



JUNIOR LEAGUE OF
FORT WORTH



Wings
OF HOPE

The Lariat

Fall 2018

Volume 26, Issue 1





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Mission

The Junior League of Fort Worth, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

The Lariat Vision

To inform members and increase awareness of the projects and events of The Junior League of Fort Worth, Inc. *The Lariat* is published three times a year by The Junior League of Fort Worth, Inc. To advertise call the League office at 817.332.7500.

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President Photo Provided by Gittings

Our Commitment to Diversity and Inclusion

The Junior League welcomes all women who value our Mission. We are committed to inclusive environments of diverse individuals, organizations and communities.

A Message from Carrie R. Cappel, President



I am honored to serve as the 89th President of the Junior League of Fort Worth and alongside 11 other women on the organization's Board of Directors. As we begin the final year of our ninth decade, I am consistently amazed by all our members have accomplished in our community over the years. Our League has flourished because ten women in 1929, on the cusp of the Great Depression, recognized the need for an organization to train women and serve our community. While the projects, placements and fundraisers have changed over the years, leadership training remains the lasting legacy of the League.

While our accomplishments and successes may be measured in dollars raised or growth in membership, the training a woman receives in the League remains at the core of our Mission. Nothing makes me happier than to hear news from a member that she has been asked to serve on the board of another nonprofit or received a job offer because other organizations and employers value Junior League training. There has never been a more appropriate time to build on this legacy. Our theme for the year is **WONDER of Women**. During the year, JLFW members will focus on empowering, mentoring and encouraging each other. We will continue to provide relevant training to our members, refine our Diversity & Inclusion program, and highlight the many contributions of our Sustainer members.

Our *Lariat* readers will have the opportunity throughout the year to learn more about the nine grants totaling \$420,000 Junior League provided to area nonprofit organizations. We are proud to support new organizations like Cristo Rey Fort Worth High School and Fort Worth Dream Park that will certainly impact lives of children in our community. We also are thrilled to continue our partnership with Mothers' Milk Bank of North Texas (MMBNT) as it moves into a new home in Southwest Fort Worth. Our women have worked with MMBNT since it opened its doors in 2004 and seen its exponential growth over the years.

I believe the League will continue to thrive because we welcome all women who value our Mission. As we move through the year, I hope you see hundreds of extraordinary women, appropriately trained to tackle our community's toughest issues and further enhancing the lives of the next generation of women.

2018 - 2019 JLFW President



Trainings with Defined Themes

How this year's trainings support the theme

By Shelly Spaugh



With the *WONDER* of Women platform, Junior League of Fort Worth (JLFW) Training Co-Chair, **Savannah Petronis**, shared the five themes of this year's trainings. Training requirements are based upon a member's status. Members are encouraged to continue to check the calendar for open training opportunities. Trainings are open to all Members – Provisionals, Actives and Sustainers. If you have a great training idea correlating with the five themes, please share with Training Co-Chairs, Savannah Petronis and **Katherine Curtis**. Upcoming trainings are listed below.

WONDER of Leadership

- **When Disaster Strikes, Tuesday, September 18**
How will you react in a state of emergency? Learn how community leaders can prepare for disasters, from natural catastrophes to epidemics.

WONDER of Home & Family

- **Alzheimer's Association, Tuesday, September 11**
Learn the basics of Alzheimer's disease and other related dementias. From diagnosis, treatment, and progression, Lynn Wilson will provide information for members to better understand these diseases.
- **Children's Grief Awareness Day, Thursday, November 15**
This training will focus on how to talk with your children about the "d" words (death and dying), and ways you can support them during one of life's most challenging events.

