

THE

LEAGUE

Life

THE OFFICIAL DIGITAL PUBLICATION OF THE JUNIOR LEAGUE

Everyday is a new day to find the good

I found the good in the

I find the good by starting

the next generation of women leaders creating change

I FIND THE

Good

WHILE

Lifting

OTHERS

UP

found the good in turning pain into power advocating for survivors

TO GIVE AND SKILLS TO THOSE IN NEED

I find the good in seeing women who don't realize the power they have and allow the light bulb moment of "I AM" to manifest in her life!

FIND CHALLENGES AND OPPORTUNITIES TO LEARN SOMETHING

find the good in giving back to a community that has given so much to me and my family

Ladies!

Let's keep up

FINDING THE GOOD

Leagues across the Association celebrate their communities and themselves on Find the Good Day!

FORGING FRIENDSHIPS

Discover how Junior League Membership offers opportunities for connection on pages 4 and 8.

FIGHTING SELF-DOUBT

Are you one of the millions of women with "imposter syndrome?" Find out how to combat it in our Personal Development Feature.

younger

who need it.

our league of my

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The Junior League has a long history of publications dating back to as early as January 1911. The first Junior League publication was the *Junior League Bulletin*, in which our founding League of The City of New York defined the organization “as an organization of the young society women of New York whose objects are, first to promote, among its Members, an interest in all kinds of charitable and social effort. Second to bring the Members in touch with already organized philanthropies so that they may find the sphere of usefulness best fitted to their individual capacity.” As our organization changed, so did our publications, and over the course of the magazine’s 83-year history, we see a variety of titles, from the *Junior League Magazine* to the *Junior League Review*, which is where its run ended in 1994.

We are pleased to revive these efforts to further unite our growing international organization, celebrate our Leagues and their Members, and provide insights and resources to advance Members’ civic leadership skills.

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Articles in this publication do not necessarily reflect the opinions of The Association of Junior Leagues International. Stock images courtesy of Canva.

Message from the President



Dear Members,

I am filled with pride for the incredible work that each of you contributes to our Mission. The spring months offer us a chance to celebrate the progress we have made, even as we look ahead at the many opportunities to come. Throughout 2024, The Junior League continued to make a profound impact worldwide. Together, we’ve tackled today’s pressing challenges while advocating for a better future for all women.

In this spring edition of *The League Life*, you’ll find stories highlighting the resilience, creativity, and compassion of our Members. From inspiring partnerships that have broadened our reach, to finding innovative solutions for unique community needs, these stories are a testament to the strength of our shared vision. They remind us that every act of service contributes to a larger legacy of change and empowerment.

As we approach a new League year, I encourage you to reflect on your own achievements and the impact you’ve made, not just within your communities but as part of a global network of changemakers. Use these stories as both a source of inspiration and a reminder of the limitless potential we have as an organization when we work together.

Thank you for all that you do to support our communities, our organization, and each other. I look forward to seeing the remarkable work we will accomplish together in the months ahead.

Alice Glenn
The Association of Junior Leagues International President, 2024-2026

27-30 MAY **ANNUAL CONFERENCE**
 AJLI’s annual gathering provides training and connection for all League Members and attends to Association business. Find out details and [register here](#).
 Orlando, FL

11-12 JULY **ORGANIZATIONAL DEVELOPMENT TRAINING**
 Organizational Development Training (ODT) focuses on organizational growth for Leagues and personal development for Junior League Leaders and Members.
 Chicago, IL

22-24 JAN 2026 **EXECUTIVE LEADERSHIP TRAINING**
 Formerly known as Winter Leadership, this three-day conference is for those stepping into Board Leadership positions to prepare for the upcoming League year.
 San Antonio, TX

ONGOING VIRTUAL TRAINING
 AJLI hosts regular online training and meetup opportunities. Visit myajli.org to access the AJLI Calendar for more information on our virtual events.

Getting More from Your Junior League Experience with Networking Groups

BY JACQUELYN BAUMAN, AJLI DIRECTOR OF CONFERENCES & MEETINGS

The power of Association is in bringing people together. For most Members, this happens geographically amongst Members in their community through their League work. Yet by being a part of the larger Association, Members are also afforded additional opportunities to connect with likeminded people through different channels – one of which is AJLI's Networking Groups.

There are currently six Networking Groups:

- **Women of Color**
- **Working Moms**
- **LGBTQ+**
- **Jewish Women**
- **Military Service**
- **Women in STEM**
- **No Limits: Members with Disabilities**

These groups, organized and run by Members of Leagues all around the country and beyond, allow individual Members the chance to expand their networks beyond their League and connect with others who can relate to their personal experiences.

Participating Members have seen a benefit to their League experience through their involvement in these groups.

Jessica LaBorde is a Member of the Junior League of Sacramento and has been a member of the Working Moms networking group for over a year. LaBorde has a set of 18-year-old twins, is the Senior Assistant Vice Chancellor of Advancement Services at the University of California at Davis, and is also the Immediate Past President of her industry's professional association, The Association of Advancement Services Professionals.

In addition to being a parent, like many other Gen-Xers, she is also the sole care provider for her mom, who lives with her. Jessica was a Provisional in 2023-2024 and this year is serving on the Management Team as Communications VP.

"You do always know other moms are out there; working outside the home, managing the household and raising kids – but you build up this narrative that everyone else is crushing it," Jessica expresses. "Being a part of the Working Moms group and being able to see how other moms are doing at the different stages of parenthood while being engaged in the League helps quiet those thoughts."

Alexandra Reinhardt from the Junior League of Jacksonville echoes her thoughts.

"Working Moms is a community of likeminded women who all understand what it's like to have to balance work, family, and Junior League obligations," Reinhardt shares. "It's a safe space to ask questions and receive advice on how to handle it all. The community is growing every day and I hope to see it continue to be a safe space for working moms who need a sympathetic ear."

Reinhardt adds that being a part of these groups has provided her with a sense of community support that she was lacking through her other relationships.



"Working Moms has helped me not feel so alone," she reveals. "While some of my immediate friend group may not understand the things I'm going through, I have the Working Moms group who understand what it's like to have competing priorities at home and work while also still trying to make an impact within the community."

Of course, these sentiments are not limited to the Working Moms Networking Group.

Ma'Lady Kynaston of the Junior League of Boise joined the LGBTQ+ Networking Group in 2024 and had already seen an improvement in her League experience through her participation.

