaign for State Representative Adam Hasner. Julie Dickard is employed by Intermark Interactive. Although she's not professionally political, she has a strong political philosophy and is active in Republican party activities. She has graciously agreed to be committee Chair-Elect. And me, your PE, Dorothy MacDiarmid, political by marriage; my husband, Blake is a political consultant.

At the AJLI Annual Conference this past April, a resolution was proposed to reinstate AJLI advocacy on national level. We are an organization of 171,000 women strong. Many of us feel we would be derelict in our duty as champions of women, children and families not to. JLBR as a membership is a mighty 320! Our committee believes that advocacy at the local, states and national level completes the awesome process of Junior League work. When the League identifies a gap in community services, the

League fills that need with trained volunteers and dollars with the plan that the projects are self sufficient in 3-5 years. It makes sense that we take care to ensure that government helps or doesn't hinder the effort when possible. For example Kids@Home is busy with the day to day work of taking care of the kids transitioning out of foster care and into adulthood. It is our responsibility to speak up for our projects and keep our focus on the big picture. Later this month Project Development will host our community projects for breakfast. PIA will attend to discuss and hear what current legislative issues we can get involved with that effect our projects.

PIA's goal is to make advocacy easy and accessible to you, to educate you on matters that affect our children and projects, to give you the opportunity to participate in the voting process with registration and reminders, letter writing campaigns and petition signings. Four years ago, the Presidential election was the best example as to why every vote matters. Palm Beach County was the deciding factor in that election. With November elections coming up, we will have the forms to register to vote at the September General Membership Meeting.

Jane, Julie, Jamie and I look forward to the work ahead of us this year, participating in Florida Junior League's active State Political Advocacy Committee (SPAC) and supporting the good works of our projects. If you have any questions or issues you would like us to consider please email me at dcmim2@aol.com.



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SOME THINGS OLD, SOME THINGS NEW BY MELINDA DEHOFF



*Some things old, some things new
Do your DIAD shift early and you
won't be blue!*

The DIAD Committee for 2004-2005 is happy to offer many of the old favorite shifts again this year - Sandwich Day, Special Olympics and In the Pines Sports Day, to name a few. Sandwich Day will be held the first Thursday of each month, from September to April. Special Olympics will hold a bowling competition which is scheduled for October 16. The date for In The Pines Sports Day will be announced shortly. There will be many more old favorites, so come visit us at the September General Membership Meeting or look on the web to sign-up.

Besides the old favorites, the DIAD Committee is working on

putting together some new shifts this year. We are trying to work with Shoes for the Soul and plan to work with Kids@Home on some additional shifts. If you have any ideas for a shift, or someone that you would like us to approach, please contact Melinda DeHoff at melinda_dehoff@yahoo.com or Stacy Lovit at stacylovit7@hotmail.com. We would love to hear from you!

Other events to watch for this year include Spirit of Giving Toy Drive, Celebrity Chef Cooking at Carver Estates, Jason Project, Thanksgiving in a Box, Health Fair and many, many more.

Please make sure to stop by our table at the September General Membership Meeting to sign up for your favorite shift. You can also sign up on our web site, www.jlbr.org. Our website coordinator will acknowledge your sign up within 72 hours.

VCRC PARTNERS WITH FAU BY PEGGY JONES



The Vegso Community Resource Center (VCRC) Programming Committee has partnered with the School of the Arts at Florida Atlantic University and the Nonprofit Resource Institute of the Community Foundation of Palm Beach and Martin Counties to bring CoLab Training to local nonprofit agencies. Colab is a three-day training created by Bess de Farber, Master of Nonprofit

Management and Certified Professional Facilitator. The purpose of CoLab is to help organizations develop useful and productive collaborations with other nonprofit groups. The three-day event will be presented at a nominal fee (the cost of lunch for participants in the training room at the VCRC.)

Training will be conducted at the VCRC on October 7, October 22, and November 3. Nonprofit agencies will learn about existing organizations/staff representatives and their assets. They will also learn about the best practices for partnering with local community-based organizations. Outstanding national, regional, and local models of collaborations will be highlighted. Organizations can identify others who want to collaborate with them and build awareness of untapped resources.

**A LIBRARIAN NOW ON STAFF AT THE
NEWMAN-CRASKE GRANT RESOURCE LIBRARY**

The Vegso Community Resource Center Programming Committee is happy to announce that **Liz Locke** (sustainer) will be joining the staff of the JLBR to help with running the VCRC Grant Resource Library. Funding for this position is paid through the generous support of the Community Foundation of Palm Beach and Martin County.

Liz has extensive experience working as a librarian and also has recently developed grant-writing skills. She will be working with committee members to help organize and operate the library for the community. She will work approximately ten hours per week and is available to help those who need assistance in the library. Liz will also conduct the Grant Resource Library training orientations held on the first Thursday of each month from 10 a.m. to noon. The Library is open to the public Monday through Friday from 9:30 a.m. to 3 p.m. For those who wish to learn about the resources available in our center, for you or community agencies, please contact Liz or any VCRC committee member.

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DON'T BE CAUGHT WITHOUT YOURS . . . BY STACEY HANNAN QUINN



Can you believe that summer is over and school has already started? While most of you were relaxing and enjoying well-earned vacations, the Summer Publications committee was extremely busy working on the 2004-2005 Membership Directory and Handbook, also known as the JLBR Yearbook.

