



# BRIEFLY SPEAKING

January 2012

Volume 9 Issue 5

February General Membership Meeting

## The Rich Center for Autism



One University Plaza. Youngstown OH 44555

February 14, 2012  
6:30 p.m. Social; 7:00 p.m. Meeting

Sustaining Member Phyllis Ricchiuti will  
speak about her life's mission:  
helping children with autism

*Established in 1995,  
The Rich Center is dedicated to excellence in education and to improving the  
lives of individuals with autism and their families*

### Mission Statement

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

*Briefly Speaking* is published ten times per year for members of JLY. The deadline for each edition is the third Tuesday of the month. Information should be submitted via email, as a Microsoft Word document, to Kim Urig at [kimurig@hotmail.com](mailto:kimurig@hotmail.com).

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Jessie Kinsley

## President's Message



The beginning of a new year can bring a sense of new beginnings to people, which is why so many of us start out the year with New Year's resolutions! The fun but busy holidays are behind us and the quietness of winter surrounds us. Out of this quiet comes the hope of spring.

My New Year's wish for the Junior League of Youngstown covers many things. I hope we continue to generate interest and excitement around our community impact focus area of childhood nutrition and obesity. I hope we continue to operate well financially. I wish that we successfully recruit a good number of talented women to join the League this spring. Most importantly, I wish that we continue to enjoy each other's company as

we embark on the second half of this League year!

*Susan*

Susan Stewart  
President

### January 10th Neighborhood Meetings

6 p.m. Social  
6:30 p.m. Meeting



**Boardman:** Marty Bushey  
RSVP: Susan Stewart  
330-729-0540

**Liberty/Youngstown/Warren**  
Margaret Person  
RSVP: Kera Thompson  
330-317-9042

**Poland:** Barbara Banks  
RSVP: Tara Mady  
330-746-8494

**Austintown/Canfield**  
Carolyn Stoneburner  
RSVP: Lisa Metzinger  
330-503-4996

Our deepest sympathies to the family of Jody Olson on her recent passing. Jody was a dedicated League member as an active and a sustainer and an exemplary volunteer in the community. She was also the mother of Cindy Bennett and the mother-in-law of past president, Stephanie Olson.



## Sustainer News

Many thanks to Margaret Person, Barbara Banks, Marty Bushey and Carolyn Stoneburner for agreeing to open their homes for neighborhood meetings on January 10, 2012 and to Renee Gessner and Phyllis Beard who hosted the Placement one-on-one meetings in October.

At the December board meeting, the JLY adopted a policy outlining the appointment, composition, responsibilities and meeting schedule for the Sustainer Council. The Sustainer Council consists of the Sustainer Representative to the Board, who serves as the Council chair, the Sustainer Representatives to League committees, the liaison to Scribblers, and the chairs of Sustainer events and projects. The incoming League president appoints the Board Representative and in consultation with the existing Sustaining Council, the chairs of events and projects. The Board Representative assists the active committee chairs in securing sustainer representatives for their committees.

The Council is responsible for coordinating the calendar of sustainer events and projects and assisting and supporting the League as requested. Sustainer representatives to the committees advise and assist their committee chairs and members in achieving their committee goals and duties. The Council meets twice a year in August and February. The next meeting is set for February 22, 2012 at the league office at 5:00 pm.

League yearbooks will be mailed soon!

*Suzanne*

Suzanne Fleming  
Sustainer Representative to the Board

# Are Corn Pops and Cocoa Pebbles Really a Public Health Menace?

*(from the AJLI site)*

According to [Yale's Rudd Center for Food Policy and Obesity](#), the answer is yes. But what can you do about it?

With about a third of children in the U.S. considered overweight or obese, researchers increasingly point to the way kid's cereal is marketed to our children - through TV advertising and even online game sites - as a key part of the problem. But the bigger problem may well be the fact that what kids don't know about their food may actually hurt them.

What can you do, as a parent?

## Why not teach your kids how to cook?

Teaching kids the right way about the nutrition is a global effort of The Association of Junior Leagues International through the organization's [Kids in the Kitchen](#) program.

*Here a few ideas on what you can do with your own kids and for your community's children.*

In the U.S., the [Junior League of Eau Claire, Wisconsin](#) presents a "healthy eating" series at a local Boys & Girls Club where members will take part in a new and educational activity designed to teach them about where foods come from, how to create simple, healthy snacks and meals and the importance of fitness.

In Canada, the [Junior League of Toronto](#) helps girls learn about nutrition and healthy meal preparation, the importance of physical fitness and healthy body image. Ultimately the girls incorporate these into training for 5K walk/run or 10K relay run with Junior League of Toronto volunteers.

In Mexico, the [Junior League of Mexico City](#) records and monitors the grade, heights, weights and Body Mass Index of children who are at risk for being overweight or obese. Participating kids are offered weekly lessons focusing on nutrition, healthy food preparation, fitness and hygiene. Their parents or guardians are also invited to enroll in related classes aimed at teaching them how to cook nutritiously and affordably.

In the UK, the [Junior League of London](#) implemented a curriculum at a local elementary school to teach children about healthy eating, including where food comes from, how to navigate through a grocery store and choose healthy foods, how to prepare ingredients for cooking and finally how to prepare their own healthy snacks.

*Is this enough to counteract the messages the cereal industry dumps on our children? Maybe not...but it's a start.*



**The Kentucky Derby Party committee is seeking additional volunteers. Don't miss the opportunity to contribute to this incredible event! Contact Marion Dunham for more information.**

## January Done In A Day

**Donations for Fleming House** to be brought to the neighborhood meetings:

Last names beginning with **A-M** bring: tampons and sanitary pads, toilet paper, Q tips, cleaning supplies.

Last names beginning with **N-Z** bring: deodorant, trash bags, light bulbs, body wash

**JLY Office Clean-up:** January 21, 2012

Volunteers can sign up for a two hour shift, 8:30-10:30 or 10:30-12:30

**Art Outreach Gallery Event :** Sunday, January 29, 2012 1-5

*Sign up sheets will be available at the neighborhood meetings*

**Welcome Back Scribblers!**  
*JLY committee spent many years penning original prose and poems!*



*We will highlight the past while re-introducing Scribblers as a JLY initiative for the future!*





**THE JUNIOR LEAGUE OF YOUNGSTOWN**

The Commerce Building, Suite 320  
201 E. Commerce Street  
Youngstown, OH 44503

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Advertise your business, workplace, home parties or  
community events in the JLY monthly newsletter!

Contact us at [www.jlyoungstown.org](http://www.jlyoungstown.org) or

Office 330-743-3200 for details.

Checks payable to: The Junior League of Youngstown

The Commerce Building

201 E. Commerce Street, Suite 320,

Youngstown, OH 44503