"After joining the LGBTQ+ Networking Group, I have felt a deeper sense of belonging within the Junior League community," she explains. "I have been a Member of JL Boise since 2017, and since that time I have been able to engage and challenge different aspects of myself to become a leader in a way I never thought was possible, as well as fostering a safe space with other likeminded people with shared experiences. The leaders of the LGBTQ+ group have only worked to further enhance my League experience. I have greatly enjoyed building new connections and friendships and look forward to continuing that long into the future through being a part of this group."

If you are interested in joining one of our existing Networking Groups or would like details on how to establish a new one, you can find more information [here](#).



Alexandra Reinhardt, Junior League of Jacksonville, FL



Ma'Lady Kynaston, Junior League of Boise, ID



Jessica LaBorde, Junior League of Sacramento, CA

Still have questions about our Networking Groups?
Contact AJLI's Membership engagement department at programs@ajli.org.



Image courtesy of the Junior League of Boise

Community Impact AND Advocacy

TOOLS FOR EFFECTING CHANGE

JUNIOR LEAGUE OF BOISE, ID

Premiering in November of 2024, JL Boise has been featured on a groundbreaking new TV show – Nonprofit MVP. This competition-style show for nonprofits spotlights inspiring nonprofit stories and offers featured organizations the opportunity to win \$25,000 in cash and services during its challenges. Being a part of this show provided the League expanded visibility, fundraising opportunities, and many different training experiences including “The Art of the Ask,” social media and communication skills, and networking skills. Through this experience, the Junior League of Boise was introduced to many local businesses and residents who have now been converted to donors. With this platform, they were even able to feature some AJLI initiatives in some of the challenges, utilizing the Little Black Dress Initiative and Find the Good Day to help them fundraise and spread awareness.

JUNIOR LEAGUE OF SIOUX CITY

Figuring out how to help after a natural disaster can be overwhelming, as there are so many needs to fulfill. In the summer of 2024, Iowa experienced historic flooding. The floods resulted in over 200 homes and businesses being destroyed, with thousands more receiving damage. Although few of their Members were personally affected, the Junior League of Sioux City saw a community in need and mobilized a comprehensive disaster relief response. At the height of the emergency, the League took control of the Disaster Relief Center, contributing over 6,000 hours of volunteer assistance and supporting 200 households. They set up a tetanus clinic and blood resource fair and provisioned those in need with water, bleach and basic supplies. The local city government even used the League’s social media posts to keep the community updated, and the League is now a Member of the long-term recovery task force.

JUNIOR LEAGUE OF GAINESVILLE-HALL COUNTY

In 2024, the Junior League of Gainesville-Hall County hosted an event called EmpowHER Net Worth, a lecture series helping women develop financial management skills. Money management often ranks as one of life’s most stressful challenges, particularly for women, according to a 2023 survey by Fidelity Investments. This inaugural EmpowHER Net Worth event was designed to alleviate financial stress and equip women with essential money management skills, offering valuable insights into personal and business finance.

“The EmpowHER Net Worth program was created as a response to the growing need for financial empowerment among women. In recent years, we’ve seen more women take charge of their finances, but the gap in financial literacy and access to wealth-building resources still persists. The event aims to bridge that gap by providing a supportive and inspiring event for women to learn, grow and network around the topic of personal and business finances, investments and overall wealth management,” explained Ashley Davis, Junior League of Gainesville-Hall County President.

The event featured two keynote speakers: Sydney Hedburg, a financial expert and author, and Danielle Lee Engelke, an entrepreneur and business finance strategist. Together, they delivered messages focused on practical financial strategies, from day-to-day money management to entrepreneurial finance.

“In recent years, we’ve seen more women take charge of their finances, but the gap in financial literacy and access to wealth-building resources still persists.”



Image courtesy of the Junior League of Gainesville-Hall County



Image courtesy of the Junior League of Sioux City



Image courtesy of the Junior League of Sioux City

If you would like to have one of your League’s community impact or advocacy initiatives elevated in a future issue of *The League Life*, click [here](#).

Connection Across *DISTANCE*

A Story of Friendship Sparked by The Junior League

BY JACQUELYN BAUMAN, AJLI DIRECTOR OF CONFERENCES & MEETINGS

Being a part of The Junior League offers Members a variety of benefits, from leadership development to training to the chance to make a difference in the community, and so much more. Yet one of the most important perks is the opportunity to make connections with other incredible women – not just locally within their Leagues, but on a larger scale across the Association. For some, these connections are forged in the halls and sessions at various conferences, but for two Junior League Members, Meghan Cummings of Junior League of Boston, MA and Katie Butler of Junior League of Greenville, NC, the relationship was built with intent. Below is the story of how Meghan Cummings took the initiative to grow these connections while traveling and changed the trajectory of the Member experience for herself and others across the Association.

Meghan Cummings: In 2022 I joined the Junior League of Boston to connect with women in my city and give back to my community, later I'd discover my membership would give me the opportunity to do this across Leagues.

Katie Butler: After I attended my first conference (SLBI '22 attendee here!) I was amazed at the diversity of the Leagues when it came to the size, history, and impact area of each league. There is so much we can learn from one another, but something I hadn't considered was forging that connection in my personal time while I'm traveling for work or leisure. When Meghan reached out interested in working with us while she was in town, I jumped at the chance to connect with someone from another League!

Meghan: While planning a trip to North Carolina, I searched to see if there was a Junior League nearby and found the Junior League of Greenville, NC. I immediately emailed them to see if they were doing any volunteer work while I was visiting and if they could use an extra set of hands. When I heard back that they not only had an opportunity but would love to host me, I jumped at the chance.

Katie: We gratefully accepted Meghan's assistance with shopping for a local homeless shelter during the week she was visiting. As President of JLG at the time, I was eager to learn from a Member in another League, but also a newer Member to the Junior League to learn what drew her into her local League, and if there were any fresh ideas we could incorporate in our own League.



Image courtesy of the Junior League of Greenville, NC

Meghan: After connecting with Katie and her fellow League Members, I realized I found my League away from League (like my home away from home) and uncovered an incredible perk of being a Junior League Member – the opportunity to build meaningful connections with women across the world as part of my everyday travel.

Katie: What better way to learn about a new area of travel than through a local Junior League? Now when Meghan visits, it's an occasion to take her to local businesses in addition to our community impact partners!