The JLBR Yearbook is filled with all sorts of valuable information including the photos and contact information for all active and sustaining JLBR members, Calendar of events, membership responsibilities, JLBR officers, 2004-2005 placements, Strategic Plan, By-Laws, Policies and Procedures, SPAC Position Statements, and historical information on the Association of Junior Leagues and the Junior League of Boca Raton. Something new has been added to the Yearbook this year, please look for "Building Usage Information" in Section A.

The 2004-2005 Yearbook is finally complete and will be available at the September General Membership Meeting (GMM) on Tuesday, September 14th. Please look for the Summer Publication's table to pick up your copy of the Yearbook, since this will be the only time that Yearbooks will be available at a GMM. Active members who are unable to attend the September General Membership Meeting can pick

up a copy of the Yearbook at the League office after September 15th.

For sustainers, yearbooks will be available at the September General Membership Meeting and the Sustainer Luncheon, September 30th. If you do not plan to attend the luncheon, you can expect to receive your yearbook by mail by the end of October.

The Summer Publications committee (Stacey Quinn, Kirsten Braaten, and Sonia Djahanshahi) would like to thank the following League members for their help and support: Emily McMullin for downloading the membership database and sending the records to the printer before our deadline. Trudyellen Richards for taking the photographs of active and sustaining members. Michele Weizer Simon for providing updated Policy and Procedures and SPAC materials to be included in the Yearbook. Nicole Mugavero for providing 2004-2005 placement information. Lisa Bariso, Dorothy MacDiarmid, Kara Donvito, Cindy Krebsbach and Mary Lavelle for painstakingly proofreading the Yearbook. Linda Donoghue, JLBR Office Manager, for assisting with photographs and edits, and responding to numerous questions with unfailing patience.

The Summer Publications committee would also like to thank Mike Fitz and Cheetah Graphics for the tremendous effort required to produce another successful JLBR Yearbook.

YOUR MSAT YEAR AT A GLANCE BY ALICIA RIGGINS



Are you as excited about the upcoming Junior League year as we are? We hope so! The Membership Satisfaction and Training Committee has spent the summer gearing up for the exciting and fun year ahead. This year, we will be offering you more training opportunities, and continue to bring you our annual membership satisfaction survey in the spring.

This year's committee will be led by Kristina Rizk, along with Alicia Riggins. We've been planning all summer to bring you the best MSAT committee year possible, and we are very excited about what is coming!

Our first training seminar this year is this month: **DIGITAL CAMERA TRAINING** on September 30th at 7 p.m at the VCRC. Come out and learn all about how to choose and use a digital camera, as well as how to take and produce memorable photographs. And – get your photos into *THE BRIDGE* with ease! This training will show just how easy and fun taking pictures digitally can be! It will take place on September 30 at the Vegso Community Resource Center. Time has not been established. For more information, please contact me at Aliciarig@juno.com.

We also plan to offer at least three more training sessions during the year, including "How to Sell on Ebay," "Leadership Training," and "Meeting/Agenda Procedures." Be on the lookout for the dates!

Interested in double placing with us this year? We're looking for more teammates in the new year! If interested, please contact Kristina Rizk at khilson2003@yahoo.com or Alicia Riggins at Aliciarig@juno.com.

See you at the Digital Camera Training in September!



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INTERNAL P.R SHAKES THINGS UP BY LARA EPPERT



Hello ladies and welcome back to another exciting year of the Junior League! Emily and I are certainly looking forward to everyone having a great time as we all gather together at our General Membership Meetings. We hope our group will come up with some great themes that can help take you away for an evening, as well as learn what the other members of the League have been up to during the past month. As always, we will have “members of the minute,” “members of the month,” and commercial breaks, to let you know who has been outstanding and to let you know what is coming up that you don’t want to miss! We want to make the meetings as fun and as informative as possible.

We will be keeping the happy hour beforehand with food and cocktails. It just wouldn’t be the same without the vendors! I don’t know about you, but those vendors have gotten me out of several gift jams! We are always on the look out for new vendors, so if you know anyone or if you would like to help out the League, while we help you out, please contact Emily or myself. There is always room for more at our table! You will also need to contact us if you need a table at the meeting for your commit-

tee. That’s always an easy way to get sign ups and get the word out on a new project or get together. You can reach us at: emc-mullin@cendyn.com or lara.eppert@traveltradersllc.com.

We are shaking things up a bit and having two of the meetings at the VCRC this year. There will be one meeting in the Fall and one in the Spring. For those of you who made it to the April meeting at the VCRC, you know what a hit it was, so we are trying it again. These will also be morning and evening meetings like the one last year. The League is ever growing and changing and IPR wants to grow and change with it. I look forward to seeing everyone at the kick off meeting in September. Get ready to hit the ground running!

Here is a list of our meetings so you can mark your calendars!

September 14, 2004	Renaissance Hotel
October 12, 2004	VCRC (A.M./P.M.)
November 9, 2004	Renaissance Hotel
December (tba) 2004	Gatherings
January 11, 2005	Renaissance Hotel
February 8, 2005	Cottage Meeting
March 8, 2005	Renaissance Hotel
April 12, 2005	VCRC (A.M./P.M.)
May 10, 2005	Renaissance Hotel

MEMBERS AT LARGE - LIFELINE TO THE JLBR BY NANCY DOCKERTY



Welcome back! Doreen Zic-Hock and I are so excited that the League year is off and running. We’re looking forward to all the great events this year. Speaking of events, do you know a League member who has had a major event in their life - maybe a new baby, or sadly a death in the family? If so, please contact Member at Large so we can send our support.