WONDER of Community

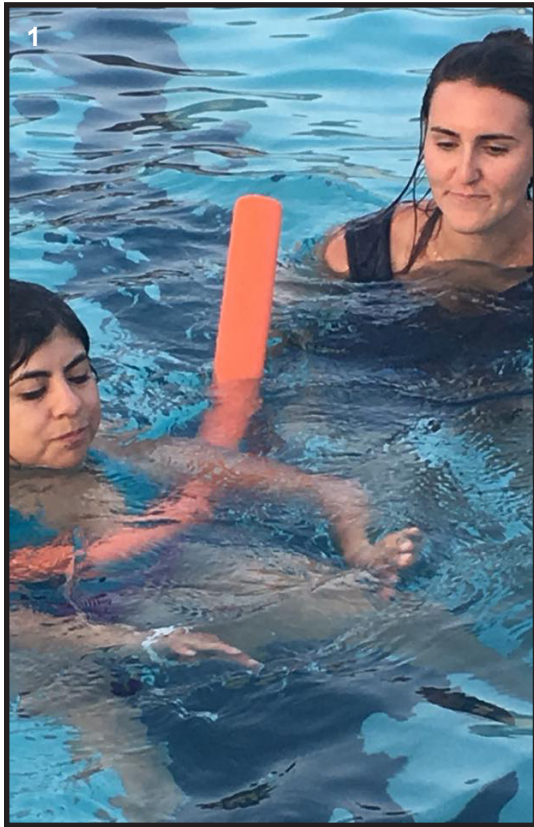
- **Fort Worth Stock Show & Rodeo (FWSSR) Grounds Tour, Thursday, October 20**
Join FWSSR President Brad Barnes to learn more about the historical significance of FWSSR and its partnership with JLFW, all while touring the Stock Show grounds.
- **Tarrant Area Food Bank Tour, Tuesday, October 23**
Take a tour of the Tarrant Area Food Bank offices and operations, and learn about the JLFW placement opportunities.

WONDER of Career

- Panel of entrepreneurs discuss their beginnings, what it takes to make it, and answer questions. **Training coming in 2019.**

WONDER of Self

- Personal Financial Planning seminar. **Training coming in 2019**



Snapshots

Junior League of Fort Worth volunteers in action!

1. Fort Worth Drowning Prevention Coalition (see story on page 18)
2. Girls Inc. of Tarrant County Placement
3. Make-A-Wish North Texas Project
4. Community Storehouse Project
5. Cristo Rey Fort Worth High School Project (see story on page 11)
6. Member Monthly Lunch at Reata
7. Christmas in Cowtown Co-Chairs Shelley Simon and Amanda Landfried (see story on page 12-13)
8. Sustainer Spotlight: Marty Leonard (see story on page 15)
9. Breakthrough Fort Worth Placement



Fall Done-in-a-Days

By Jaclyn Unruh



Cuisine for Healing



Breakthrough Fort Worth



Cowtown Society



Fort Worth Sparc



CRAFT DIAD

Throughout the year, the Junior League of Fort Worth (JLFW) deploys hundreds of volunteers to short-term events and special projects across the community. The members work 3-hour increments for various agencies submitting applications.

Done-in-a-Day (DIAD) shifts provide hands-on opportunities for League members to assist community agencies needing our highly trained volunteers for a special event or one-time need. League members are encouraged to diversify their volunteer experiences and explore unfamiliar agencies through these unique, concentrated engagements.

Christi Grudier and **Lauren Drawhorn** are the busy DIAD Co-Chairs for the year, responsible for selecting agencies, scheduling volunteer times, attending events, record keeping and ensuring the projected 600 volunteers needed for DIAD events are deployed seamlessly throughout our community.

In October, members will volunteer at the *65 Roses and Wine Extravaganza* alongside an all-star line-up of Fort Worth's top chefs and best restaurants, benefiting the Cystic Fibrosis Foundation. In early December, JLFW members will serve as docents during *Candlelight Christmas Tour of Homes in Ryan Place*, an event that supports neighborhood historic preservation. These are only a few of the opportunities finalized, and "we will add other opportunities as we get more applications," says Drawhorn.

DIAD sign-ups open six weeks prior to the event date. League members may view DIAD opportunities through Digital Cheetah. The DIAD committee attempts to select a wide variety of project shifts, times and locations to further the Junior League of Fort Worth's ongoing impact in the community. Members are encouraged to explore the many options!

Upcoming DIAD Events:

Sunday, September 23 - The Art Station Creative Centerpieces
1 - 4 p.m. and 4 - 7 p.m.

Saturday, October 6 - Fort Worth National Eating Disorder Walk
7 - 10 a.m.

Wednesday, November 28 - Sundance Santa Fundraiser
10:30 a.m. - 1:30 p.m.

Saturday, December 1 - Jingle Bell Run
Shifts begin at 8 a.m.

