

Hi everyone,

Here is an update on the White House Reception... What else can I say but it was great!

I truly feel that I was representing each of you and am extremely appreciative of your support and I wanted to share as much of my experience with you that I could so here goes.....

The weather could not have been better, blue skies and about 73.

The gates were scheduled to open at 2:00 so of course, being excited to get in we arrived at 12:00 and we were the fourth people in line. The security was not actually as intense as I thought it would be. We were first pre-screened by interns outside of the gate checking our names against their guest list at about 1:30. Then, after we got into the gate and walked about 50 yards down the path they checked our name again on the guest list. Another 75 yards down the path and one more name check, this time they checked our ID too. Then we walked through a little room in the east wing that contained metal detectors and x-ray machines where we walked through the detectors and had our purses x-rayed.

By then we could hear country music... As we walked out of the east room there was the south lawn with a band made up of about 5 US Navy men playing country music, 5 small open tents and several picnic tables covered in red and white checkered table cloths. Two of the tents had apple cider, water, granola bars and a variety of fresh apples. One tent had the white house pastry chefs doing demonstrations of desserts made of fresh apples. One had a "spin-the-wheel" game about a new president's physical fitness program, the other had a giant 6 foot tall apple made of real apples inserted into a foam barrel. This apple had a tree branch for the stem. We were to write our "recipe for success" on a piece of paper and then an intern put in the apple.

Although there were 1,000 people there, the yard was so big that it felt that there were only about 40 or so.

In the back of the yard, past the south fountain was a pathway, we were free to walk down that pathway to visit the White House Kitchen Garden...It was a lot smaller than I had expected. In the garden was a neat weather station with weather vane. Opposite of the garden was the White House Bee Hive. They actually used the honey from the hive to prepare the granola bars that we had.

At 3:30 the band stopped playing and we all gathered around the back door to the white house where the first lady was introduced by Secretary Vilsack and a 12 year old boy that was an example of her let's move campaign. Mrs. Obama made her welcome speech and talked about what a great thing it was that we were all HealthierUS School challenge Schools and about how the number of schools in the challenge has doubled: (here is a link to the speech: <http://www.whitehouse.gov/blog/2011/10/17/first-lady-michelle-obama-recognizes-healthierus-school-challenge-participants>) . She then went around and the shook hands and visited of all of the people that she could. We shook hands and had a very brief conversation! She then went back into the white house to get ready to join the president on his road trip.

The band began to play after her speech and we were able to relax, dance, visit and enjoy the white house lawn.

Around 4:30 we were informed that this would be the last song and they would be clearing the lawn. So we took our last few photos and began to walk down the walkway to the exits. As we were leaving interns handed us a little commemorative booklet with the event and date on the cover, a letter from Mrs. Obama on the inside cover and some recipes.

Overall, it was a pretty neat day!

I have attached a few photos that I took on the trip. I have posted the complete album on the Willamina Nutrition Services page on facebook.

Thank you again for all of your support!!!!!!!!!!

Lynne