Did you know that our League is ready to help out in a crisis? We can help prepare and deliver meals to our member’s families who are dealing with a death in the family. If you are inter-

ested in helping us, please sign up at the September General Membership Meeting.

Now for the fun stuff! Do you have a secret to share? Do you have some incredible news to share? This year we’re starting a new article in *THE BRIDGE*, “Did You Know....” This is so we can highlight our special and unique members. For example, you are starting your own business, we want to know all about it. Or, you’re going to climb Mt. Everest, (Wow!) tell us about it, or you know of a member who is doing something incredible and you want to share the scoop. We have so many interesting members in our League - we want to hear all about them! Just send an email to ndockerty@dockertyromer.com and stay tuned for some great stuff!

MEMBERSHIP DEVELOPMENT BY STEPHANIE CRITCHFIELD



The summer is coming to an end and it’s time to toss around familiar phrases such as “Back to School,” “Returning Winter Residents,” and “Tropical Systems.”

It’s also time to start thinking about The Junior League and our contributions to the community. With the New Member Class returning to a one (1) year class,

we have a terrific group of women joining us this year. Our committee has been working hard planning an exciting year for the New Members. You’ll get to know them in the coming issues when we highlight each of them. In addition to learning about the history of the League, the new members will get hands-on experience working with Trinkets and Treasures as their New Member project. We think this will be a win-win for all.

We hope you all had a wonderful summer!

FOUR GIRLS' JOURNEY TO LEADERSHIP BY DOROTHY MACDIARMID



**ODI: Organizational Development Institute, Tampa
February 20-22**

Having recently chaired Trinkets and Treasures, I know how dear our training dollars are. In an effort to get the most for our money, I take every opportunity to meet other Leagues leaders and gather the most information I can on all things Junior League! I am privileged to attend on behalf of JLBR and hope that by sharing my experiences it will inspire you to jump into leadership!

Getting there is half the fun!

Nicole Mugavero (Nominating/Placement Chair), Leslie Jackson (Public Relations chair) and Lourdes Delfin picked me up at 7a.m. Friday morning and we headed west on Southern Blvd. bound for Tampa and a noon kickoff luncheon!



Leslie

We were a jolly group for such an early hour, enjoying getting to know each other and reading the magazines Nicole thoughtfully packed. FYI: We were pleased to find a gas station with a fabulous gift shop somewhere east of LaBelle, where there were the loveliest, little birds in a huge cage back by the bathrooms as well. It made for an interesting potty break.

We arrived on time, thanks to Nicole's capable driving. Time and time again, she proved her mettle behind the wheel. Showing she has great coping skills, is easy going and works well under pressure, Nicole managed the streets of Tampa all weekend with aplomb! Each time we needed to turn left, we were inevitably in the far right lane and more often than not we were headed in the opposite direction. And she never let out a curse word!

First Day:

It was fun for me to see some familiar faces from the Dallas Networking/Governance meeting. I ran into Heidi, PE from Northern VA, interested in our Family Portrait Day and Lisa, PEE from San Diego, an old friend of mine from a playgroup out there!



Lourdes

There had been a lot of excitement at that conference about Tampa ODI, so there was a huge turnout. It was the largest ODI ever with more than 300 ladies in attendance! We registered, signed in and received a nice AJLI bag full of

local information and a notebook with an agenda and schedule.

Nicole attended four workshops on Leadership Development, Leslie on Fund Development, Lourdes on Community Impact, and I was in the PEE/PE training. Breaks are accented with various cookbook sales. We all ended up leaving with a few more cookbooks!

There were several times when we were all together to hear a speaker. These AJLI speakers/trainers are such dynamic women, the kind that must never sleep they're so accomplished! One of my favorites was a lady speaking about growing Diversity and Inclusion within the Junior League. It is amazing how broad our membership is growing now: working women, working mothers, stay at home moms, many different ethnic backgrounds, religions, etc., all coming together and working toward a common goal: *"developing the potential of women and improving communities through the effective action and leadership of trained volunteers."*

Here's a story about the diversity of AJLI:

That first night, JLTampa hosted a cocktail party at their beautiful headquarters. It was a lovely older house right on a river. It was a typical Junior League event; women shopped while sipping wine. Hors d'oeuvres made from JLTampa's cookbooks were passed. Our arms loaded with purchases, we stopped at a table to enjoy a cocktail, sharing the table with the President and PE from the Junior Service League of Guadalajara. They've been working for 19 years to become a Junior League!

Mercy, the President, is an American living in Mexico and is never without her notebook full of pictures of her beloved project, Mi Bebe es Yo. She shared with us the story behind each photo of the maternity ward and orphanage at a local hospital. Yes, sadly there is an orphanage at the hospital! 75 babies are born there each day. Only 45 of the babies born daily end up being healthy, with mothers as young as 13. There are no hospital gowns, no feminine products. There are no bassinets or nurseries; no safe places outside of a mother's arms for a baby. The babies are wrapped in thick wool blankets. They are not allowed to take these blankets home. They are nursing mothers, only the wealthy in Mexico can afford formula, so they need to drink lots of water. The only fresh water available to mothers is down a hall, where they juggle the sheet they are wrapped in and hold their baby while pouring the water into a cone cup. Conditions are so dire in the community that many mothers leave their babies at the hospital orphanage. They just purchased a washing machine for the orphanage. Nicole, Leslie and I tried to maintain our composure, but through her words and pictures, the reality was so heart wrenching tears streamed down our faces.