Hope, Horses and Helpful Hands

The partnership with Wings of Hope

By Shelly Spaugh

As a community partner with the Junior League of Fort Worth (JLFW) for over 10 years, Wings of Hope offers equine therapy to clients. Its mission is to provide equine assisted activities for children and adults with unique physical, mental, and emotional challenges. The benefits of equine therapy include improved motor coordination, posture, balance, muscle tone and increased self esteem, as well as the opportunity to socialize. JLFW has furthered its partnership with Wings of Hope by providing a \$35,000 grant for the purchase of a new tractor. Prior to receiving the grant funds, Wings of Hope utilized a 20-year-old tractor to prepare its arena for riders. During the year, JLFW will provide eight project volunteers to the agency.

Wings of Hope serves clients from children, as young as three years old, to adults, with their eldest client being 75 years of age. On average, the agency serves over 90 clients per week for a total of 250 clients annually. In addition to onsite therapy, Wings of Hope provides educational and outreach programs to schools and retirement homes.

When JLFW volunteers see a need, they enthusiastically accomplish the task at hand. When **Allison Cobb**, Wings of Hope Project Development Chair, first volunteered with Wings of Hope, a new horse named Marshall had just begun his training as well. Because he was the only horse large enough to safely carry certain clients, he had to learn quickly. Cobb activated her Wings of Hope training to help Marshall learn the ropes. Through this experience, Cobb paved the way for other volunteers, both community and JLFW, to step in and make a difference.

Active **Allison Gross**, Director of Development for Wings of Hope, shared information about the new Discovery Trail experience. Realizing some clients were overwhelmed with the thought of riding a horse, the trail experience idea was born. The addition of a tractor made this idea a reality. The trail will include activities that work on multitasking, time management, patience, and sensory integration. The client can walk the trail, which will eventually be ADA accessible, then potentially transition to riding.

Knowing that our members dedicate a year to this organization allows relationships to develop between volunteers and clients. This dedication fosters a sense of trust in clients, creating a sense of consistency with the same volunteer.

“Watching my son, Grady, experience riding as a parent gives me new perspective” – Allison Gross



Member Experience Chair Offers a Listening Ear and Helping Hand

The New Placement for Improving Members' Journeys

By Luci Hoad

The contributions members of the Junior League of Fort Worth (JLFW) make to the community cannot be understated, but an additional, and sometimes undervalued, contribution is the impact of the League on its members. It is also no surprise finding time for volunteer opportunities and meeting commitments, identifying the perfect placement and developing a sense of belonging in the League is not without its occasional barriers. Realizing this, the Board of Directors is excited to introduce a new position for the 2018-2019 year, the Membership Experience Chair. The Chair is tasked with providing individualized support to members as they navigate through their Active League years.

The inaugural Membership Experience Chair, **Sarah Webb** is a long-time member of the League, and her diverse background of experiences, from a Community Sampler placement to work on the League's Strategic Plan, gives her the ability to empathize with a variety of member perspectives.



"Volunteering with the League is very personal. As volunteers, we give up time from our families, friends and jobs, so when we are volunteering with the League, it's important we feel like we are serving and have positive experiences. By working one-on-one with members, we want to ensure we are serving them, and when we are not, we want to know about it and see what we can improve. We never want members to leave and feel like they have not been heard or have a year that makes them not want to come back."

Not only does the Membership Experience Chair help members navigate questions on requirements and how to balance time commitments, the position also offers a new and unique way for future Membership Experience Chairs to shine. Webb notes, "I think future Membership Experience Chairs need to be good listeners and be creative. Sometimes when working with members, we need to help think outside the box in terms of how we will complete the requirements or create new opportunities within a placement."

Ultimately, the League thrives when its members feel invested and satisfied in its Mission of promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Webb hopes she can help members reconnect with this aim in new ways when obligations start to feel overwhelming. "I hope this position gives members the opportunity to speak up if they are having a difficult year and either need guidance or options for their membership."

Tips from the Membership Experience Chair to make your League experience even better:

- Take advantage of opportunities outside of your placement such as Trainings, Member Monthly, and DIADs to explore new things and meet new people.
- If you have loved a specific placement, consider how you can continue to serve the organization outside of your League placement hours.
- Bring a friend outside the League to events like *Christmas in Cowtown* - you just might end up sponsoring her!
- Don't be afraid to say no to additional opportunities if you are feeling overwhelmed - a 'no' this year might be a 'yes' next year.