Meghan: Now when I'm traveling, I always do a quick search to see if there is a nearby League I can connect with. Most recently, I had the opportunity to work from the Junior League of Washington DC headquarters for a couple of hours (huge thanks to Margot Watts and Veronica Di Feo). When I joined the Junior League I had high hopes of connecting with the female leaders of Boston, but never did I imagine I'd be able to connect with Leaders across the world. While I count down the days to my next visit to NC, I anxiously await the opportunity to host my newfound friends in Boston and/or get an email that a member from another League is interested in connecting during a visit to Boston.



Meghan Cummings (left), Katie Butler (right), and Katie's daughter, Laine, shopping for supplies for a local homeless shelter during their first meeting.



The new friends joined other Greenville, NC League Members Summer Edwards (left), Caitlin Justice (center), and Frances Manning (second from right) to help feed food insecure members of the Greenville community.



Images courtesy of the Junior League of Boston

If you would like to be featured in an upcoming Member Stories feature,
please submit your information [here](#).

LEAGUE Spotlights

Read about the accomplishments of Junior Leagues from across the Association!

JUNIOR LEAGUE OF NORTHERN VIRGINIA

Established in 1958 as a Service League by a small group of women, JLNV has been making a difference in the community for over 65 years. The goal of the League was to foster interest in improving the social, educational, and civic conditions of their community among its Members – an aim that is consistent with the JLNV that still exists to this day.

During their first decade, the League established and operated a Volunteer Office at National Orthopedic Hospital, developed the docent program at Arlington House – the nation’s first memorial to George Washington, and opened the first consignment store in Northern Virginia.

In the 1970s, the League continued their impactful work by establishing and implementing the Reading is Fundamental (RIF) program in Northern Virginia. The League also produced the award-winning film “The Glug” which focused on early teenage alcohol abuse, and founded a scholarship program for women over 30 to continue their education. Lastly, the League developed an Infant Stimulation program at St. Coletta’s School, a school for the developmentally disabled.

Joining The Association in 1985, the League hit its stride in pioneering programs to improve their community. During this decade, they developed the Court Appointed Special Advocate (CASA) program in the Alexandria court system to recruit and train volunteers to represent the interests of children involved in child abuse cases.

They also created the Prescription for Fun Kit for long-term pediatric cancer patients, which is now distributed to pediatric oncology patients in hospitals throughout Virginia by the American Cancer Society. At this time, the League began its implemented phases of community research and public service announcements for AJLI’s Woman-to-Woman program urging female alcoholics to seek treatment.

In the 1990s, JLNV shifted its focus to their local unhoused community. In addition to implementing a database system in 15 area homeless shelters, they also developed the Family Resource Center (FRC) with Shelter House. They assisted with the center’s programming for homeless families and established an endowment with the Arlington Community Foundation to ensure the long-term viability of FRC programs.

Now in the 21st century, JLNV continues its dedication to service for their community. With an increased focus on the wellbeing of children, in the beginning of the decade, they launched a signature project to build the Children’s Museum of Northern Virginia (now the Children’s Science Center). They also implemented Kids Can self-esteem program at local family shelters as well as the My Life photography program at Patrick Henry Family Shelter. They also developed the Back-to-School Health Fair that provided immunizations and physicals to medically underserved children so they could receive equal access to enter school. To this day they serve the community in a variety of ways from supporting local food banks, establishing period pantries, maintaining children’s gardens, and more.



Image courtesy of the Junior League of Las Vegas



Image courtesy of the Junior League of Las Vegas

JUNIOR LEAGUE OF LAS VEGAS, NV

On February 26, 1946, seven women met to consider the needs of Las Vegas community, which was rapidly expanding after World War II. These seven founders invited seventeen young women to join them in establishing the Service League of Las Vegas, an organization that would respond to community needs and cooperate with existing social service agencies. After initiating and implementing a community service project, the ultimate goal of the Service League was to turn this project over to the community.

Their first president, Florence Lee Jones Cahlan, stated in her president’s report in 1947, “Our policy has been, investigate; then act.”

In their 79 years, JLLV has been fundamental in transforming the Las Vegas community. In 1969, just before officially joining The Association in 1971, JLLV established the Voluntary Action Center, which is now known as HELP of Southern Nevada. HELP was incorporated and founded to connect those in need of services with those in the community who could provide those services. Today, HELP offers a variety of programs and services to help individuals, families, and youths increase their self-sufficiency, keep those at risk of homelessness housed, and help secure housing for those currently experiencing homelessness. In 2017, JLLV donated \$200,000 to HELP of Southern Nevada’s Shannon West Homeless Youth Center – a 166-bed shelter for youth who are homeless or at-risk of homelessness.



Image courtesy of the Junior League of Northern Virginia

Through their partnership, JLLV continues its support of this program by planning several events a month including tutoring sessions, meal preparation and service, life skills training, and more.

In addition to their work with HELP, JLLV has partnered with Three Square, a local Feeding America member organization, to address food insecurity in their community. Together, they create “pop-up” food distributions in areas with the highest need to ensure everyone in the area is fed and healthy.

Today, JLLV participates in a number of community impact projects from revitalizing local parks to promoting literacy, fighting hunger, empowering young minds, and more.

JUNIOR LEAGUE OF BATON ROUGE, LA

Founded in 1932, the Junior League of Baton Rouge is proud of their nearly 100 year history of service to children and their families in the areas of education, health, and arts and cultural enrichment.



Image courtesy of the Junior League of Baton Rouge



Image courtesy of the Junior League of Northern Virginia

Throughout this tenure, The Junior League of Baton Rouge, Inc. has been instrumental in founding and funding many of Baton Rouge’s institutions, including:

- Louisiana Arts and Science Museum
- Baton Rouge Speech and Hearing Foundation
- Adopt-A-School
- Magnolia Mound Kitchen
- East Baton Rouge Parish Library Information Service
- Playmakers
- Peer Helpers
- Excellence in Teaching, from which the Academic Distinction Fund was modeled
- Arts Council of Greater Baton Rouge
- And more

In 2012, JL Baton Rouge partnered with Our Lady of the Lake Children’s Hospital, making a donation of one million dollars towards the Junior League of Baton Rouge Family Resource Center (JLBRFRC) which opened in 2019. The JLBRFRC “helps children and their caregivers during illness or injury by offering patient and family amenities and a place for patient caregivers to relax and step away from the hospital room.”