We decided that night that we would do what we could to not

... continued on page 27

FOUR GIRLS' JOURNEY TO LEADERSHIP CONTINUED FROM PAGE 26

only help out the babies of Guadalajara, but also support the tenacious ladies of the Junior Service League in their endeavor to become a Junior League! This is what compelled us to have a baby blanket collection in April.

Second Day:

Breaking news from home: My husband called to tell me our son was accepted into the school we'd hoped for, and he'd scored two goals in his first soccer game. I cried.

In PE/PEE training, anxiety was high. Lisa, PEE from McAllen, TX was fighting a migraine and self doubt. Barbara, PE from Portland, OR found out only two weeks prior to the conference that she would be the incoming President in May! Lynne, PEE from Pittsburgh, PA laughed with Philadelphia PEE, Debbie about how much larger and established Philadelphia is with a full-time office staff of 10!

We covered Governance & Management duties, Board Member Basics, Team Building, Parliamentary Procedure (love it!), and THE BIRKMAN: an odd little quiz that uses four primary colored blocks to tell you things about yourself you probably already know. The miracle of THE BIRKMAN is that from its bizarre questions (ex: Would you rather be a private investigator or a house painter?) it accurately identifies your work and stress behaviors.

The Junior League of Tampa President spoke during lunch. My ears perked up when she mentioned that their 40th Trinkets & Treasures Thrift Sale would be their last. The committee of 75 had put in countless hours and netted \$20,000. With less than a week to go until our own Trinkets & Treasures, I began to worry.

After being inside all day sitting, a trip to the mall was in order! Cocktails and shopping - always a great recipe for unwinding.

Third (and final) Day:

We discussed the importance of clear strategic plans. Columbia, SC has their committees state what part of the Strategic Plan is their goal for the year. The President's role as a facilitator, measurable outcomes, the importance of adherence to the Bylaws - all sorts of topics that sound really dull and abstract, but are truly fascinating, practical tools of running a successful League were covered! When this excited me, I knew I'd be ok as JLBR President.

I still have over a year of training, observing, and planning to go. I'm listening, brainstorming, and taking notes like crazy. I'm making friends along the way, learning and swapping ideas, and enjoying the process. I hope by sharing some of my experiences at ODI, you will learn something, get to know me, and share in my enthusiasm for the JLBR.

TIPS ON GIVING

Weakening economic conditions have curtailed donations and thereby further strained the traditionally lean budgets of non-profit organizations. The following are ways to give in spite of a tight personal budget:

- Attic and closet clearing: clothes, furniture, art, toys, books, and magazines can provide a nice tax write-off when you deduct their fair market value. Keep a detailed list of your donations and get a receipt. If you donate more than \$250 in cash or property, the receipt must specify the amount of cash or give a description of non-cash items.
- Volunteer your time, service, and expertise. Many charities consider contributions of time equally as important as money.
- Donate appreciated assets (capital assets held for at least one year) before cash: You may write-off the current value of the assets and forego any tax triggered on the capital gains if you first sold the assets. Avoid donating assets that have declined in value. Sell them first to realize a tax loss and then donate the cash proceeds.
- If your donation is charged to a credit card by year end, you may take the deduction this year and make the payment next year.

- The donation must be made to a qualified charity. If the organization is unable to confirm its tax status to your satisfaction, consult the IRS PUBLICATION 78 for the list of tax-exempt organizations or check the IRS web site at <http://www.IRS.gov>.
- You must itemize your deductions to claim any tax benefit. Ordinarily, itemizing makes sense when your total deductions, including mortgage interest, medical expenses, and charitable contributions exceed the standard deduction. If your deductions are close to the cutoff point, you may benefit by combining contributions for two successive years into a single year to get the maximum tax benefit.
- Keep records of your donation receipts.

The annual dues of many charitable organizations are deductible. In addition to the fair market value of our thrift item donations, JL members can claim tax deductions for contributions to JL meetings such as food, provisions, and books or toys for the underprivileged. When JL deductions are combined with other volunteer expenses and charity tax write-offs, a nice tax break results.

Your tax advisor, who should be consulted before taking any deductions, can help you keep accurate and detailed records to ensure your well-deserved tax break.

SUSTAINER SCOOP BY LOU ANN SUCH



WELCOME BACK to another amazing year with Marina Chaney, Betsy Bleich, and Anne Vegso, our Sustainer Co-Chairs. They have been plotting all summer long for new ways to activate sustainers. Believe me, they have some doozys.

But first, let's hear about some of your vacations. I flew to Palm Springs so that my husband could play five of the PGA golf courses with some of his friends. Now I am off to Cape Cod for a couple of weeks. (Remember, I write this one month before you get to read my stellar remarks.) Barbara Williams went to Bora Bora and several other South Pacific Islands for the month of August. Susan Whelchel celebrated her 60th birthday (she said I could tell everyone that she is 60) in Beaver Creek, CO. She had her whole family there, which added up to eleven people. They made her go on a four day forced march which consisted of horseback riding, zip lining, white water rafting, riding a bike 26 miles, and hiking three miles up a mountain. Also there for the celebration were Marilyn Osborne, Carolyn Cunningham, Rita Head and Deanna Rosemergy and husbands. Sounds like the "Who's Who" of Boca Raton.

RECAP: TRIP TO NEW ORLEANS

Barbara Williams planned her last trip, this time to New Orleans. Nineteen lucky sustainers traveled together on tours to

plantations, the Bayou, cemeteries, house tours, historical tours and more. They even managed to have all nineteen eat dinner at the same restaurant every night. Barbara said they had to cheat to make reservations since no restaurant would take a table of nineteen. Actually Commander's Palace did seat them all together in one room for brunch one day. They even had a guest speaker on antiques. Barbara really knows how to plan a trip. Our hats are off to you, Barbara.