Advice I Would Give to My Provisional Self

Welcome to our new Provisional Class

By Jaclyn Unruh

When I moved to Fort Worth in the Fall of 2014, I did not know anything about the Junior League of Fort Worth or the impact it would have on my future. In my hometown of Kansas City, Missouri, I was involved with several service organizations and benefited from a lifetime of community relationships helping me find fulfilling ways to serve my hometown. Relocating and resettling as an adult takes time and patience, something I learned in my first relocation from Kansas City to Houston. Navigating a new city can be challenging enough. Making friends in the 'adult world,' no longer surrounded by a collegiate environment overflowing with peers and possible friends is no cake walk either. After a short year and a half in Houston, my now-husband and I relocated to Fort Worth. I reflected on things I would do differently in this relocation – I wanted to accelerate my community involvement and personal relationships in a way that I had not fully satisfied in Houston.



After hearing about the Junior League from **Teighlor Mays**, I did my research. The provisional year would be a busy one, and I hesitated whether I could make the time commitment while planning a wedding and commuting every day to Southlake. With each League member I met and each story I heard, it became clear that the experience was well worth the commitment. I felt energized at the thought of becoming part of something bigger than myself, and I would draw from that energy throughout my Provisional Year.

As I reflect again, this time on my Provisional Year, I thought about what I would tell my Provisional self:

- **Be Calm** – The overwhelming feeling you may have when looking at the Provisional Requirements sheet is okay! If you are unsure, ask for clarity. Lean on your small group, your Provisional Advisors and your new friends. At each Provisional Meeting, look around and remember *you are not alone!*
- **Be Proactive** – A jump start on your Provisional Requirements is invaluable. Leading up to my September 2017 wedding, I decided to leave the majority (see: all) of my Provisional Requirements until after big day. Was I going to make a major dent on the requirements sheet before the wedding? No. Could I have checked off a DIAD, a training, or other small activities to lighten the load, instead of leaving my entire list for November through May? Absolutely! Look ahead at your calendar of opportunities and be realistic. Start small. Start soon!
- **Be Yourself** – As somebody who has relocated to cities without acquaintances twice before the age of 30, this is valuable advice well beyond your Provisional Year. If you are not true to yourself, you will not find the place you truly belong. The League has so many exciting options. Pay close attention to the opportunities that make you feel truly fulfilled and grateful for the League, not the other way around; your impact will be genuine and lasting.

Embrace your first year! The League has given me the opportunity to connect with the community on the large scale that I searched for when I arrived in Fort Worth. The passion of this group is contagious, and I am so happy to be a part of it.

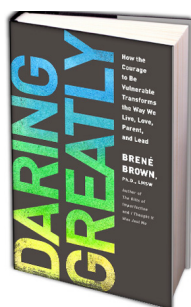


Encouraging Reads Supporting the

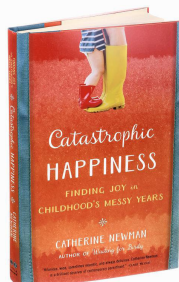
WONDER OF *Women*

By Luci Hoad

You can continue to celebrate the **WONDER of Women** alongside the Junior League of Fort Worth in your downtime with these great books, old and new, encouraging women to put their best foot forward and be their best in a variety of situations.

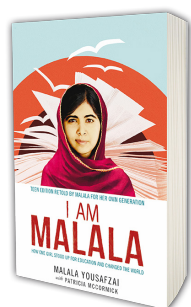


Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead Author Brenè Brown has a more recent title, *Braving the Wilderness*, which is also a great addition to any reading list. However, *Daring Greatly* shines in its ability to embrace vulnerability as an asset and not a weakness. Any League member will appreciate the way Brown's advice is immediately applicable when wanting to build meaningful relationships during service work.



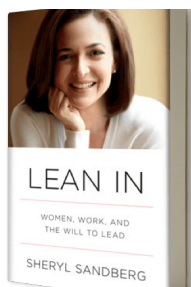
Catastrophic Happiness: Finding Joy in Childhood's Messy Years

Catherine Newman's humorous approach to the early years of parenting is certainly not the only one of its kind, but her encouragement for mothers reading the book to meet themselves where they are, and extend the same grace to others is refreshing and inspiring. Her urging to find joy in the most inconvenient of places is well suited for volunteers working not just to seek out joy around them, but help create it for their fellow community members.