Image courtesy of the Junior League of Baton Rouge



Image courtesy of the Junior League of Northern Virginia

Their impact did not end with the donation of funds – JLBR provides continued amenities, services, and programs through weekly Comfort Cart visits, Touch a Truck and holiday themed pop-up parades, and social nights for caregivers.

The nearly 2,000 children who are hospitalized at Our Lady of the Lake annually and their caregivers have felt the impact of this continued service.

Another program that the Junior League of Baton Rouge runs is the Painted Playground – a program that aims to “decrease childhood obesity rates by providing elementary and middle school teachers and students in the greater Baton Rouge community with the tools, places, and inspiration to make active play a daily priority.” To date, JLBR has revitalized play spaces for nine elementary schools within Baton Rouge.

In addition to these amazing programs and services, JLBR also runs a diaper bank that provides 550,000 diapers to 23 partner agencies, impacting over 11,500 families in East Baton Rouge Parish.



Image courtesy of the Junior League of Baton Rouge

If you would like to have your League featured in an upcoming League Spotlights feature, please submit your information [here](#).

Member SPOTLIGHTS

It's no secret that The Association of Junior Leagues International (AJLI) is full of incredible, accomplished women! Below are some highlights of the impeccable women of the Junior League and what makes them stand out! Would you like to be featured in a Member Spotlight? [Click here](#) to fill out our form to be considered for a future issue.

VIRGINIA "GINGER" HISLOP Junior League of Yakima, WA

Virginia "Ginger" Hislop, former president of the Junior League of Yakima and Sustainer Emeritus Member, turned 105 last June and by August, made history as the oldest person to receive her master's degree from Stanford University. Ginger has been a force in women's and underrepresented people's education for many years, and she has used her Junior League leadership skills to help the greater good.

REGINA ANN CAMPBELL Junior League of Detroit, MI

Last year, Junior League of Detroit Member Regina Ann Campbell was recognized by *The Michigan Chronicle's* inaugural edition of *Applause!* as one of 25 Standout Black Non-Profit Leaders in Southeast Michigan. Regina is President and CEO of BUILD Institute, a nonprofit small business hub headquartered in Detroit. In just over 10 years, BUILD has helped 2,600 small businesses—mostly microentrepreneurs—launch and grow to their full potential, the majority of whom are women.

RACHELLE WILLIAMSON Junior League of Greater Winter Haven, FL

Rachelle Williamson served as President of the Junior League of Greater Winter Haven from 2023 to 2024. Last year, she was appointed to the bench as a Polk County Judge by Florida Governor Ron DeSantis. Her selection from a pool of five candidates speaks volumes about her professional expertise as an assistant state attorney. Rachelle is a wife and mother of three beautiful children. She has been a dedicated Junior League of Greater Winter Haven Member for nine years, serving on the board and actively participating in community service.

Rachelle's organizational abilities, confidence, and professionalism are the cornerstones of her success. Her punctuality, outstanding attendance, and commitment to the Junior League's Mission are testaments to her self-motivation and ability to work well independently. Her effective collaboration with other League Members and her articulate nature are key to her ability to help analyze, evaluate, plan, and execute fundraisers and projects that best serve the Greater Winter Haven community.

AMANDA VALENTINE Junior League of Baltimore, MD

Amanda Valentine exemplifies excellence in professional, volunteer, and personal endeavors, demonstrating the relevance and impact of The Junior League in contemporary society. Amanda's professional journey is marked by impressive academic and career milestones. She is currently pursuing a Ph.D. in Health Policy and Management at the University of Texas Health Science Center. Her educational background includes a Master's in Health Informatics from Northeastern University, a Master's in Engineering in Healthcare Systems Engineering from Lehigh University, and a Bachelor of Science in Psychology from Tufts University. Certified in PMP, CPHQ, and CPPS, Amanda is a trailblazer in her field, being the first black woman to achieve the Lean Six Sigma Master Black Belt from the American Society for Quality. Her leadership in Clinical Care Redesign and Transformation projects led to \$90 million in cost savings, underscoring her expertise in organizational effectiveness. Amanda's impactful work during the COVID-19 crisis and recognition from the DC Hospital Association and the White House task force highlight her dedication and excellence in healthcare. In addition to her impressive professional career, Amanda's commitment to community service is evident through her involvement in several prestigious organizations.

Since joining the Junior League of Baltimore in 2017, she has actively contributed to the community, reflecting the League's Mission of promoting voluntarism and improving communities. Her participation in Alpha Kappa Alpha Sorority, Inc., the National Coalition of 100 Black Women, and the American College for Healthcare Executives further demonstrates her dedication to empowering others and fostering positive change.

CHARLENE MCKNIGHT Junior League of Florence, SC

Charlene McKnight is the founder and executive director of Four Giving Hearts, Incorporated. Affectionately known as FGH, the 501(c)(3) organization is based out of Georgetown, South Carolina, and serves the Pee Dee and Low Country regions. Through the organization, Charlene works with members of communities, businesses, and other organizations to foster "for" giving hearts and responsible citizenship with a focus on health, family, education, and community.

In addition to managing and serving with FGH, she also serves the community as a proud member of the Omega Omega Omega chapter of Alpha Kappa Alpha Sorority, Incorporated. She serves as a board member of Mingle of the Pee Dee and the Junior League of Florence. She is also a member of the American Business Women's Association- Women on the Rise Chapter and the SALT team, which aims to bridge communities and foster continued growth in collaboration with The Almighty Radio Network and Parent University. She has been a high school English teacher since 2009 and has worked with various programs to include The Center of Excellence for College and Career Readiness, Upward Bound, and the Migrant Education Program. In addition to being certified in Adult Mental Health First Aid USA, she is a proud certified educator, reputable non-profit leader, and certified sickle cell advocate. McKnight has been recognized and awarded numerous times in the past five years for her dedication to serving. Her work with nonprofit organizations, including FGH and the Junior League of Florence, increases her ability to pay it forward and inspires others to do the same.



