

THE JAY STREET JOURNAL

"All the news that's fit to encourage, motivate, inform, oh yeah and print!"



Don't miss in this issue:

- *Cluster Workday Impressions*
- *October Age Group Activities*
- *Upcoming Events*



Don't FORGET!



Bring new or gently used bras to November Mothers' meeting. Bras will support the movement against domestic violence.

If You've Seen One Cluster, You've Seen Them All?

Financial Secretary Nita Smith

So, I consider myself a "seasoned" Mom of Jack and Jill, Inc. I have been a member since May, 2011 and have been to more cluster meetings than I have fingers! But attending a cluster can still be a valuable experience. In addition to being able to socialize with moms from other chapters, get recommendations from regional officers, and take advantage of a plethora of shopping opportunities (because can one ever really have enough Jack and Jill paraphernalia?), there is a lot to learn from clusters. From National updates to regional news and the outstanding oratorical speeches, that never cease to amaze.

Here is a listing of Top Ten Things I Learned at Cluster this year:

1. Per the National Convention, the national bylaws have been updated to define a member in good standing to be active and *financial*.
2. Bylaws have been updated for the 1 in 4 attendance requirement to be rolling date based on your attendance at an event. So, every time you attend an event, your 4 year count starts over. This is simpler, it used to be based on the date you joined Jack and Jill.
3. There were 28 bylaw changes that were ratified at the National convention in 2014.
4. Teen Leadership Summit will be held on February 6 -8. The theme will be "Dare to be Significant."
5. It is recommended that all chapter dues be collected by June 30th
6. PayPal (and other electronic payments) can be used. Fees should be added to the cost structure and the chapter should include a disclaimer to members that notifies them that chargebacks are not allowed.
7. There are actually two members of the board who should remain impartial and do not vote in an open voting: The President and The Parliamentarian (I looked this one up and per Roberts Rules of Order this is correct, but if the parliamentarian does not sit next to the president, sits with the general body and does not advise the president during the meeting, then it is permissible for the parliamentarian to vote)
8. Minutes can be assumed to be approved, if there are no noted corrections
9. President can vote whenever they can change the outcome of the vote. So, not only to break a tie, but also to make a tie!
10. Bank stamps are required for both the Operating and Foundation accounts

Next year's cluster has been scheduled for October 31, 2015! So mark your calendars and prepared for a bewitching experience



**KID'S
KUDOS
KORNER**



Welcome to Kudos' Korner. Where we give accolades to the achievements and accomplishments of our children.

 Michael Lawrence has qualified to apply for membership in the National Beta Club at Patriot High School. Students achieving and maintaining high academic success, show leadership skills and a strong service record are invited to apply. The Beta Club honors excellence demonstrated during the Freshman and Sophomore years. Good luck, Michael!

 Congratulations to Nate Lawrence for continuing to excel in dancing. Nate won first place in Salsa and 2nd place in Merengue. Keep it up!!

 Big congrats to all our karate experts for raising the bar and achieving new belt levels: Benjamin—Orange belt; Trinity—Brown belt and Temple—Yellow belt. Watch out!!

INSIDE THIS ISSUE

Cover Southern Cluster Impressions
from a Seasoned Member

2 Kid's Kudos Korner

3 Southern Cluster Impressions
from a New Member

3 Notes from Our President

4 Age Group Activities

7 What's on Your Bucket List?

8 PWC Chapter Upcoming
Events

9 December Calendar

Inspirational Thought:



Keep a good attitude and do the right thing even when it's hard.

When you do that you are passing the test. And God promises you your marked moments are on their way.

~~ Joel Osteen~~

Notes from Our President

Chapter President Felecia Brown

Greetings Mothers,

I can't believe it is November and we are two months into our chapter year. As we prepare our minds and hearts to give thanks during this Thanksgiving season, let's take the time to reflect on how blessed we are as mothers.

Just a thought for you.....

Be Thankful for the Gifts You Receive Each Day!

"Gratitude" is one of the nicest feelings a heart can have. It's a feeling that comes along for a very special reason---and it's a lovely thought that never goes away once it enters in. It joins together with precious memories and grateful hopes. Gratitude lives on, not for just a moment or a day, but through all the seasons that lie ahead.

--- Marin McKay

We have been busy sipping tea with our Prospective Mothers, attending the Southern Clusters, preparing our Program Handbook, attending group leveled activities, planning and participating in activities as they relate to our 30th year anniversary.

Again, during this season, let's remember why we are a part of Jack and Jill of America, Inc., here in Prince William County. We will continue to "Rise and Shine", because it is all about our children.