Polly Cochran was awarded the prestigious Myrtle Butts Fleming Award by the Historical Society for her years of dedication and her inspiration for the Fire Bay gift shop house in Town Hall. Congratulations, Polly.

Marina, Betsy, Anne and the Butterfly Court (the court being the Sustainer Council made up of all the chairs of our many interest groups) will be meeting September 3rd to plan for this year's flight pattern of events. Marina, Betsy and Anne are determined to get more of us sustainers back into League activities. Don't be shy. You will be amazed at how friendly everyone is and how much fun you have seeing old friends and new. Call a chair if you want to join one of the interest groups. (Okay, that's the end of my lecture.)

The League is looking for sustainers to be advisers to committees and/or be on the committees. Sometimes we sustainers have more time than the actives with children. If you are interested, please contact Nicole Mugavero, Nominating/Placement Chair.

Congratulations to five of our sustainers for being nominated as Wachovia's/JLBR Woman Volunteer of the Year. They are *Anne Vegso* for the Junior League, *Susan Whelchel* for Boca Raton Education TV (BRET), *Beth King* for the Boca Raton Historical Society, *Sylvie Godin* for The Children's Place at Home Safe, and *Arlette Baker* for Tri-County Humane Society. We are very proud of our sustainers!

... continued on page 28

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SUSTAINER SCOOP CONTINUED FROM PAGE 28

COMING EVENTS:

Book Group: First Book for October: *Middlesex* by Jeffrey Eugenides

Group I - Contact Lou Ann Such: 561- 368-8838

Group II - Contact Cathy Hanson: 561- 852-1959

Bridge Group:

Day Bridge - Contact Elly Rolfe: 561-391-3730

Night Bridge - Contact Jackie Johnson: 561- 395-7412

Both groups are filled, but names are taken for substitutes. The night group meets the 3rd Tuesday of the month from 7 p.m. to 10 p.m. Jackie is hosting October at her house.

General Membership Meeting: Tuesday, September 14th at the Renaissance Hotel, 6 p.m. social and 7 p.m. meeting. Come and welcome Lisa Bariso as our new President.

Fall Luncheon: Thursday, September 30th at The Royal Palm Yacht & Country Club, 12:30 p.m. Social, 1:00 p.m. Lunch, \$35 per person. Any questions, please feel free to call either Lynn Lawless at 338-8433 or Brooke Qualk at 393-6982. Look for your invitation in the mail.

Yearbooks: They will be available at the Sustainer Fall Luncheon for you to pick up. For those who were not able to

pick up a yearbook, they will be mailed to you in October. (Check out the Summer Publications article in this month's *BRIDGE* for more details.)

Woman Volunteer of the Year Luncheon: November 1st . . . mark your calendars.

Here's my big ending. I think we should announce births of grandchildren. This seems to be the biggest topic of conversation among us more mature sustainers. Call or email me with this information.

SEPTEMBER BIRTHDAYS

- | | |
|----------------------|---------------------|
| 1 Mert Anderson | 16 Debbie Stine |
| Alison Moore | 17 Mary Ott |
| 2 Elizabeth Fletcher | 18 Mary Jane Grant |
| Barbara O'Connell | 19 Debra Abrams |
| 2 Maria Sterrenberg | 22 Janet Bridges |
| 7 Liska Langston | Patricia Kirsch |
| 10 Sharon McGuire | 23 Susan Diener |
| Louise Parker | 24 Katy Hayes |
| 13 Marta Batmasian | 25 Juliet Ciambrone |
| 14 Kathryn Linus | 27 LeAnne Burns |
| Robin Lucas | Marjorie Waldner |
| Kathleen Young | |

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FACTS & MYTHS ABOUT IMMUNIZATION FROM KIDSHEALTH.ORG



Since the start of widespread vaccinations in the United States, the numbers of cases of some formerly common childhood illnesses like measles and pertussis (whooping cough) have dropped by 95% or more. Immunizations have protected millions of children from potentially deadly diseases and saved thousands of lives. In fact, certain diseases crop up so rarely now that parents sometimes ask if vaccines are even necessary anymore.

This mistaken impression is just one common misconception about immunizations. The truth is, most vaccine-preventable diseases still exist in the world, even in the United States, although they occur rarely. The reality is that vaccinations still play a crucial role in keeping children healthy. Read more about immunizations and find out exactly what they do - and what they don't.

WHAT IMMUNIZATIONS DO

Vaccines work by preparing your child's body to fight illness. Each immunization (given through a shot your child receives) contains either a dead or a weakened germ, or parts of it, that causes a particular disease. Your child's body practices fighting the disease by making antibodies that recognize specific parts of that germ. This permanent or long-standing response means that if your child is ever exposed to the actual disease, the antibodies are already in place and his body knows how to combat it, so he doesn't get sick. This is called immunity.

FACTS AND MYTHS

Unfortunately, misinformation about vaccines could make some parents decide not to immunize their child, putting him and others at a greater risk for illness. To better understand the benefits and risks of vaccines, here are a few common myths and the facts.

The immunization will give my child the very disease the vaccine is supposed to prevent.

