

The Bay View

WINTER 2013-2014



**JUNIOR LEAGUE OF
OAKLAND-EAST BAY, INC.**
Women building better communities®

PUBLISHED BY THE JUNIOR LEAGUE OF OAKLAND-EAST BAY

PRESIDENT'S LETTER

FEBRUARY 5, 2014

Volunteers are the true Wonder Women!

"All women can do wonders if they're put to the test."

– Wonder Woman



Greetings members and friends!

As I reflect on the first half of the 2013-14 League year, I see more clearly than ever that our volunteers truly are super heroes. These Wonder Women give selflessly of their time, resources and talent to help East Bay families thrive. As you know, developing the potential of women is a key component of the Junior League mission. This year, we focus on our members – celebrating their accomplishments and training them as civic and community leaders, all while making an impact in our communities.

The women of the JLOEB have accomplished much in the first half of this League year, and this issue of *The Bay View* will shine the spotlight on some of these accomplishments. Already, we have:

- Trained 120 women through our Volunteer Development trainings, 54 women through our Leadership trainings, and sent 13 women to AJLI trainings
- Contributed more than 375 hours to the East Bay community through our fall Done-in-a-Day projects
- Begun an exciting two-year partnership with Alameda Point Collaborative
- Recruited and trained a New Member class of 45 fantastic women
- Inspired attendees at the 2nd installment of the Making a Difference Speaker Series
- Created and facilitated an expert panel discussion on human trafficking
- Showcased 5 lovely homes & raised funds to support our mission at the 10th Annual *Artful Living Home Tour*
- Packed and donated over 100 food boxes for needy families during our 3rd annual December Done-in-a-Meeting, benefitting the clients of Monument Crisis Center.

And, that's just the beginning! Spring is sure to bring many more service opportunities and exciting events, such as our 4th Annual *Chocolate Indulgence* – The East Bay's Sweetest Event - on March 15 at Diablo Country Club.

We hope you enjoy this issue of *The Bay View* and that we'll see you soon at one of our upcoming projects or events. As always, we truly appreciate your support as we work to help East Bay families thrive.

All the best,



Jessica Stelly Peterman
President, 2013-2014



Helping East Bay
Families Thrive

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Cover Photo: One of the five lovely homes at the 10th Annual *Artful Living Home Tour*, photo by Heather Ricketts

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Calendar

FEBRUARY

- 6 Green Your Life!
Interactive Training Workshop
JLOEB Office
6:30pm

MARCH

- 11 General Meeting
- 15 Chocolate Indulgence
Diablo Country Club

APRIL

- 8 General Meeting
- 22 Annual Sustainer Luncheon
Orinda Country Club
11:30am

MAY

- 13 May Celebration

Scene and Heard



Artful Living Home Tour Celebrates Ten Years!

The Junior League of Oakland-East Bay, Inc. held its 10th annual *Artful Living Home Tour & Boutique* on November 15 and 16, 2013.

There were many exciting new additions to this year's tour, especially to the VIP packages. First off, there was a 10 million dollar home on display. Wow! The VIP swag bags were back with fun discounts, organic Artesa lip balm, a LaShell lip gloss plus much more! This year the Home Tour committee went above and beyond and secured free lunch from Green Lantern Catering, as well as an assortment of other cheeses, pastries and wines from Auburn James and Black Stallion Estate. VIP tickets are a great way to support the League and the added perks get you a lot of bang for your buck.



This year, the Check In and Boutique was moved back to the Alamo Women's Club and displayed a variety of vendors from home decor

to flavored oils to dog accessories. Not only was the boutique a fun wine, dine and shop, but the vendors give back 20% of their proceeds to the League which makes it a double bonus.



Excitement for Home Tour was up this year. We were thrilled to have sold nearly 600 tickets, doubling the sales over the previous year. Some of this is credited to the use of online sales outlets Groupon and Plum District - with an added benefit of increasing community awareness of the League.

Down to the numbers. This all could not have been possible without the help of 542 volunteer hours by the League Members and 453 Home Tour Committee hours. The *Artful Living Home Tour & Boutique* raised over \$31,000!