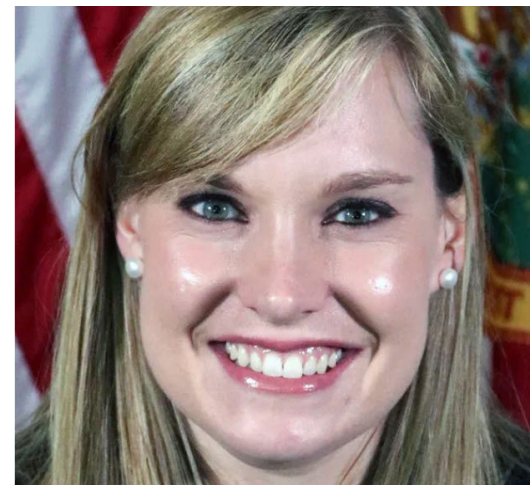
Virginia "Ginger" Hislop



Hislop receiving her master's degree from Stanford University at the age of 105



Regina Ann Campbell



Rachelle Williamson



Amanda Valentine



Charlene McKnight



BELONGING

at EVERY AGE

ADDRESSING GENERATIONAL BIASES



Even with our best intentions of making The Junior League an inclusive place for women of all ages, the truth is that we are all human. We are prone to unconscious biases driven by our personal experiences that can color our choices and the ways we treat one another. Whether we intend to or not, this can make the spaces we create unwelcoming to certain groups of people as they prevent us from seeing people from different age groups as individual people with their own wealth of experiences whose input is valuable to organizational growth.

One way to do this is to encourage cross-generational connections. Ensure that committees and meetings are welcoming environments for women of all ages and use these to foster relationships among women of different ages. Another idea would be to develop a mentorship program connecting your older Members with those of younger generations – you’d be surprised what creative solutions and ideas arise when you allow disparate perspectives on tradition and change to connect.

One example of a way in which generational biases could appear in your League work is assigning Members to committees. An individual from an older generation like the Baby Boomers may be overlooked for a role on a DEIB committee, as one may wrongly assume that people from that generation tend to be more traditional and closed-minded. Another would be the hesitation to put someone from a younger generation in a leadership position as a result of the belief that they must be naïve due to their age.

While we are all products of our environments and cultures, which could lead to some commonality in belief or attributes across individuals of a certain age range, at the end of the day we are still individuals – not a monolith. Sweeping generalizations and stereotypes only serve to further divide us and prevent personal and organizational growth from occurring. Excluding older Members from conversations about change and development for fear of pushback can create further divides and firmer stances, whereas including them allows for the opportunity for creative problem solving. Omitting younger Members from important conversations because of the belief that they don’t have the valuable experience to contribute prevents the opportunity for younger Members to grow and develop and ignores their individual acumen which could provide new insights.

These unconscious biases aren’t your fault – our brains receive so much input and information every single day that they are trained to make shortcuts based on pattern recognition. Yet while unconscious biases are common and reflexive, it is in our responsibility to become aware of them and challenge the resulting beliefs they cause.

Ensure that committees and meetings are welcoming environments for women of all ages and use these to foster relationships between women of different ages.

“These unconscious biases aren’t your fault – our brains receive so much input and information every single day that it is trained to make shortcuts based on pattern recognition. Yet while unconscious biases are normal and reflexive, it is in our responsibility to become aware of them and challenge the resulting beliefs they cause.”





This drive helped the League collect over 400 items for these schools – ensuring their students would enter the 2024-2025 school year on the right foot. Once all the items were collected, League Members connected with their local communities by personally delivering them to the teachers at each school.

JUNIOR LEAGUE OF WILMINGTON, DE

The Junior League of Wilmington, DE, held two Find the Good Day events – a menstrual supply packing event where Members could ‘do the good’ and a leadership exploration event where Members could ‘be the good.’ Their menstrual supply packing event gave the League an opportunity to share the chance to ‘be the good’ by opening the program to not just Members, but guests and prospective Members as well. Over the course of the event, volunteers packed nearly 400 menstrual supply packs for members of their community experiencing period poverty.

For their leadership exploration event, Members were granted the opportunity to learn about leadership positions to promote the opening of Board applications for the 2025-26 League year. As a fun spin on wine pairings, each Board position was paired with a wine, cocktail, or mocktail based upon the different qualities of each role. Attendees went ‘around the Board’ having their passport stamped at each station while engaging and speaking with a current or past Board member to learn about each Board position. Completed passports were entered into a drawing to win a charcuterie board and JLW wine glasses.

JUNIOR LEAGUE OF COLUMBUS, OH

The Junior League of Columbus, OH, invited their community to join them for a delightful and informative day at the Kelton House Museum and Garden. During this time, family and friends in the community enjoyed engaging activities for children and families, shopped at Kendra Scott and Lily Pulitzer pop up shops to benefit the Junior League of Columbus, and learned more about JLC and their impact on the local community.

PHOTO CAPTIONS

1. JL of Alexandria volunteers provided ‘good’ to their community by packing supplies and donations for Fostering Community.
2. Members of the community were invited to join JL of Columbus at the Kelton House Museum.
3. JL of Columbus, OH was one of many Leagues who partnered with Kendra Scott for a Find the Good Day pop up.
4. Members of JL of Evanston-North Shore volunteered with one of their community partners - Youth & Opportunity United to work in their community garden.
5. Knoxville League Members collected and distributed over 400 items to two local elementary schools to kick off the 2024-2025 school year.
6. JL of Knoxville treated their Members and the community to a little ‘good’ with a Kendra Scott giveback partnership and pop up.
7. JL of Wilmington Members completed a Done in a Day project packing menstrual supplies for those experiencing period poverty.
8. Volunteers from JL of New York packed and provided 603 hygiene kits to unaccompanied youth, families, and individuals experiencing homelessness.
9. To spread the ‘good’ with food insecure Members of their community, JLA volunteers assisted with food prep at The Manna House.
10. JL of Rockford Members stocked Free Little Libraries in their community for their Literacy Leaders program.
11. JL of Alexandria volunteers delivered cookies and baked goods to front line service providers in their community - from local police to night shift nurses.
12. JL of Alexandria volunteers delivered cookies and baked goods to front line service providers in their community - from local police to night shift nurses.
13. JL of Austin Members volunteering at the Austin Humane Society.
14. JL of Austin Members working at a Food Bank for Find the Good Day.



WOMAN TO WOMAN

A Look at The Junior League's Alcohol Awareness Initiative



BY CARA SIEVERS, CONTRIBUTING WRITER

Junior League Members are not afraid of tough conversations. They seek change, they confront problems, and they strive to improve the lives of women – and everyone – in their communities.

