

The League Letter

A Monthly Letter From Amber Hubbs Golegos
President Of The Junior League of Evanston- North Shore

A NOTE FROM THE PRESIDENT

Dear JLE-NS Members,

Welcome to November! As we prepare for the Thanksgiving holiday, gratitude is always top of mind for me during this month. According to a [Forbes](#) article by Amy Morin, there are at least 7 scientifically proven benefits of showing gratitude.

- Gratitude opens the door to more relationships
- Gratitude improves physical health
- Gratitude improves psychological health
- Gratitude enhances empathy and reduces aggression
- Grateful people sleep better
- Gratitude improves self-esteem
- Gratitude increases mental strength

Looking back at October, I am so grateful to all of our members for the time and dedication you have given to our League! Last month we addressed Domestic Violence Awareness head-on by hosting guest speakers Sylvia Zaldivar, WINGS CDO and Molly Dubow, Cradles to Crayons CEA. We helped those in our community by packing winter accessory kits for children in need and participated in Make A Difference Day. We also bonded virtually via social and educational events like the Debora Spar fireside chat and a cider tasting hosted by the Recruitment Committee. I am constantly reminded of how lucky I am to be part of the Junior League of Evanston - North Shore and to have a network of amazing women who support each other and our community! I am so grateful, thank you!

Inspirational Female Role Models will be our focus for the month of November. A female role model does not have to be a celebrity or a historical figure. She can be any woman you look up to who inspires you in your family, a colleague at work, or even a fellow JLE-NS member! I encourage you to share your thoughts on this topic at our GMM and via social media throughout the month of November. Unfortunately, due to the rise in COVID numbers and concern for member safety, we have postponed the Barbara Rinella event to the summer where we can safely enjoy her presentation in person! While it is disappointing to delay the event, my first priority is member safety so we will be hosting our November GMM virtually only via Zoom. I'm looking forward to another great month ahead!

Best,

Amber Hubbs Golegos

President, Junior League of Evanston - North Shore



Feedback or ideas? I would love to hear from you, please don't hesitate to reach out to me anytime (amber.hubbs@hotmail.com). Thank you for your time and dedication to our league.

WHAT'S INSIDE THIS ISSUE:

- A Note From The President
- October Highlights
- Member In The Spotlight
- Important Dates

OCTOBER HIGHLIGHTS



Anna Pappas

Volunteer Excellence Award, October 2020

Anna is being recognized for her leadership and generosity teaching our yoga by the lake recruitment event. Thank you for going above and beyond, Anna! We appreciate your time and dedication to the Junior League of Evanston - North Shore!



Betsy Turavitz

Volunteer Excellence Award, October 2020

Betsy is being recognized for her help with the reusable bag slogan contest. Thank you for going above and beyond, Betsy! We appreciate your time and dedication to the Junior League of Evanston - North Shore!

Fireside Chat with Debora Spar

Have you ever wondered how innovations in technology have helped shape the advancement of women? Or what the future of higher education will look like in the next 10 years? JLE-NS had the pleasure of discussing these questions and more with best-selling author, Debora Spar during an intimate fireside chat led by moderator Liz Becker on Friday, October 16th. Those who attended had the pleasure of hearing from Debora directly and asked her questions about her book. The JLE-NS is committed to developing the potential of women and strives to provide dynamic speakers to our members and the community. If you are interested, feel free to purchase Debora's new book, *Work Mate Marry Love: How Machines Shape Our Human Destiny* via Amazon Smile to support the Junior League of Evanston-North Shore.



October GMM

On Wednesday, October 21st we held our GMM at the Winnetka Community House and virtually via Zoom. Members wore purple to honor survivors of Domestic Violence. We hosted guest speakers Sylvia Zaldivar, WINGS CDO and Molly Dubow, Cradles to Crayons CEA. Members in person packed 50 winter accessory kits that included hats, gloves and scarves to benefit children through Cradles to Crayons. Thank you to all who were able to join.



Make A Difference Day

On Saturday, October 24th seven ladies from JLE-NS volunteered at Make a Difference Day. The Junior League was one of many non-profit organizations that participated in the event, which was hosted by the Volunteer Center. The Junior League collected and filled multiple cars full of donations of toiletries, purses, shoes, and women's clothing. The donated items will either be used in the DIAD Purses with a Purpose Project or the Thrift House in Evanston. Great job, ladies!