Home Tour would not have been such a success without the corporate

sponsors, member sponsors, in-kind donors, and of course the homeowners who graciously opened their homes for our cause. The Home Tour Committee includes: Crystal Smith (Chair), Jessica Scott (Chair-Elect), Monica Andrade, Laura Cook, Katey Dickensen, Emily Helmer, Gurpreet Kaur, Kate Lindemann, Erin MacKenzie, Pam Marraccini (Assistant Chair of Operations), Heather McKee, Erin Oakes, Jennifer Seelig, Sarah Tolson, and Kendra Tomcik (Assistant Chair of Homes). Job well done!



Please show our support and patronize our corporate sponsors which include: Diablo Magazine, Downtown Ace Walnut Creek Hardware and Garden, The Bar Method, Green Lantern Catering, The Studio by Clubsport, LaShell Cosmetics, Kaur Photography, Minuteman Press, Girls Just Gotta Have Funds, Barefoot Wine and Bubbly and Artesa Dental.

Pictures from left to right, top to bottom:

- 1) League members make volunteering look glamorous at the California Symphony Ball.
- 2) League members at a Done-In-A-Day at MedShare, who provides vital medical supplies to clinics in our local community and beyond.
- 3) Jessica Romeo and Jen Nicosia serving at the Fall event at Alameda Point Collaborative (APC)
- 4) League members working hard at APC's Farm Day
- 5) New members Nicole Rasmussen and Alexis Davidson volunteering at APC
- 6) League members getting in the holiday spirit at Bay Area Crisis Nursery.
- 7) It's not all hard work...some of our members at a Fall social at Katy's Creek in Walnut Creek.

Meet Our Membership

Jaime Polson, Sustainer

Why did you join Junior League?

I was brand new to the Bay Area and I thought it would be a wonderful way to get to know new women with similar interests - like volunteering in the community and fundraising to support non-profit work. My mother was part of the Junior League for many years, so I was aware of the great partnerships between Junior Leagues and the community. Being new, I was looking for a way to get involved and make a difference in the community, too.



If you could invite one famous person to dinner, whom would it be and why?

One or any of the President(s) of the United States of America. I would love to hear about what a day in the life of a President is really like. Plus, my five year old daughter loves learning about the Presidents and I would like to take her with me. Her dream is to become the first female president.

Chantel Ponts, Active

(Transfer from the Junior League of Jackson County in Oregon)

Why did you join Junior League?

I wanted to help make a positive impact in the lives of women and children in my community during a time of their need. I also wanted to be a positive role model for my daughters and show them that philanthropic actions are important.



If you could invite one famous person to dinner, whom would it be and why?

Eleanor Roosevelt was an inspirational woman who stood up for human rights, was philanthropic, advocated for women's voting rights, and changed the role of the First Lady. I would like to thank her for all that she did and ask her for insight on how to be a successful catalyst for change.

Getting to know our President-Elect,

Lauren Inman-Semerau!

Describe for us your road to joining JLOEB.

I first heard about the Junior League when I was working at a San Francisco based non-profit. During one of my work events, a group of smart, cheerful and enthusiastic women arrived to serve holiday meals for San Francisco's homeless children. I was so inspired and curious about this group of women that I started looking into Junior League closer to home. I was so excited to join JLOEB and felt that I had found a peer group to trust and grow with through time.



What do you look forward to most as President next year?

I am most looking forward to continuing the momentum of organizational growth and importance in our community. I know that working with each and every League member is what will launch JLOEB to even further heights. From our New Members to our Sustainers, I am driven by the passion and commitment that each shows for our mission. I can't wait to roll up my sleeves and work with the entire membership towards mission fulfillment.

You are married with children...tell us about them.

As I sit writing this with my cup of coffee I am also listening to the sound of my two daughters dancing and singing (loudly) to Disney Princess songs. Our house is a busy and chaotic one with a spicy 2 year old and her very serious but fun-loving 4-year-old sister. Both of my girls will often be found playing Junior League meeting by stomping around the house trying to "get agendas ready".

As for my husband, Luke, he is the reason that I can follow my passions. He supports all of the time I spend at meetings, socials and on the phone. He is also the kind of Dad who paints his girls nails and takes them to ballet. In short, he is the best partner I could have possibly found.

SPAC

The Junior Leagues of California State Public Affairs Committee (SPAC) has been involved in legislative advocacy for more than 40 years, supporting legislation in areas related to Junior League community projects across the state and focusing in four issue areas: health, education, family support, and violence prevention.