I Am Malala

Malala Yousafzai's story of fighting for her right to an education as a young woman growing up in Pakistan was so empowering that she was awarded a Nobel Peace Prize in 2014. Her work to bring more awareness to the millions of young women globally deprived of schooling opportunities will impact League members seeking to support educational access and opportunities in their own communities. Additionally, the ferocity with which she calls others to action is sure to energize readers for their next volunteer opportunity.



Lean In: Women, Work, and the Will to Lead

This book made a huge splash with its release in 2013 and certainly is not without its faults. However, Sheryl Sandberg's message will resonate with any woman, in an office, at home, or serving in her city, working to develop a leadership style and a voice in important conversations. Pointing out the problematic language of 'having it all' will strike a cord with League members in the midst of defining what 'all' means for them and getting comfortable with the tradeoffs every person makes to build their best life.

Cristo Rey Recives League Grant for Inaugural School Year

By Molly MacEwan

When the school bell rang for the first time at Cristo Rey High School in August, it marked the end of a three year journey of preparation and fundraising. Beginning in 2015 as a grassroots initiative and with the support of the nationwide Cristo Rey Network, interested parties completed feasibility studies and have since raised \$3.6 million, a million dollars more than their initial goal. On August 20, more than 80 students marked the first official day of school at Cristo Rey Fort Worth High School at Our Mother of Mercy (CRFW) campus.

The goal of Cristo Rey schools is to provide an affordable college preparatory education to underrepresented communities. The first school opened in 1996 in Chicago. According to Dani Ray Barton, the Director of the Work Study Program, most students start the program below grade level. Cristo Rey offers an individualized education program to focus on courses where students may be falling behind and prep them for college at the same time. Its unique Corporate Work Study Program allows students to earn 50%-60% of their tuition via jobs at local businesses. Students contribute \$8,000 of their yearly tuition through the work study program, another \$4,800 comes from community funded contributions, and families pay an average of \$100/month (the rate is based on means) for their students to attend. By the end of their four years, college is no longer an impossible dream for the students. It's something for which they are prepared for and see as a reality – 100% of Cristo Rey network students are accepted into college.

Before they started the school year, students participated in GRIT Academy-Summer Training Institute (GRIT!) from July 16 through August 2. GRIT stands for: Grace, Responsibility, Integrity and Tenacity.

In celebration of CRFW's inaugural year, JLFW provided a grant in the amount of \$30,000 to support the GRIT Academy. Seven JLFW volunteers worked this summer to support GRIT. Volunteer duties ranged from aiding teachers in workforce classes, research and database support, to prepping for the Business Breakfast. In fact, two volunteers took part in a two-night stay in the dorms at TCU where students received a little taste of college while taking classes.

"To Cristo Rey Fort Worth, the attitude to 'do whatever is necessary' is what comes to mind when I think of our JLFW volunteers," said Barton. "As a new school/startup, everything has been needed at times as we kicked off the opening of our school with GRIT Academy, and our volunteers have been so flexible and supportive each day when they come. (They) simply ask 'what can I do to help you?' and then jump in as a team member of the school to get whatever is needed done."

For **Clara Cantu**, a project volunteer, CRFW has been a great experience. "Cristo Rey is trying to give hope to students for a better quality of life by providing work experiences during their time in high school," Cantu said. "I truly admire the staff and they are so very grateful every day for the help I provide them. They are trying to accomplish so much for these students with such a small staff that I know my volunteer efforts are truly needed."





Do you hear what I hear? Christmas in Cowtown Holiday

By Janie L

12 Years of *Christmas in Cowtown Holiday Gift Market*

- First held in 2007, *Christmas in Cowtown* is celebrating 12 years. More than 500 volunteers each year make it all possible.

11 *Christmas in Cowtown* Committees

- With a theme and a goal in mind, 11+ Committees unite together to cover each detail of this holiday tradition.

10 Radko Ornaments

- The 2018 commemorative Christopher Radko® ornament custom designed by Mary Ellen Becker is available for purchase online or at the Junior League of Fort Worth booth during the *Market*.

9 Days of Set Up

- During this time, the space is transformed into a beautifully decorated holiday-themed setting filled with merchants from all over displaying their best. Christmas music will soon fill the air and the iconic larger-than-life boots will flank the entryway to greet eager shoppers.