This is why it's no surprise that AJLI took on one of the toughest issues facing our society in the 1980s – alcohol use. In 1985, AJLI launched Woman to Woman (WTW), an initiative addressing alcohol use and abuse among women. An international, three-year project, WTW aimed to educate women about the prevalence and early signs of problem drinking and open a forum for discussion about alcohol use and alcoholism.

WTW was funded by Allstate Insurance Company and Blue Cross Blue Shield and was led by a team of experts in the areas of alcoholism research, psychology and even media and advertising. The project director was Keven Bellows, a marketing and public relations consultant who had been active in the field of alcoholism for 15 years and was a former president of the Alcoholism Information Center founded by the Junior League of Los Angeles.

On June 7, 1986, Ashley Maentz, Association director (AJL at the time) and chairman of the WTW Project Committee, described the aims of the initiative at the National Conference on Women's Health, which was co-sponsored by the U.S. Food and Drug Administration and the U.S. Public Health Service Coordinating Committee on Women's Health Issues.

"The first goal is to get the facts out to the membership of the Junior Leagues. The Members, in turn, will educate their communities through personal contact, television and radio public service announcements, printed materials and the development of alcohol-related local programs.

In this way, information, education and support will pass from woman to woman throughout local communities."

The WTW project's three major goals were as follows:

- **Call for Female-focused Research:** WTW aimed to expose the need for further research focused on the effects of alcohol on women specifically. Up until this time, all research in the field had been conducted with men. Women, of course, have different physiological, and perhaps psychological, makeup – it was just not known how different the effects of alcohol on women might be.
- **Address Stigma and Stereotype:** Thanks largely in part to media and advertising, women who consumed alcohol on any level faced a bevy of stereotypes and stigma. Women who drank alcohol might be criminalized or perhaps seen as "loose." Or if they drank to calm their anxiety, there would be a stigma associated with that too. It was different for men, and WTW aimed to uncover the genesis of these stereotypes.
- **Underscore the Need for Resources/Treatment Options:** Last, but certainly not least, the program strived to help women with an alcohol problem or dependency. Treatment and rehabilitation options were scarce and stigmatized; and, most importantly, they were nearly impossible for women to partake in. The go-to treatment for alcoholism in the 80s was the 28-day rehab program – but when considering who would take care of her family or her children, women often decided the "cost"

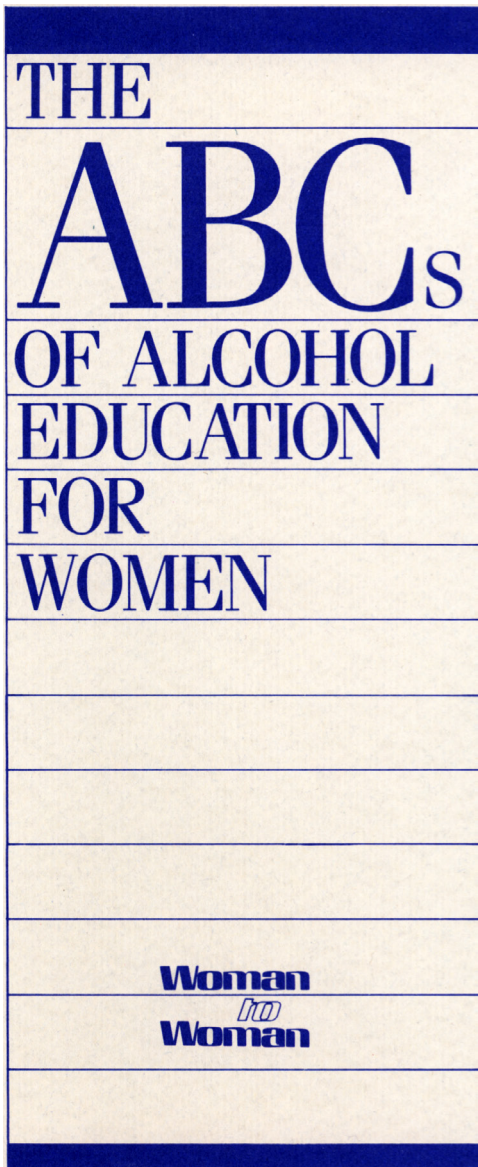


Image courtesy of The AJLI Digital Collections

Woman to Woman

ALCOHOL AND YOU

More teen-age girls drink today than ever before.

Two out of three adult women drink.

Heavy drinking for women is defined as more than two drinks every day.

Women experience more serious health effects from alcohol after a shorter history of drinking than men.

If you choose to drink, know the facts about how alcohol affects you.

Image courtesy of The AJLI Digital Collections

of the program was too high. WTW hoped to spotlight the need for alternative, more accessible treatment.

Over the course of the program, a record number of local Leagues led discussions and outreach efforts about alcohol consumption along with providing a forum for open discussion about its effects. Junior Leagues built research rubrics and tools and headed out into their local communities to gather research. A couple years into the initiative, The Junior League had amassed significant research and was able to begin developing a narrative around correcting perceptions of alcohol use among women, along with uncovering what needed to change when it came to the ability to access resources and care.



In 1985, AJLI launched Woman to Woman (WTW), an initiative addressing alcohol use and abuse among women.

The three-year WTW effort culminated in the first major national conference on women and alcohol, sponsored by The Association and the National Coalition of Alcohol and Drug Dependence. Delegates came together from both organizations to present research findings, creating a buzz in Washington, D.C., and a report chronicling the research findings was the basis for testimony presented to Congress. Together, the two organizations called for decreased stigmatization and better, more accessible treatment options.

Of course, The Association's groundbreaking alcohol awareness program wasn't the only effort targeting alcohol use in the 80s. The establishment of recovery centers and the worldwide proliferation of support programs like Alcoholics Anonymous also helped to bring about notable change.

In fact, according to the American Journal of Preventative Medicine, alcohol use experienced a significant decline in the 80s and 90s. From 1985 to 1999, the prevalence of alcohol use dropped 7.3 percent, and binge drinking dropped 3.3 percent.

As with gains in other areas, such as domestic violence prevention, the foster care system and AIDS education, AJLI was a force for change in the 1980s and beyond. The WTW project made a lasting impact on women and families worldwide by reducing stigma and stereotypes and opening a forum for discussion. The program certainly set a precedent for successful execution of Junior League initiatives for years to come. This initiative will forever serve as a reminder of the power Junior League Members have to come together and shift paradigms for the greater good.