In 2013, many key SPAC-supported bills were signed by Governor Jerry Brown and chaptered into law including the following:

Health

Assemblymember Luis A. Alejo's Assembly Bill (AB) 290 would amend state licensing laws to increase the required hours of preventive health practices training for child-care providers to include one hour on childhood nutrition. Training content would be based on the Dietary Guidelines for Americans and provide information about the Child and Adult Care Food Program (CACFP), a federal nutrition program that provides reimbursements and other resources to child care providers to increase their capacity to serve healthy foods and beverages at a lower cost. This bill was signed on October 11, 2013.

Education

Senate Bill 185 was developed to bridge the technology gap and move California schools in the direction of implementing digital curriculum, by increasing local school district flexibility and purchasing power, in the most cost effective manner possible. Authored by Senator Mimi Walters and supported by the Association of California School Administrators (the bill's sponsor), the Junior Leagues of California, the Los Angeles County Office of Education, and the San Francisco Unified School District, SB 185 was signed on August 27, 2013.

Family Support

Assemblymember Holly Mitchell's AB 309 seeks to clarify and expedite CalFresh benefit eligibility for the homeless youth population by ensuring that unaccompanied homeless youth, which are youth that are not under the care of a parent or guardian, are able to access CalFresh food benefits. AB 309 was signed on August 13, 2013.

Violence Prevention

Assemblymember Chris Holden's AB 139, which strengthens penalties that abusers are required to pay to ensure more funding for Domestic Violence Shelters, was signed on August 26, 2013. SPAC supported AB 139 believing it will hold abusers financially accountable and provide the necessary funding to fund victim support services, education and violence prevention.

In addition, in 2013 and 2014, SPAC is co-sponsoring SB 738, Sexually Exploited and Trafficked Minors. Currently, commercially sexually exploited children are being arrested for prostitution and placed into the delinquency system, which fails to provide the resources they need as a victim, rather than a criminal. This bill clarifies that a minor may come within the jurisdiction of juvenile dependency court and become a dependent child of the court if the minor is a victim of human trafficking.

The Junior Leagues of California SPAC is a non-partisan, all-volunteer organization representing a coalition of 16 California Junior Leagues comprised of over 11,000 women. To learn more about SPAC, visit our website at www.californiaspac.org



Left: Junior and Senior Delegates 2013
Photo courtesy of California SPAC

Correction from Spring 2013

We incorrectly printed that Kristin del Simone was the first SPAC Chair from JLOEB, but in fact we are honored to have former SPAC Chair Barbara Cappa in our ranks as well. Thank you both for your service at the state level!

By The Numbers

We have moved into our second year focusing on Family Self-Sufficiency. It feels good to be learning more and working towards change, specifically seeking to improve access to food, clothing, jobs and housing for families in the East Bay.

This section highlights the impact we have made while keeping us current on some of the needs in our community. JLOEB is proud to partner with Alameda Point Collaborative in 2013-2015 to raise awareness, build capacity and help its residents overcome the traumas of homelessness and move towards long-term family self-sufficiency.

Numbers at a Glance

California added **40,000** jobs in October 2013. However, as of October, the California unemployment rate is still 8.7% compared to a national rate of 7.3%.¹

In 2013, Contra Costa County counted 3,798 homeless people; this is an **11%** decrease since 2011.²

In 2013, Alameda County counted 4,264 homeless people; this is approximately the same as 2011 but represents a **16%** decrease since 2003.³

A family of four eating thriftily will spend approximately **\$638.20** per month on food. A female between ages 19-50 will spend **\$163.70** on the same plan.⁴

A family of four eating liberally will spend approximately **\$1266.80** per month on food. A female between ages 19-50 will spend **\$365.00** on the same plan.⁵

As of mid-October, **72** volunteer hours were spent supporting APC's initiative Farm2Market. Efforts included harvesting, preparing the gardens for planting and cleaning them up for one of APC's signature awareness events, the Harvest Festival. As you can see below, volunteer hours equal results:

- Delivered on JLOEB's mission to promote volunteerism while increasing healthy food options for the community.
- JLOEB helped to create a greater capacity to yield a more profitable harvest; funds go back to APC to support Food/Jobs and Shelter for those in need.
- Supported APC's goal of harvesting **8,000** pounds of food in the 2014 fiscal year and earn **\$40,000** through sales of CSA (Community Supported Agriculture) shares, a membership to receive healthy, organic produce monthly.
- JLOEB volunteers were supervised by APC resident trainees as part of their workforce development training, which provides **6** months of on-the-job training and classroom instruction, leaving them with a wide range of highly transferable job skills.
- Supports one of APC's key Workforce Development objectives: Direct employment/education of at least **80%** of all APC residents between the ages of 18 - 55 years.