8 Months of *Christmas in Cowtown* Meetings

- For some League members, sugar plum fairies dance in their heads all year round. In February, meetings officially started and members began to generate ideas on how to make this year's *Market* the best.

7 Rows of Shopping

- More than seven rows of merchants representing a wide range of product categories including home decor, jewelry, clothing, gourmet food, children's products, seasonal items and more!

6 Pick-A-Package Boxes

- Over 600+ Pick-A-Package boxes are available to shoppers for \$25. These boxes contain a minimum of \$50 in gift certificates from *Christmas in Cowtown* merchants and local businesses. Pick-A-Package runs the duration of the *Market* or until all packages are sold.

Cocktails in Cowtown Preview Party

Wednesday, October 10

6 - 9 p.m.

\$100 per ticket

Tasting stations and cocktails

Sustainer Social

Wednesday, October 10

5 - 6 p.m.

\$100 per ticket

Preview Party admission included

Cookies and Coc

Saturday, Oc

10 a.r

Sunday, Oc

11 a.r

\$30 per family - market

Presented by Pa

Ticket In

\$12 per guest at the door (cl

\$10 per guest when purchased

Sponsorship Opportunities and advar

www.ChristmasIn



Can't you see what I see? Holiday Gift Market is Coming Soon!

Debbie Latimer



Making Spirits Bright Brunch and Private Shopping

Thursday, October 11
 9 a.m. - noon

\$65 per ticket

Presented by
 Cook Children's Medical Center

Celebrating Honorary Chair
Debbie Richardson

Catered by Reata Restaurant

Cocoa with Santa

Friday, October 13
 10 a.m.

Saturday, October 14
 10 a.m.

Market admission included
 Hosted by Paula Brockway

More Information

Free for children 8 and under
 Seating at Albersons or Tom Thumb

Advance market day tickets available at
www.JLFWInCowtown.com

5 Days of Shopping!

- Wednesday, October 10 from 6 to 9 p.m. for the *Cocktails in Cowtown Preview Party*
- Thursday, October 11 from 9 a.m. to noon for the *Marking Spirits Bright Brunch & Private Shopping* and 12 p.m. to 6 p.m. for the *Market Shopping*
- Friday, October 12 from 9 a.m. to 7 p.m.
- Saturday, October 13 from 9 a.m. to 6 p.m.
- Sunday, October 14 from 10 a.m. to 4 p.m.

4 More than \$4 Million Raised

- *Christmas in Cowtown* is one of three fundraisers enabling the Junior League of Fort Worth to invest back into the Fort Worth community each year.

3 Special Events to Add a Magical Touch

- *Cocktails in Cowtown Preview Party* kicks-off the festivities with private shopping, tasting stations from numerous local restaurants, cocktails and live entertainment.
- *Making Spirits Bright Brunch & Private Shopping* provides shoppers an opportunity to enjoy a morning of private shopping and a decadent holiday brunch.
- *Cookies & Cocoa with Santa* is returning again this year geared towards our youngest shoppers. Step into the North Pole Event Area for cookies, cocoa, special activities and pictures with Santa.

2 Sustaining Advisors: Lauri Lawrence and Michelle Marlow

- Both women have previously served as President of the JLFW and on prior *Christmas in Cowtown* Steering Committees.

1 Honorary Chair: Debbie Richardson

- Debbie has been our incredible JLFW Staff Office Manager for 25 years! She is the heart of our League. It is with great honor that we celebrate her dedication to the League's success.





Michael Anne Pritchard
2018 - 2019 Administrative Vice President

Michael Anne Pritchard, Administrative Vice President, joined the Junior League of Fort Worth in 2005 after being encouraged by Lori Roach Davis, Jineen Bessire, and Carol Walsh as a wise way to help steward Michael Anne's talents and resources. Because of her unique upbringing in Henderson, Texas, Michael Anne's favorite placement was serving as the Van Cliburn Project Development Chair for the 2013 competition. She grew up playing classical piano and was inspired by hearing Van Cliburn play at a concert in nearby Kilgore, Texas (Van Cliburn's childhood hometown). Michael Anne says, "I am happiest when surrounded by family and good friends. If I happen to be at our 3rd generation family's farm in East Texas or my husband's family ranch in Hico, Texas, even better." A working mom and wife to husband Price and sons Parks (7) and Cannon (3), Michael Anne serves as Senior Attorney at Cook Children's Health Care System.