Blessings!

Felecia B. Brown
President

PWC-Jack and Jill of America Inc., Virginia Chapter

"The Power to Make a Difference"

Impressions of My First Cluster Workday

New Mother Alene Riley-Devereaux

As a new mom, I recently had the pleasure of attending my first Southern Cluster, which was hosted by the Loudoun County Chapter. The theme was "Spark the Fire, Let it Burn". I was immediately struck by the undeniable power of so many African American women--mothers assembled together to learn how to better support our families and each other. It was a humbling experience to realize that although I did not personally know these women, we all shared a commitment to excellence for our children.

I attended the general session and three workshops which were all very informative. I did not fully grasp and appreciate the magnitude of the business aspect of our organization. I believe that the business background will help me be a more informed and valuable contributor to the organization.

I enjoyed attending all of workshops. However, the most interesting one for me was the New Mother Orientation led by Regional Director Joi Grady. Beyond providing great information, it provided a roadmap in how to have a successful experience in Jack and Jill. I attended one other workshop that was outstanding relating to Children Programming/Program Director. The workshop outlined the requirements and expectations of the Chapter, Program Director, group leaders, and mothers. I have a greater understanding of the high bar that is demanded of us and the hard work that is necessary to exceed that bar.

All in all, I had a great day. I enjoyed fellowshiping with my chapter moms, meeting new moms, and learning about our organization. Although, I have fulfilled my "one in four" requirement, the 2014 Cluster Workday has definitely "sparked my fire" and I attend to "let in burn" as I matriculate through Jack and Jill. I look forward to attending a future cluster.

Our Rising Stars Eat Healthy While in Middle School

Madison Brown, 6th Grader

Group IV middle schoolers gathered in my kitchen on Saturday October 18, 2014, to learn how to eat healthy while on the go in middle school. We all have busy schedules from sports to the arts, not to mention keeping up with our school work. We learned that eating healthy snacks will give us the extra energy we need daily.

Gabriella, Jaiden, Daniel, Caleb and I started off by mixing a healthy snack for the go. We mixed Chex Mix and added cranberries, raisins and peanut M &M's,. This allowed each of us to have to-go bags. We thought this would be good to keep in our lockers, backpacks, or grab and go, while on the run.



Next, my dad lead us in making healthy Waffle Kabob's, this quick snack can help jumpstart our day. We also, had mini bagels with a chocolate spread (Nutella or Hershey's brand). To top off our healthy bites, we made Strawberry-Banana Dandy Smoothies with my dad. Our moms chatted and enjoyed themselves waiting for the left-overs. 😊

We all agreed that we would continue to eat healthy, so that we can always have the extra energy to do our best and live a healthy lifestyle. Here are a few of the recipes. Eat and Enjoy!

WAFFLE KABOBS

- 4 Skewers
- 4 pieces of sliced bananas
- 4 blueberries
- 4 pieces of chopped strawberries
- 12 mini waffles

Impale first waffle and then add a blueberry on top. Then stick 2nd waffle on skewer, trapping the blueberry in the middle. Next, stick a strawberry on top of the top of the 2nd waffle. Add last waffle to the top.



Beware of the point ends of the skewers

STRAWBERRY-BANANA SMOOTHIE

- 1 cup of orange juice
- 1 (6 oz.) carton low-fat strawberry yogurt
- 1 pint fresh strawberries, quartered
- 2 medium bananas, peeled, sliced

Place all ingredients in blender and process until smooth.

Serve as is or over crushed ice.

Makes 2 smoothies.



Tiny Tots Get Up Close and Personal with Beautiful Insects

Mother Cassandra Johnson

Group 1 attended the Butterfly Live Exhibit at Lewis Ginter Botanical Gardens in Richmond VA on October 4, 2014. The kids had an opportunity to observe butterflies feeding and learn about their origins and habitats. Many tropical butterflies took flight around them and landed on a couple of heads. After the exhibit, the kids explored the Children's Garden by participating in the Kid Quest. They had to find nine different gourds, which they found all nine and was awarded a prize at the end. And two baby snakes made an appearance while visiting the Gardens.



Behind the Scenes at Chick-fil-A with Our Terrific Tweens

Mother Yvonne Gaither

On Saturday, October 11, six highly inquisitive children from Group 3 were treated to a Back Stage Tour of the Chick-Fil-A on Route 28 in Manassas. Donned with their back stage passes and protective shoe coverings they entered the kitchen of Chick-Fil-A.