Sources:

- 1) Spagat, Elliot, "California Adds 40K Jobs in Oct., Keeping Unemployment Rate Down at 8.7, NBC Bay Area, Friday, 22 Nov. 2013
- 2) "2013 Contra Costa Homeless Count", <http://cchealth.org/homeless/pdf/homeless-count-2013-graphic-summary.pdf>, Data collected Monday, 30 Jan. 2013. Site accessed November 2013
- 3) "Homeless County 2013 Findings", http://everyonehome.org/resources_homeless_count13.html, EveryOne Home
- 4-5) "Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, October 2013", USDA Center for Nutrition Policy and Promotion, USDA Food Plans: Cost of Food, <http://www.cnpp.usda.gov/Publications/Food-Plans/2013/CostofFoodOct2013.pdf>

Public Affairs Committee Hosts Human Trafficking Panel

“It cannot be ignored. It shouldn’t be glorified. We have to see it for what it is – modern day slavery.”

-Oakland Deputy Mayor Sandre Swanson

Oakland Deputy Mayor Sandré Swanson said the above on the issue of human trafficking in the Bay Area when he spoke along with several other community advocates at the Junior League of Oakland-East Bay’s Public Affairs Committee panel discussion on November 2, 2013.



The Junior Leagues of California State Public Affairs Committee continues to focus advocacy efforts around the issue of human trafficking, a crime where victims, oftentimes women and children, are enslaved into prostitution, sweatshops, and other illegal enterprises. JLOEB’s panel discussion aimed to raise awareness and advocacy for human trafficking victims in our own communities.

Sadly, the Bay Area has been a hub for victims of human trafficking, particularly Oakland. Junior League member Rebecca Harris, a Clerk for Bay Area Legal Aid, noted that the I-5 corridor is a major tool for human traffickers, and the convergence of freeways makes the area an accessible destination for movement of people.

However, it is not just a problem in the urban core of the Bay Area – many victims are lured in online, where traffickers can find victims anywhere. During the panel discussion, Deputy District Attorney Chad Mahalich of Contra Costa County recalled a human trafficking case where a girl from an affluent area of Lafayette became a victim, thinking she had fallen in love with her eventual abuser.

Swanson noted that some criminal organizations have moved from trafficking drugs to trafficking people, including children. Mahalich acknowledged the unfortunate truth that, “A gun or drug can be sold once – a person can be sold over and over again.”

Venus Rodriguez spoke on behalf of the Oakland-based organization MISSEY: Motivating, Inspiring, Supporting and Serving Sexually Exploited Youth. MISSEY provides mentorship for girls who are survivors of commercial sexual exploitation. Rodriguez believes it is critical for community members to be aware of this issue and get involved, stating, “Don’t ignore it. If we continue to push it in a corner, it will only get worse.”

JLOEB’s Public Affairs Committee thanks President Jessica Peterman for her opening remarks at the event, Sr. SPAC Laura Donohoe for moderating this discussion, and all of the panelists who provided eye-opening insights and continue to advocate for the victims of human trafficking.

Panelists (from left to right): Sandré Swanson, Oakland Deputy Mayor; Venus Rodriguez, Direct Service Manager at MISSEY; Chad Mahalich, Deputer District Attorney Contra Costa County; Rebecca Harris, Junior League Member and Juris Doctorate Candidate from John F. Kennedy University.

Food 4 Thought

JLOEB is working hard to help families become food self-sufficient and one way we can do this is by setting an example of healthy eating in our own lives. JLOEB member and personal nutritionist, Amy Griffith, HHC, shares some fun and healthy recipes that you can create together with your family.