If you would like to contribute to a future issue of *The League Life*, please click [here](#).



The REAL DEAL

10 Tips for Overcoming Imposter Syndrome

BY CARA SIEVERS, CONTRIBUTING WRITER

Can you imagine what life would be like if we never tried anything new? We would forever be stuck in the same place we were a year ago, five years ago, 20 years ago. How boring, right?

But, if we are being honest, trying something new is scary. What if I don't succeed? What if I'm not sure of all the steps I need to take to achieve my goals? What if other people think I'm a "faker" or a "poser" or that I don't belong here at all?

This phenomenon, known as imposter syndrome, occurs when someone doubts their ability to perform a task. This feeling might occur when a person explores a new hobby, starts a higher-level job, or even accepts a volunteer position they find intimidating. And when someone feels like an "imposter," they find it difficult to accept praise from others, give themselves credit, and avoid overthinking their every move.

According to [Psychology Today](#), imposter syndrome affects approximately 70 percent of adults. That means that the majority of us are harboring feelings of self-doubt and inadequacy. And women are more susceptible to imposter syndrome than men – particularly women of color. In fact, according to [WebMD](#), imposter syndrome was first identified in the late 1970s in high-achieving women in the workplace.

So, how do we overcome these feelings and face imposter syndrome head on? Here are 10 objectives we can focus on, both personally and as a community, in order to defeat and defy any feelings of phoniness.

- **Adopt a growth mindset.** When imposter syndrome creeps in, acknowledge your fear but reframe it in a positive light. Being scared of something new means you are growing and learning and evolving, and this is a good thing.
- **Steer clear of comparison.** Whether at work, in a social setting or on social media, women tend to compare themselves to each other a lot. Separate your journey from someone else's because no two lives and no two paths look the same.



- **Own your mistakes.** Admit your errors and blunders right when they happen ... and then do your best to forget about them. If something doesn't go as planned, it is just another opportunity to learn and grow. Own it, but don't dwell.
- **Be proud of your successes.** Building self-confidence is key to overcoming imposter syndrome. Stand up and be confident in every little success, and don't try to explain success away to circumstance or attribute it to luck.
- **Encourage other newcomers.** Recognize that being new to something is ok by lifting up your friends and colleagues who might be experiencing fear and self-doubt. Helping others through a situation you have already experienced is healing for all parties involved.
- **Avoid procrastination.** Imposter syndrome is notorious for causing procrastination. After all, if you think something will be difficult or unattainable, you are less likely to want to tackle it ASAP. However, when you delay a task, it only creates more time and space for worry and anxiety to dwell.
- **Separate feelings from facts.** When our emotions get the best of us and start to cause us to doubt our abilities, it is best to focus on the facts. Separating fact from fiction can enable us to see how we truly are ready, equipped and qualified to do something, even when we are having second thoughts.
- **Practice praise.** When we feel like imposters, it is nearly impossible to genuinely accept praise. So, we need to practice.
- Be intentional about accepting compliments – just say, "thank you," without adding self-deprecating comments. And be intentional about giving praise too. You will start to notice a difference in your ability to accept praise if you see that others are willing to accept yours.
- **Lean on a trusted friend.** Talk through your feelings with someone you trust or seek a mentor in your field. And therapy with a professional is always a good option too if you need to further explore your feelings.
- **Embrace self-compassion.** Last, but certainly not least, give yourself a break. When you start to feel like an imposter, remember that everyone starts somewhere. Be confident and proud...and when things don't work out, cut yourself some slack.

The truth is that we are navigating new and nerve-wracking situations all the time. If you sometimes feel like an imposter, you are not alone. As a community, we can lessen the anxiety caused by imposter syndrome by constantly applauding others' courage and vulnerability. See a friend trying something new? Show her some love and support! And if she's willing to openly share her feelings of fear and doubt, validate her by listening and empathizing.

We can't all feel like the real deal right out of the gate – and being able to recognize imposter syndrome in ourselves is the first step in overcoming it. With this self-awareness, along with knowing that this feeling is all-too common among adults, we can begin to individually and collectively shift our mindset to one of growth and positivity.

Find Your NEXT READ

With a Junior League Author

BY JACQUELYN BAUMAN, AJLI DIRECTOR OF CONFERENCES & MEETINGS

LOOKING FOR SOMETHING TO READ THIS SPRING?
ENJOY A GOOD BOOK BY ONE OF OUR INCREDIBLY
TALENTED JUNIOR LEAGUE WRITERS.

“I Found My Other Half” by Lauren Widmar, Junior League of Oklahoma City, OK

In the heartwarming children’s book “I Found My Other Half,” we follow the journey of little Luke, a brave boy whose life revolves around hospitals, treatments, and the ever-present fear of losing his breath. Born with a rare lung condition, Luke’s days are filled with uncertainty, but his spirit remains unyielding. Through vivid illustrations and tender prose, readers witness Luke’s resilience as he navigates the challenges of his illness with the unwavering support of his loving family. Each day becomes a battle against time as Luke waits for a life-saving lung transplant, his only chance at a normal childhood. Despite the daunting obstacles, Luke finds solace in small joys – the laughter of his friends, the comforting embrace of his parents, and the hope that tomorrow will bring a miracle. But as his condition worsens, the need for a donor becomes urgent, casting a shadow of fear over his family. Just when hope seems to fade, a ray of light breaks through the darkness. The long-awaited call comes from the hospital – a match has been found. Luke’s heart fills with hope as he prepares for the life-changing surgery that promises to give him a new lease on life. As Luke undergoes the transplant, readers are swept away on a journey of courage, love, and the incredible power of hope. With the support of his dedicated medical team and the unwavering love of his family, Luke emerges from the surgery with newfound strength and a boundless optimism for the future.

“I Found My Other Half” is a touching tale of resilience and the triumph of the human spirit. It reminds us all that even in our darkest moments, there is always hope – a beacon of light that guides us through the storm and into a brighter tomorrow.

“I Found My Other Half” can be [purchased here](#).

