

## COMING SOON!

### RED WINE VIP RECEPTION SPONSORED BY JOHN BYLER JANUARY 12, 2012

As of November 7, 2011, we have raised a total of **\$122,000** through sponsorships! AND, with verbal commitments, that brings us to a total of **\$129,500** in sponsorships! And as if that wasn't enough, we currently have **\$6,500** in sponsorship renewals out there! If we can get confirmations from our verbals and renewals left, we would have **\$136,000** in Heart Ball Sponsorships! [Sponsorship packet link is here.](#)

### EXECUTIVE LEADERSHIP

The Heart Ball volunteers and staff would like to sincerely THANK our Executive Leadership Team for their efforts so far with the 2012 Lancaster Heart Ball. It is because of them that we have raised \$41,000! These are the past, present and future volunteer leaders of the Lancaster Heart Ball. THANK YOU! And time isn't up yet! There are still opportunities for more sponsorship success. Please email updates to [Jennifer DeBerdine Goldbach](#), [Michael DeBerdine](#), and [Ann Marie Bolen](#). Congratulations again!

### CELEBRATING 30 YEARS OF ADVOCACY SUCCESS

When the American Heart Association says, "You're the Cure", we mean it! Join us in celebrating 30 years of heart disease and stroke advocacy and the grassroots advocates who made it possible. Together, we have helped build healthier communities and healthier lives through policy change.

Over the last three decades, we have accomplished great things in the areas of tobacco control, research and public health funding, childhood obesity prevention, nutrition promotion, systems of care, CPR training and AED placement, and quality health care access. And we're just getting started!

Later this month, we'll be premiering our 30th anniversary video, highlighting many of these successes and featuring some of your fellow advocates. [Here is a sneak peek!](#)

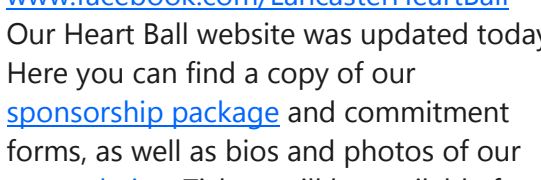
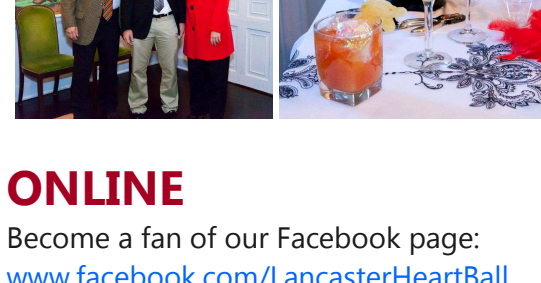
### OPEN YOUR HEART

We have raised \$2,410! Jay Ridinger will be beginning his campaign on November 11, 2011 to all of his contacts. Greg Lefever has signed over 500 letters and they will be going out in the mail THIS WEEK!

Rebecca Deibler sent out her letters a few months back, and is following up with all of them this month. \$7,590 left to get our \$10,000 match!! [Open Your Heart Pledge Forms—click here.](#) Complete the form and mail to: 610 Community Way Lancaster, PA 17603. *Remember, we actually don't need your donation until the day of the event! We only need your pledge! Thank you so much!*

### SIGNATURE EVENT

The 2012 Lancaster Heart Ball Signature Drink Tasting was last week on November 3rd at The Conestoga House! Many sincere thanks to Murray Risk Management & Insurance for sponsoring and planning this wonderful event! Take a look at our [Facebook Page](#) for photos! Thanks Melissa



### ONLINE

Become a fan of our Facebook page: [www.facebook.com/LancasterHeartBall](http://www.facebook.com/LancasterHeartBall) Our Heart Ball website was updated today! Here you can find a copy of our [sponsorship package](#) and commitment forms, as well as bios and photos of our [event chairs](#). Tickets will be available for purchase on December 1, 2011. You can find us at [www.heart.org/LancasterPAHeartBall](http://www.heart.org/LancasterPAHeartBall).

### LOGISTICS

Linens and Centerpieces have almost been decided. Videographer and Entertainment have been confirmed! **NEW!** The next Logistics Committee Meeting is November 17th at 11:00 a.m. at the Lancaster Country Club.

### UPCOMING EVENTS

November 17, 2011	Logistics Committee Meeting @ LCC 11:00 a.m.
November 21, 2011	Heart Ball Full Committee Meeting @ AHA 3:00 p.m.
December 20, 2011	Heart Ball Full Committee Holiday Meeting @ The Steeple House 3:00 p.m.
January 12, 2012	Red Wine VIP Reception at the Hamilton Club 6:00 p.m.
February 3, 2012	Wear Red Day
February 4, 2012	2012 Lancaster Heart Ball @ LCC
March TBD	Dining Well Thank You Party @ Lancaster Regional Medical Center
TBD	Living Well Party by Orthopedic Associates of Lancaster

## HOW TO DISH UP A HEALTHY THANKSGIVING FEAST



### Herb-Roasted Turkey

This method produces all the good looks and moist flavor you dream of in a Thanksgiving turkey. Make sure you show this beauty off at the table before you carve it. Garnish your serving platter with fresh herb sprigs and citrus wedges.