This is by far parents' greatest fear about vaccines. However, it is impossible to get the disease from any vaccine made with dead (killed) bacteria or viruses or just part of the bacteria or virus. Only those immunizations made from weakened (attenuated) live viruses - like the chicken pox (varicella) or measles, mumps, and rubella (MMR) vaccine - could possibly make a child develop a mild form of the disease, but it is almost always much less severe than the illness that occurs when a person is infected with the disease-causing virus itself. The risk of disease from vaccination is extremely small.

One live virus vaccine that is no longer used in the United States is the oral polio vaccine (OPV). The success of the polio vaccination program has made it possible to replace the live

virus vaccine with a killed virus form known as the inactivated polio vaccine (IPV). This change has completely eliminated the possibility of polio disease being caused by immunization in the United States.

If all the other children in school are immunized, there's no harm in not immunizing my child.

It is true that a single child's chance of catching a disease is low if everyone else is immunized. Yet if one person thinks about skipping vaccines, chances are other people are thinking the same thing. And each child who is not immunized gives these highly contagious diseases one more chance to spread. This actually happened between 1989 and 1991 when an epidemic of measles broke out in the United States. Lapsing rates of immunization among preschoolers led to a sharp jump in the number of cases of measles, as well as the number of deaths and children with permanent brain damage. Similar outbreaks of pertussis (whooping cough) struck Japan and the United Kingdom in the 1970s after immunization rates declined.

Although vaccination rates are fairly high in the United States, there is no reliable way of knowing if everyone your child comes into contact with has been vaccinated, particularly now that so many people travel to and from other countries. As the 1999 outbreak of encephalitis from West Nile virus in New York illustrated, a disease can hop halfway around the world very quickly because of international travel. The best way to protect your child is through immunization.

The vaccine isn't 100% effective, so I don't want to subject my child to a painful shot for nothing.

Few things in medicine work 100% of the time, but vaccines are one of the most effective weapons we have against disease - they work in 85% to 99% of cases. They greatly reduce your child's risk of serious illness (particularly when more and more people use them) and give diseases fewer chances to take hold in a population. It can be difficult to watch your child get a shot, but the fleeting pain is nothing compared to suffering through a potentially deadly bout of diphtheria, pertussis, or measles.

Immunizations will give my child a bad reaction.

The most common reactions to vaccines are minor, including redness and swelling where the shot was given, fever, and rash. Although in rare cases immunizations can trigger seizures or severe allergic reactions, the risk of these is much lower than that of catching the disease if a child is not immunized. Every year millions of children are safely vaccinated, and almost all of them experience no significant side effects.

Meanwhile, research continually improves the safety of immunizations. The American Academy of Pediatrics (AAP) now advises doctors to use a diphtheria, tetanus, and pertussis

. . . continued on page 31

FACTS & MYTHS ABOUT IMMUNIZATION CONTINUED FROM PAGE 30

vaccine that includes only specific parts of the pertussis cell instead of the entire killed cell. The acellular pertussis vaccine (DTaP) has been associated with even fewer side effects like high temperatures and seizures.

Another recent goal that is being met is the removal of the preservative thimerosal from all vaccinations, as recommended by the Advisory Committee on Immunization Practices (ACIP), American Academy of Pediatrics, and the United States Public Health Service (USPHS).

Thimerosal is a byproduct of ethyl mercury and has been used as a preservative in vaccines since the 1930s. The amount of thimerosal contained in vaccines is extremely low, at a level not associated with mercury toxicity. But the USPHS now recommends minimizing a child's overall exposure to any sources of mercury, no matter how small they might be, including glass mercury thermometers.

In 1999, the U.S. Centers for Disease Control (CDC) postponed the use of a new rotavirus vaccine in the United States after some children developed bowel obstructions, possibly triggered by the vaccine. Even though just a few cases were reported, the CDC halted administration of the vaccination because of safety concerns. After further study, that rotavirus vaccine was discontinued.

There are unsubstantiated rumors, many of which circulate on the Internet, linking some vaccines to multiple sclerosis, sudden infant death syndrome (SIDS), autism, and other problems. To date, several studies have failed to show any connection between immunizations and these conditions. The number of SIDS cases has actually fallen by almost 50% in recent years, whereas the number of vaccines administered yearly continues to rise.

My child does not need to be immunized because the disease has been eliminated.

Diseases that are rare or nonexistent in the United States, like polio and measles, still flourish in other parts of the world. Doctors continue to vaccinate against them because it is easy to come into contact with illnesses through travel. That includes anyone who may who may not be properly immunized coming into the United States, as well as Americans traveling overseas.

If immunization rates fell, a disease introduced by someone visiting from another country could cause serious damage in an unprotected population. In 1994 polio was brought to Canada from India, but it didn't spread because so many people had been immunized. Only when a disease has been eradicated worldwide, as in the case of smallpox, is it safe to cease vaccinations for that particular disease.

My child does not need to be immunized if he's healthy, active, and eating well.

Vaccinations are intended to help keep healthy children healthy.

Because vaccines work by protecting the body before disease strikes, if you wait until your child gets sick it will be too late for the vaccine to work. The best time to immunize your child is when he is healthy.

Immunity only lasts for a little while.

A few vaccines, like the one for measles or the series for hepatitis B, may make you immune for your entire life. Others, like tetanus, last for many years but require periodic shots (boosters) for continued protection against the disease. And some, like pertussis, wear off but do not require boosters because the disease is not considered dangerous among adolescents and adults. It is important to keep a record of your child's shots so you will know when he is due for a booster.

The fact that vaccines are continuously studied and improved implies that they are unsafe.