Meredeth Belew
2018 - 2019 Education Vice President

Meredeth Belew, Education Vice President, joined the Junior League of Fort Worth in 2009. If you know Meredith, you know Rodeo Program Sales holds a special place in her heart, "It is the first place that I fell in love with the League and realized that what we do is important." Her most treasured possession is the Bible her grandfather gave her when she was young. A bucket list must for Meredith is to travel to Salzburg, Austria. Traveling is when she is happiest, whether family vacations to the beach or a getaway with friends, Meredith loves adventures. When asked about her most important life lesson, Meredith said, "Everyone faces challenges in life, but it's not the obstacles that define us. Rather, it's perseverance and our integrity that write our true character." Meredith adores both her ten year old puppy, Lacey Lu Belew, and her classroom of kindergartners at Tanglewood Elementary in Fort Worth ISD.



Wendy Wright
2018 - 2019 Nominating Chair

Wendy Wright, Nominating Chair, transferred to the Junior League of Fort Worth in 2010 from the Junior League of Austin. It was her mom, now a Junior League of Dallas Sustainer, who inspired Wendy to join the Junior League. Since moving to Fort Worth, she has truly loved each of her placements, but when asked about her favorite, Wendy would say the Project Research and Development Chair. "We had the honor of selecting the agencies to receive money raised from the year I co-chaired *Christmas in Cowtown*. It was incredible to see the full circle and have a hand in selecting the recipients." In 2017, Wendy was named Active of the Year, a memory she holds near to her heart. Wendy has a passion for volunteering and spending time with friends and family, but when she is looking to treat herself, Wendy turns to cookies and ice cream or the best of both worlds, an ice cream cookie sandwich! Wendy enjoys spending time with her lab/mix rescue named Honey and is an Escrow Officer at Rattikin Title Company.



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Sustainer Spotlight - Marty Leonard

By Molly MacEwan

“Show up, learn as much as you can. Participate.” It is simple but important advice from Sustainer **Marty Leonard**. Friends asked Leonard to join the Junior League of Fort Worth (JLFW) in 1961. She’s stayed involved since, serving as President, Capital Campaign Co-Chair, an *All aBoard* Mentor, and as an active Sustainer. Leonard says her participation as a Sustainer keeps her in the know on what’s happening in the League and is an opportunity to get to know younger members.

1973 was a big year for Leonard and the League. She became JLFW President, and with help from the late **Phyllis Tilley** and the League, the Trinity River Festival (now known as Mayfest, Inc.) was born. Following her year as President, Leonard served as Provisional Chairman, which became her favorite placement. Leonard says, she “loved exposing new members to what the League was all about.” Leonard credits the League with helping her connect to Fort Worth through people and the involvement the League has in the community.

“Marty’s contributions to the League are so numerous,” said **Peggy Sims**.

“She’s a former President, former advisor to the executive committee, sustaining advisor to several JL committees, Sustainer of the Year, and was instrumental in planning Mayfest in early years... on and on.”



Leonard says, she *"loved exposing new members to what the League was all about."*

Leonard’s goal growing up was to stay active in her community – and she’s achieved it. In addition to her many contributions to the League, Leonard’s impact can be seen around Fort Worth. Many may recognize the beautiful chapel on the grounds of Lena Pope, the setting for countless weddings and celebrations. The Marty Leonard Community Chapel was built to honor Leonard, who has “...been a leading advocate and loyal support of Lena Pope for numerous years,” according to the Lena Pope website.

In her spare time, Leonard enjoys nature and the outdoors, and spending time bird watching and with her pets. If she were to set a table for her dream dinner party, her invited guests would be Jesus Christ, St. Francis, Billy Graham, and her mother and father. When asked the most important lesson life has taught her, Leonard says, “Be kind, considerate, patient, forgiving, compassionate, loving.”



The Wonder of Encouragement

By Janie Latimer

The beginning of a new year brings a new theme to focus on and this year is *WONDER of Women*. Looking back into Fort Worth's history, it is evident that the Junior League of Fort Worth (JLFW) has made an impact. Looking forward into Fort Worth's future, it is with great confidence that the JLFW will continue to have an influence in our community. This momentum can only come from the **WONDER of Women and how women mentor, empower and encourage each other along the way**. Each issue of *The Lariat* will spotlight on one of these three focus areas. To kickstart the fall season, we will begin with encouragement.