**12 servings, 3 ounces each, plus plenty of leftovers**

**Active Time:** 30 minutes

**Total Time:** 3 1/2 hours

#### Ingredients

- 1 10-12-pound turkey
- 1/4 cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
- 2 tablespoons canola, oil
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 1/2 cups)

3 cups water, plus more as needed

#### Preparation

1. Position a rack in the lower third of the oven; preheat to 475°F.

Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.

1. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast. Reduce oven temperature to 350° and continue roasting for 11/4 to 13/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water. The turkey is done when the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F.

Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

#### Tips & Notes

**Make Ahead Tip:** Equipment: Large roasting pan, roasting rack, kitchen string, thermometer

#### Nutrition

**Per serving (without skin):** 155 calories; 5 g fat ( 1 g sat , 2 g mono ); 63 mg cholesterol; 0 g added sugars; 25 g protein; 0 g fiber; 175 mg sodium; 258 mg potassium.

## CURRENT SPONSORS

RED WINE VIP RECEPTION SIGNATURE SPONSOR; VIP AUCTION PREVIEW SPONSOR; OPEN YOUR HEART \$10,000 MATCH DONOR

[JOHN BYLER](#)

UNDECIDED

**FAULKNER LANCASTER** ([FAULKNER](#)

[BMW](#) AND [FAULKNER CHEVROLET](#))

BAND SPONSOR AND FOYER DECOR

[LANCASTER COUNTY MOTORS](#)

DINING WELL THANK YOU PARTY (AFTER HEART BALL)

[LANCASTER REGIONAL MEDICAL CENTER](#)

LIVING WELL PARTY

[ORTHOPEDIC ASSOCIATES OF](#)

[LANCASTER AND NORTH POINTE](#)

[SURGERY CENTER](#)

PRINT MATERIALS

**FULTON BANK**

SIGNATURE DESSERT TASTING

**JONES FAMILY OF DEALERSHIPS**

SIGNATURE DRINK TASTING

**MURRAY RISK MANAGEMENT & INSURANCE**

CENTERPIECES

**BENCHMARK CONSTRUCTION**

CENTERPIECES

**RHOADS ENERGY**

PHOTOGRAPHS

**OAK LEAF MANOR**

HEART HEALTHY SNACK

**STEVENS & LEE**

VOLUNTEER REFRESHMENTS

**DENTECH**

EVENT DECORATIONS

**LANCASTER TOYOTA**

EVENT DECORATIONS

**MEMBERS 1st FEDERAL CREDIT UNION**

COAT ROOM

**TROUT, EBERSOLE & GROFF**

VERBAL COMMITMENTS FROM:

**WAITING ON FORMS**

- **DR. SEAN MORIARTY**
- **EASTERN ALLIANCE INSURANCE**
- **ESSIS & SONS**
- **HEART SPECIALISTS OF LANCASTER**
- **LANCASTER NEUROSCIENCE**
- **METRO BANK**

### PATRONS

**CHIROPRACTIC 1ST**

1 Patron = 2 tickets

**M & T BANK**

1 Patron = 2 tickets

**TRAVEL TIME**

1 Patron = 2 tickets

**TURNER BUICK GMC**

1 Patron = 2 tickets

**UROLOGICAL ASSOCIATES**

1 Patron = 2 tickets

### DOUBLE+ PATRONS

**DONEGAL INSURANCE**

2 Patrons = 2 tickets

**FAMILY OWNED MARKETS**

4 Patrons = 8 tickets

**SIMON & LEVER**

2 Patrons = 4 tickets

### TABLE SPONSORS

**HARLEY DAVIDSON**

1 Table Sponsor = 8 tickets

**M & T BANK**

1 Table Sponsor = 8 tickets

### TICKETS

Through Heart Ball Sponsorship commitments and verbals, we have **186** seats filled!!

### AUCTION

Attached are the items we have received commitments on thus far. Does anyone outside of the Auction Committee has any contacts in the industries of Jewelry, Travel, and Original Art. They have set 3 deadlines to have things to Jack Yohn for the Online Auction Booklet, sponsored by John Byler. This booklet will include item, description, value and a picture of the item. If a photo was not provided, or cannot be found online, the donor's logo will be used in place of the item's picture. The Auction Categories are: Live Auction, Art, For Children, Health & Beauty, Home Clothing & Accessories, Jewelry, Restaurants and Entertainment and Services. The final deadline to have items in is December 16, 2011. Please let [Jayne Pickard](#) and [Melany Radel](#) know! Thank you!

### NOVEMBER TIMELINE

- Continue Sponsorship Solicitation of all Levels
- Continue Silent & Live Auction Solicitation – Auction Final deadline is December 16th
- Confirm and Secure Entertainment for the event, contracts signed
- 2013 Chair confirmed
- Develop logistics/facilities rough draft plan: flowers, linens, decorations, photographer, emcee, event day volunteers, menu, etc.
- Open Your Heart Letters and Emails are sent
- PRINT INVITATIONS
- Start collecting acknowledgements for the Heart Ball program