The chicken is hand dipped in a special flour mixture and cooked. The vegetables for the coleslaw are chopped by a special machine and each tossed salad handmade. Vats of tea were brewing, and yes the lemonade is freshly squeezed each morning.

This tour was an education for the children and their moms as well. As one mother was heard to say "knowing that all their food is freshly made, makes paying almost \$8 per meal worth it".

Owned and operated by an African American couple, financial literacy (entrepreneurship) and education targets were met with this activity.



What's a Trademark? Our Little Gems Can Tell Us

Recording Secretary Cimmerian Coleman

The Group II Jack and Jillers visited the National Trademark Expo at the U.S. Patent and Trademark Office on October 18, 2014. The expo attracts thousands of visitors of all ages and is designed to educate the public about the value of brand names and other trademarks. Over 35 exhibitors showcased their federally-registered trademarks. Our group particularly enjoyed visiting the booths of American Girl, the Lego Group, Hershey Company and Girl Scouts of America. One of the exhibitors had displays comparing counterfeit goods with authentic goods, including UGG boots, Seattle Seahawks football jerseys, and automobile parts. Surprisingly, it was not easy to differentiate between the counterfeit and authentic goods.

The children were excited to pose in pictures with costumed characters featuring trademarks. After visiting the various booths, we attended a children's educational workshop. During the workshop, we played games which tested our knowledge of brand names, discussed why trademarks are important and what it means to register a trademark.

In addition, as part of our **30 Acts of Service** campaign celebrating our chapter's 30 year anniversary, Group II generously donated items for school children in Haiti through an organization called Helping Haitian Angels. Deb Harvey, the organization's founder and resident of Prince William County, recently opened a school in Haiti. Group II donated children's chewable vitamins, feminine products, and navy blue socks.

The event was an incredible opportunity to learn about the importance of trademarks in our global economy and to give back to others through community service.



What's On Your Bucket List?

A bucket list is a list of things you've never done before, but hope to do before you move on to the next phase of life. The term comes from the phrase, "...before I kick the bucket.". Do you have a bucket list? Here are just a few from some chapter moms.....



Shirley's

1. Author a book and go on tour with it
2. Visit every state via automobile
3. Tour the world with family
4. Open a Tea & Crafts shop
5. Renovate/Decorate an historic home (maybe even live in it!)

Cimmerian's

1. Cycle the entire Washington & Old Dominion Trail (90 miles)
2. Visit the pyramids in Egypt
3. Learn how to Salsa dance
4. Go on an African safari
5. Go on a Mediterranean cruise (planning for 20th anniversary in 2016)

PAM'S

1. Visit the pyramids in Egypt
 2. Pet a koala in Australia
 3. Run a 5K race (not a marathon or half-marathon, just a 5K!)
 4. Write a blog
 5. Flip a house
 6. Shop in Paris, France
 7. Cruise the Greek Isles
 8. Learn to swim
 9. Visit a movie set during filming
 10. Visit the White House
 11. See an NCAA basketball game from courtside seats
- I could go on.... ☺

UPCOMING ACTIVITIES

Jan 2015—Mar 2015

NOTE: Final Dates to be confirmed via Evites

GROUP	JANUARY	ACTIVITY
I Tiny Tots	17 th	Trip to Bank
II Little Gems	24 th	Skiing at White Tail
III Terrific Tweens	31 st	Snow Tubing
IV Rising Stars	17 th	Martha's Table
V Lords & Ladies	31 st	Snow Tubing
Chapter	TBD	Founder's/Associates Day

GROUP	FEBRUARY	ACTIVITY
I Tiny Tots	7 th	Diaper Bank
II Little Gems	15 th	MLK Memorial Visit
III Terrific Tweens	8 th	Meet the Authors—Dork Diaries
IV Rising Stars	21 st	Trampoline Park
V Lords & Ladies	6 th —8 th	Leadership Summit

GROUP	MARCH	ACTIVITY
I Tiny Tots	14 th	Visit Z's Pizza
II Little Gems	7 th	Learning to Budget—Wegman's
III Terrific Tweens	21 st	MicroSoft Movie Maker
IV Rising Stars	14 th	It's Not Rocket Science
V Lords & Ladies	6 th	Washington Wizards Basketball Game
Chapter	7 th	Father's Appreciation Day

December 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Group I Marine Corps Museum
7	8	9	10	11	12	13 Group II/IV Kwanzaa Celebration
14 Group III Engineering for Kids	15	16	17	18	19	20
21	22	23	24	25  CHRISTMAS	26	27
28 Teens COPA, NYC	29	30	31  NEW YEAR'S EVE			