Cranberry Persimmon Nut Muffins

INGREDIENTS

- 2 cups almond meal (such as Bob's Red Mill)
- 1/2 cup coconut palm sugar (or brown sugar)
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 2 tablespoons real butter, melted
- 2 ripe Fuyu persimmons, chopped
 - Plus 2 tbsp hot water
- 2 eggs
- 2 cups fresh or frozen cranberries, coarsely chopped
- 1 cup chopped nuts (pecan, walnuts or both)
 - Optional – if you want your muffins a bit less moist, add 2 tablespoons of coconut flour. Without the coconut flour, they will be smoother. Your choice – try both!*

DIRECTIONS

1. Preheat oven to 350°F. Grease a 9 x 5-inch loaf pan or muffin tin.
2. Mix together almond meal, sugar, baking powder, salt and baking soda in a medium mixing bowl. Puree persimmons in blender with hot water. Stir in persimmon puree, butter and eggs. Mix until well blended. Stir in chopped cranberries and nuts.
3. Spread evenly in loaf pan or muffin tins. Bake for 55 minutes in loaf, 25 minutes in muffin tin or until a toothpick inserted in the center comes out clean.
4. Cool for 10 minutes. Enjoy!



Homemade Granola 101

1 granola recipe makes 3-4 small servings.

INGREDIENTS

- 2 cups old-fashioned oats (not quick cooking kind)
- 1 1/2 cups raw nuts/seeds of your choice: pepitas (pumpkin seeds), sunflower seeds, almond slivers, hazelnuts, walnuts, pecans, sesame seeds or a little of all! Chop a bit if whole nuts.
- 1/3 cup coconut oil (heated on lowest heat until runny) or olive oil
- 1 teaspoon salt
- 1 teaspoon cinnamon
- Dashes of nutmeg, ginger, ground cloves, to your taste
- 1/3 cup honey or maple syrup
- 2 tbsp black strap molasses
- 1/2 teaspoon vanilla extract
- 1/4 cup dried fruit (raisins, cherries, apricots, blueberries, currants, dates pieces or thicker coconut shavings (unsweetened, raw), etc.

DIRECTIONS

1. In a bowl combine the oats and nuts/seeds and coconut. Mix sweeteners together with oil, pour into larger bowl and stir to combine. Add in seasonings and vanilla and mix again.
2. Spread out on a baking sheet and bake at 350 F for 35 minutes, stirring every 10 minutes to make sure all pieces bake evenly.
3. Add in dried fruit after granola has been taken out of oven and has cooled a bit.
4. Store in air tight container for up to two weeks.



Speaker Molly Barker Runs Away with the Show

September 25th was an exciting night in Walnut Creek at the Margaret Lesher Theater. Filling the seats of the auditorium were mothers, daughters, runners, triathletes, trainers and even a Girls on the Run “graduate”. All were there to be inspired and hear from Molly Barker, a single mother of two, former alcoholic and current TED speaker, tell stories of past and present and her future plans for Girls on the Run.



Ms. Barker founded this non-profit organization in Charlotte, NC in 1996 with 13 girls as a way to grow and develop self-esteem and confidence in young girls. It provides an experience for girls to untangle from the

stereotypes which far too frequently capture their spirits throughout adolescence. Ms. Barker calls it the “Girl Box” -- that space that so many girls are put in during middle and high school where they “dumb themselves down...never feeling pretty enough, never feeling good enough.”



Last year, Girls on the Run reached approximately 110,000 girls across North America and brought them out of the “Girl Box”. The 12-week curriculum-based program creatively weaves running games together with activities designed to, in a fun and engaging format, provide 3rd to 8th grade girls with the tools to live their lives with intention...to journey through life with their

feet firmly grounded in self-respect, communal support and love.

JLOEB would like to thank all of our members who supported our inaugural Speaker Series, including Neiman Marcus for providing the initial seed money to make it happen. We would also like to thank our ad hoc committee led by Heather Hamilton , and including JLOEB members Jill Imani, Laura Lamison, Mackenzie Lesher, Kim McAtee and Beth Westerhouse.



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The Junior League of Oakland-East Bay, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. • The Association of Junior Leagues International, Inc. (AJLI) reaches out to women of all races, religions and national origins who demonstrate an interest in and commitment to voluntarism.

The Junior League of Oakland-East Bay, in collaboration with Diablo Magazine, presents...



Saturday, March 15, 2014 at 7pm

Diablo Country Club

Join us for an evening of chocolate and celebration!

Visit www.jloeb.org to purchase tickets

Thank you to our Partner, Diablo Magazine, and our Gold Sponsor,
Barefoot Cellars, of the 10th annual *Artful Living Home Tour...*

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