The Food and Drug Administration's Center for Biologics Evaluation and Research is the government agency responsible for regulating vaccines in the United States. Working in conjunction with the CDC and the National Institutes of Health (NIH), they continuously research and monitor vaccine safety and effectiveness.

New vaccines are licensed only after thorough laboratory studies and clinical trials are conducted, and safety monitoring continues even after a vaccine has been approved. There have been and will continue to be improvements (such as those that have already been made to the DTaP and polio vaccine, for example) that will minimize potential side effects and ensure the best possible safety standards.

MORE INFORMATION

Clearly, vaccines are one of the best tools we have to keep children healthy, but the effectiveness of immunization programs depends on availability. You can receive inexpensive or free vaccines through many local public health clinics and community health centers, and campaigns to vaccinate children often hold free vaccination days. The CDC's National Vaccine Program Office maintains a website dedicated to helping consumers evaluate information about vaccinations from sources in the media and on the Internet.

Another good source of information about immunizations, including which ones your child needs, is your child's doctor or your local health department if you have had problems finding a doctor for your child. Working together, you can help keep your child healthy and happy.

KidsHealth (www.KidsHealth.org) is a project of The Nemours Foundation. Visit Nemours.org to find out more about The Nemours Foundation and its health facilities for children.

MINUTES BOARD OF DIRECTORS, MAY 25, 2004

The Junior League of Boca Raton's Meeting of the Board of Directors was called to order by President Lisa Bariso on May 25, 2004 at 8:15 p.m. at the home of Lynn Lawless. In attendance were: Lisa Bariso, Angie Miller, Robin Deyo, Dorothy MacDiarmid, Barbara Hill, Jacque Reeves, Kristen Ross, Michele Toomey, Kathy Adkins, Kara Donvito, Nicole Mugavero, Barbara Phillip, Wanda Harrold and Kris Killip. Red Star Tavern press was discussed. Lisa Bariso discussed the fact that she is a working JLBR president and will have an emergency number will be made available if she must be reached during her working hours. Because of her work schedule, Lisa will be calling on VP's to stand in for her at League functions. To facilitate this, public speaking training will be scheduled for Tuesday, Aug. 17, 2004, in the evening at the VCRC. A motion was made by Lisa Bariso to approve the consent agenda and Personnel changes: Resigned: Kara Ayers, D'Lisa Borden, Anne Conklin, Lourdes Delfin, Janann Fine, Nahu Girma, Judy Hores, Allie McCarthy, Christine McCarthy, Sonya Meurer, Jennifer Shesser, Randi Winter. Dropped: Jennifer Bazzell, Sara Bell, Rebecca Brown, Stephanie Caccese, Susan Daly, Heather Dinallo, Lee Ann Ely, Daphne Fitzpatrick, Dionella Hassett, Michelle Harry, Cara Lynn Kerr, Elizabeth King, Lisa Marks, Allison Merring, Stephanie Milner, Tammy Norton, Alison Siciliano, Carolyn Smith, Liz Therrien, Tiffany Wooley, Deborah Yale, Aliceson Yates. Reinstated: Carolyn Hamilton, Carol Hoegsveen. Status change to Sustainer: Donna Miano. Motion was seconded by Wanda Harrold and the motion passed. Cindy Krebsbach did a training session on the Role of Governance. Please refer to the pink handout entitled "Exploring the Role of Governance." Leslie Jackson reminded everyone that the JLBR now has a digital camera available for JLBR members to use. Lisa Bariso unveiled the new JLBR "Suggestion Box," a red and white watering can to be located on the counter adjacent to Linda Donoghue's workspace. Angie Miller explained that she is happy to help write motions, bylaw or policy changes prior to

Board Meetings. She passed out a "Fiduciary Duties of Nonprofit Corp." handout and briefly reviewed. Jacque Reeves, VP Finance, spoke on how three years ago we committed to "allocate funds" for AVDA Childcare center furnishings - \$25,000. This has been in the Project Development Contract for the past two years and we have not used any of the money to date. Money in reserves for this to protect ourselves in the future. Lisa has sat on the AVDA board and is asking our liaison, Jorganna Trachtenberg, to fill her spot. Jackie made a motion to reserve \$25,000 for AVDA Childcare Center as previously designated. Motion was seconded and passed. Barb Phillip, Treasurer, stated that the League spent \$1,000 to purchase Quickbooks software which will merge all books of JLBR. Each council and committee will have expenses listed, to help with better budgeting down. The software will be up and running by the end of the summer. Fund Development Chair, Michele Toomey reviewed three proposed mini-fundraisers, one being October 26 Bloomingdale's Shopping Benefit. Michele moves that the Board approves our participation in the Shopping Benefit at Bloomingdales. Motion was seconded and passed. The second one is Gold Coast Grille located at the old Mario's site opening July 3. Date conflicts with Food & Wine; League can't participate. Lastly, she presented the Don Carter's Bowling Night "Lighting Strikes." Michele will find out if there is a reduced child fee and if it's available day or night and report back in August. Kathy Adkins, VP Personnel presented JLBR's nominees for the Soroptomist award, Carolyn Arnold, Sharon McGuire and Lindsay Duvall. Nicole Mugavero, Nominating/Placement, announced that Peggy Jones will be our nominee at the Bethesda Hospital Fifth Annual Women of Grace Opportunity Luncheon which will be held on November 11 at the Delray Beach Marriott. This event will acknowledge five women that enrich and inspire community through volunteerism. There being no further business, the meeting adjourned at 10:15 p.m.