Virtual Cider Tasting



On Thursday, October 29th our members and potential new members joined us for a Virtual Cider Tasting. We enjoyed learning about different ciders and also about the wonderful things the Junior League of Evanston-North Shore is doing to give back to our community.

MEMBER IN THE SPOTLIGHT

EILIDH GEDDES

Recruiting and Trivia Night Committee - Active

"I joined the Junior League to get involved in the community, develop leadership skills, and make new friends!"



What's your "why" for being in the Junior League?

I joined the Junior League to get involved in the community, develop leadership skills, and make new friends!

How many years have you been in the JLE-NS?

This is my 2nd year in the League.

What has been one of your favorite placements?

I am enjoying being on the Recruitment committee this year.

What is one of your favorite JLE-NS memories?

We had a blast at Trivia Night last year!

Tell us about yourself:

I grew up in Atlanta, Georgia and attended UGA for college where I met my husband, John. After college, I worked in New York for the Federal Reserve before moving to Evanston in 2017 to start my PhD in Economics at Northwestern. My husband joined me here shortly after I started my program, and we got married in 2018. In my PhD program, I study health care markets with a particular focus on how government policies interact with private markets and the implications for consumers. For fun, I enjoy yoga, running, baking, and calligraphy.



If you would like to be the next Member In The Spotlight, please attend our next GMM meeting on 11/18 and your name could be randomly selected as the next member featured!



Sprinkling a little joy into their holiday!



**JUNIOR LEAGUE OF
EVANSTON-NORTH SHORE**



The Junior League of Evanston - North Shore and CASA of Lake County are partnering to make the holidays a little bit brighter for children in the foster care system by donating holiday baking baskets.

Please help us by signing up to fill 16 baskets for foster families filled with baking essentials like cookie cutters, cookie mix, sprinkles, and frosting via the SignUp Genius link sent via eBlast.

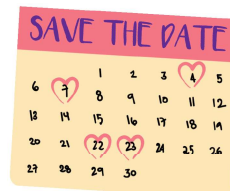
Please drop your donations off at HQ. Please reach out to Amber if you have questions, amber.hubbs@hotmail.com.

Baskets will be collected December 2

IMPORTANT DATES



We are excited to share upcoming events. Each month will ladder back to a theme rooted in our mission and values. Please save these dates in your calendar but always check Digital Cheetah for the most current schedule as these events are subject to change. Due to COVID to ensure the safety of our members, we will adhere to state guidelines in regards to group gatherings. For in-person events proper PPE will be enforced and we will always offer a virtual or call-in method for attendance to ensure our members feel safe and comfortable.



NOVEMBER: INSPIRATIONAL FEMALE ROLE MODELS

- 11/3: Election Day
- 11/4 (7:00-9:00): MB Meeting
- 11/5 (7:00-9:00): Finance Committee Meeting
- 11/10 (6:00-7:00): Zoom Social Get to Know Your Fellow League Members!
- 11/11 (7:00-9:00): PB Meeting
- 11/14 (9:00-11:00): DIAD Feed My Starving Children
- 11/18 (6:30-9:00): GMM- virtually via Zoom
- 11/25-11/27: Thrift House Closed due to Thanksgiving Holiday

DONE IN A DAY FALL PROJECT: PURSES WITH A PURPOSE

This year, the DIAD committee is collecting the following items to benefit local women's shelters. Please either bring these items to Lisa at HQ in the Winnetka Community House or designate a pickup time, by contacting DIAD Chair Brittany Tangney, bstrawm@gmail.com. Since we will not be collecting purses this year, please save and donate gently used purses to Thrift House. **We will be collecting items for the DIAD Fall Project until November 30, 2020.**

Toiletries (unopened, Regular or Travel Sized)	Paper Goods	Cleaning Products	Infant Items	Linens (New)	Art Supplies
Shampoo, soap, toothpaste, conditioner, dental floss, etc.	Tissue, toilet paper, paper towels, napkins, paper plates, cups, etc.	Bleach, disinfectant, dish soap, laundry detergent, bounce, kitchen cleaners, etc.	Diapers, wipes, powder, shampoo, lotion, Vaseline, Desitin, baby food etc.	Bath towels, hand towels, kitchen towels, bedding for twin & cribs	Markers, construction paper, paints, pencils, backpacks, etc.

BETTER THE
TOGETHER JUNIOR
LEAGUE

The Junior League of Evanston – North Shore