“Slovakland” by Helen Jones, Junior League of the City of New York, NY

When it comes to the epic history of Central Europe, the Slovaks were involved in it all, yet little is known of their story. Textbooks skim or omit it. Many Slovak immigrants never talked about the “old country”. The captivating history of the Slovaks is finally told here. It begins with a cunning jewel heist and escape from the Hunnic Avars in 791. The characters then survive through the centuries as they become part of Great Moravia, Magyar-controlled Hungary, and finally the mighty Austro-Hungarian Empire. The years connect them to Charlemagne, Crusaders and the Mongols. They survive plagues, famines, bloody battles, fires and cruel lords. We see them forced to work, fight, and change their religion. They learn to live by their wits and determination. Yes, they eventually rebel. Despite the rape, plunder and gore, there are many light moments—the crazy priest, magnificent knights, the wonder of building a castle. And here the beautiful and mighty Slovak castles are settings for their own intriguing stories, not stand-ins for Game of Thrones or Braveheart.



LEAGUE *life*

This book is written under Helen Jones’s pen name, Helena Kanderka – her family name. More information can be found on her website: helenakanderka.com

“Slovakland” can be [purchased here](#).

“Conquering Kilimanjaro” by Jodi Greve, Junior League of Northwest Arkansas

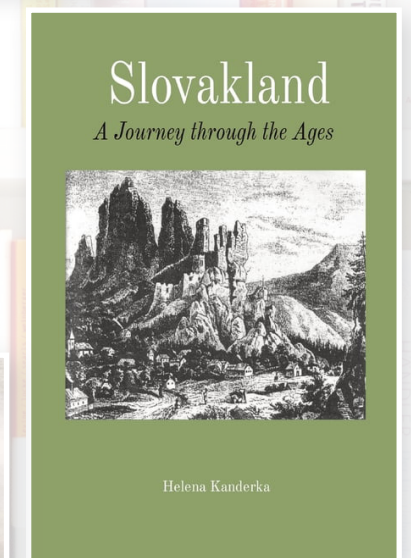
Just as life doesn’t always go as planned, the author endured many unexpected circumstances while she trekked the path toward the peak of Kilimanjaro. She pushed past her limits and shifted her mindset to vanquish the mountains of negativity, physical injury and defeat one step at a time. This audiobook is filled with excitement, inspiration, and guidance on overcoming adversity and adjusting to the climate of your circumstances without succumbing to them. It gives accounts of events that occurred before and during Jodi’s climb, along with glimpses of her childhood that led to her competitive nature. Achieving goals only happens with commitment and determination, and the author’s perseverance is a testament to growth and sacrifice. Jodi experienced an unexplainable euphoria when she finally saw the African savannah below and looked back at how far she had come. She learned to embrace new opportunities and conquer every obstacle that comes her way. As one of the most difficult challenges she’s ever undertaken, she learned that winning is no longer about finishing first; it’s about winning.

“Conquering Kilimanjaro” can be [purchased here](#).

“The Power Dressers: A Woman’s Guide to Professional Style” by Michelle Grant, Junior League of the City of New York, NY

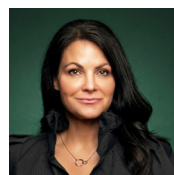
Michele Grant’s “The Power Dressers: A Women’s Guide to Professional Style” is a must-have for women at all levels of their careers. From aspiring college interns to seasoned industry executives, this guide serves as an indispensable toolkit for any woman looking to maximize the power of her wardrobe. This book comprehensively equips readers to curate a wardrobe that adapts to the unique demands of various professional settings. It emphasizes the strategic role of attire in personal branding, harnesses the influence of color psychology, and embraces sustainable fashion. With inspiring stories, expert advice, and actionable strategies, “The Power Dressers” is more than a style guide—it’s a mentor, empowering readers to dress with intention and intelligence, unlocking their full potential.

“The Power Dressers: A Woman’s Guide to Professional Style” can be [purchased here](#).

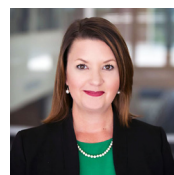


If you would like to contribute to the Book Talk Feature in a future issue of *The League Life*, [please click here](#).

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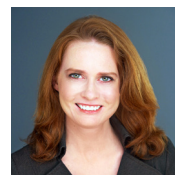


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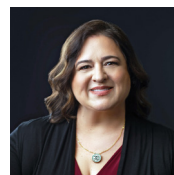
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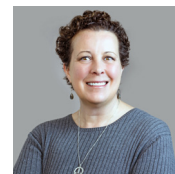
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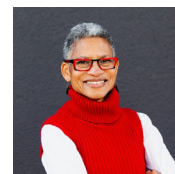
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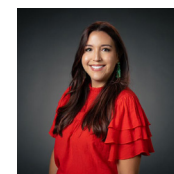
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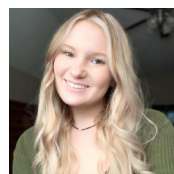
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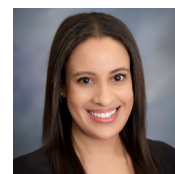
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JUNIOR LEAGUE COOKBOOK FEATURED RECIPE

Easy Weeknight Chicken Pot Pie
Junior League of Northern Virginia

1 teaspoon olive oil
1 bag (16 ounces) frozen mixed vegetables
(or use 1 pound mixture of fresh diced
carrots, onions, and peas)
1 teaspoon Italian seasoning
3/4 pound boneless, skinless chicken breasts,
cooked and cubed
1 can (10 ounces) cream of chicken soup
1 cup low-sodium chicken broth
Salt and pepper to taste
1 can (8 ounces) crescent rolls

- Preheat oven to 350°F.
- In a large skillet, heat olive oil and sauté mixed vegetables. Stir in Italian seasoning, salt, and pepper. Cook vegetables until tender.
- Add cooked chicken and cream of chicken soup. Slowly add chicken broth until mixture is a creamy consistency.
- Line the bottom of a 9 x 13-inch casserole dish with unrolled crescent rolls. Use 3 to 4 rolls until covered.
- Top evenly with chicken filling. Top mixture with remaining crescent rolls until covered.
- Bake 20 minutes or until crescent rolls are browned.

SERVES 8

NOTE: This recipe is a weeknight crowd-pleaser: chicken pot pie without having to roll out dough and assemble individual pies. Individual servings can also be cooled and frozen in individual bags to be reheated later. This recipe is also a great use for leftover rotisserie chicken.

[Click here to view this recipe as a PDF.](#)

Do you have a Junior League cookbook recipe that you love? [Submit your favorites by clicking here.](#)

flavors of VIRGINIA



What Can I Bring Through the Seasons?



Image courtesy of the Junior League of Northern Virginia

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