LISA'S GARDENERS AT WORK



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SEPTEMBER BIRTHDAYS

1 Kelly Hampton	18 Victoria Jones
2 Carrie Miller	Rhonda Palazzo
3 Janie-Lyn McCleneghen	19 Emily Echeverria
Lucy Thein-Wiening	20 Melinda DeHoff
Kathleen White	Dana Patterson
5 DeLynn Trivison	21 Kimberly Anglemyer
6 Christina Biagiotti	22 Lisa Buck
9 Claudia Villaman	24 Lori Durante
11 Schuyler Crotty	27 Kimberly Kenney
12 Suzanne Rodriguez	29 Tricia Anderson
13 Kathryn Burnett	Joanne Butcher
15 Morgan Criddle	Julianne Carelli
16 Kimberly Akers	Carrie Klimczak
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18 Lauren Forbes	30 Deborah Director

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CONGRATULATIONS



DERINDA LEWIS RECEIVES AWARD

Derinda Lewis was the recent recipient of the Delray Medical Center Outstanding Performance Award. Derinda is the Speech Language Pathologist for acute care at the Center and has worked at Pinecrest Hospital since 1999. A graduate of the University of North Carolina at Greensboro, Derinda specializes in speech, language and voice disorders. She has worked in acute care, patient rehabilitation, home health, skilled nursing and outpatient settings in both North Carolina and Florida. As a recipient of the Center award, Derinda was asked to select a charity of her choice for a monetary donation. Her selection was the Junior League of Boca Raton. Derinda, a JLBR member since 2000, said that the donation is intended to benefit our community, its needs and our children. Many thanks to Derinda for her generous gift and hats off for a great job at the Delray Medical Center!

LITTLE LEAGUERS

THE JUNIOR LEAGUE WOULD LIKE TO CONGRATULATE THE FOLLOWING MEMBERS ON THE BIRTH OF THEIR LITTLE LEAGUERS:

- ★ *Samantha and Cliff Vassallo* on the birth of their daughter, *Katarina*, born May 6th, 8 lbs. 2 oz., 21½ in.
- ★ *Kim and John Flittner* on the birth of their son, *John Harrison*, born May 20th, 6 lbs. 10 oz., 19 in.
- ★ *Leala and Blaine Dickenson* on the birth of their son, *Foster Blaine*, born June 19th, 7 lbs. 5 oz., 20 in.
- ★ *Christiane and Tom Head* on the birth of their son, *Austin Thomas*, born June 22nd, 7 lbs. 9 oz., 19½ in.
- ★ *Tracey and Bryan DeFrances* on the birth of their daughter, *Jamie Lynn*, born June 30th, 6 lbs. 4oz., 18½ in.
- ★ *Susan and JR Davis* on the birth of their son, *William Whitzel*, born July 29th, 6 lbs. 13 oz., 21 in.
- ★ *Maggie and JD Dickenson* on the birth of their daughter, *Sophia Isabel*, born August 7th, 9 lbs. 7 oz., 21 in.

PASSINGS

The members of the Junior League of Boca Raton extend their sincere condolences to *Lucy Craske* on the death of her beloved husband, *Dr. Robert Craske*.

HONORARIUMS

Gifts were made to the Endowment Fund by Pattie Damron in honor of Carole Putman's birthday and by Janie Lott in memory of Joni Sheetz.

NAME CHANGE

Linda Donoghue (formerly Linda Halstead), JLBR's Office Manager, has changed her name back to her family name.

BRIDGE PATRONS

The Publications Committee gratefully acknowledges the generous support of *THE BRIDGE* from the *BRIDGE PATRONS* listed below. Your yearly contribution of \$75 will help us give more to the community by absorbing some of our publishing costs. Thanks to you, we are well on the way to becoming a self-supporting publication!

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BRIDGE DEADLINE & ADVERTISEMENT RATES

October's *BRIDGE* articles are due by Tuesday, September 7th and November's *BRIDGE* articles are due by October 5th. Articles should be e-mailed to the League office at: Bridge@jlbr.org and please fax a "hard copy" to Robin Philpit at (561) 447-9173. If submitting pictures, please call Robin at (561) 750-9036 for instructions.

Deadline for ads in October's issue is Tuesday, August 31st and for November's issue is Tuesday, September 28th. Payment for ads should be mailed to the League office. *If ad is not "camera ready," a design fee will be charged. (\$35 for single and double size business cards and \$50 for half and full page -b/w). For more information, please call Robin Philpit at (561) 750-9036.*

AD SIZE	SINGLE RUN RATE	3 OR MORE RUN RATE
SINGLE BUSINESS CARD (B/W 3.5" x 2")	\$50.00	\$45.00
DOUBLE BUSINESS CARD (B/W) Horizontal (7.25" x 2") or Vertical (3.5" x 4")	\$100.00	\$90.00
1/2 PAGE (B/W - 7.25" x 4.25")	\$140.00	\$126.00
PAGE (B/W - 7.25" x 9.75")	\$250.00	\$225.00
PAGE (front inside or back outside - color)	\$400.00	\$375.00
PAGE (back inside color)	\$375.00	\$350.00

SEPTEMBER 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6  Labor Day	7 7 pm Board Meeting BRIDGE Deadline	8	9	10	11
12	13	14 JLBR General Membership Meeting	15  Rosh Hashanah	16	17	18
19	20	21	22  First Day of Autumn	23	24  Yom Kippur	25
26	27	28 Advertisement deadline for the November <i>BRIDGE</i>	29	30  Sustainer Luncheon		

August						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

October						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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