It is a simple action, to encourage someone, but the depth of the force behind the task is not something to be taken lightly. When you encourage someone, you are giving them support, confidence or hope. You are breathing life into their world. Sometimes we can find encouragement within ourselves: a pep talk within our own heads before a big meeting or tackling the day's to-do list. Though our inner dialogue may have the gumption we need to raise our confidence, there's something more compelling when it comes from another person, especially if that person is someone who has walked the path before. As women, I believe we have a unique trait that allows us to bring out the best in other people when we speak words of encouragement. Sometimes it's easier to see the potential in other people when they don't see it in themselves. And this is where we can use our super powers to support one another, be the cheerleader in their wins, and the motivational guru in their struggles. Through encouraging others, not only do you help set a different course of action, you shift that person's perspective of their own abilities.

Encouragement has two parts: first is to identify the potential within a person and second is to challenge that person to succeed at a specific goal. To make a lasting impact in their lives, you have to not only speak positive words, but incorporate specific action steps to how they can reach their potential. As women, when we share moments with our fellow JLFW ladies, our family members, co-workers or other people, let's be supportive and have a genuine authenticity to our encouragement, because when we do incredible things will happen.



"I remember this advice, 'You get what you put into the League.' This means some years you will attend more things than required and other seasons it might be a struggle to get the minimum. We've all been there before, when life is crazy. But I guarantee, you will be happy that you accomplished it all in the end." - Hilary Gray



"Our League members truly care about each other! One of the biggest benefits of friendship I have developed with other League members is their kindness, compassion, and encouragement during difficult times in my life. Nothing warms my heart more than when another member contacts me to just check in and see how life is going. It is so fulfilling to pay it forward and reach out to someone who I know is having a difficult time! It's incredible when a member says 'What can I do to help you? What do you need?' How encouraging it is to be surrounded by women who build each other up!"
- Christina Bargas



*“The phrase that has fueled me to do more and get the most out of my time with this amazing organization is ‘You can do this!’ In my first active year, I put my name in for a leadership position and was selected to help with Day of Giving. I was so nervous. The possibilities were truly limitless, but I had no idea the scope of the project. **Michelle Marlow** said, ‘You can do this.’ If she believed I could, then I had to believe it too. I realized I wasn’t tackling this mission on my own. I was a part of a team of women. I’m so grateful for the ladies who’ve mentored me throughout my League journey.”*

- Victoria Johnson



“From the encouraging words spoken to me within the Junior League, I have tried new skills and roles that may have once been out of my comfort zone. I was asked to write articles for the Christmas in Cowtown program as a first year active. I was hesitant at first, but I pushed myself into trying something new. I’m so glad I did.” - **Jennifer Kirby**



“The most encouraging words shared have been to just say ‘Yes!’ Yes, to experiencing new volunteer opportunities, meeting new friends, developing new skills and so much more. That simple, three-letter word has opened so many meaningful opportunities for me, and I am forever grateful for that fellow Junior League member’s encouraging words!” - **Alli D’Acosta**



*“**Anne McCarty** and **Teresa Baker** were so encouraging as my Provisional Leaders! Whenever we felt overwhelmed with what we needed to accomplish, they kept reminding us that we could do it. They believed in us!”* - **Sarah Barrera**



FWDPC Empowers Community Members to Make Safe Choices Around Water

By Luci Hoad

Summer is winding down, but any Texan knows the heat extends well into fall, as does the need for water safety. For four years, the Junior League of Fort Worth (JLFW) has partnered with the Fort Worth Drowning Prevention Coalition (FWDPC) to help facilitate water safety education classes within the DFW area. In 2017, JLFW provided a two-year grant totaling \$30,000 to support water safety. Each summer, JLFW provides 15 volunteers to support this critical program.

Originally sparked by Tarrant County's surprising top three ranking in nationwide pediatric drownings per capita, the FWDPC provides four summer sessions, each lasting two weeks. Program graduates receive free life jackets as well as swimming lesson vouchers redeemable at city pools and local YMCA facilities.

Magellan Taylor, the current Project Development Chair, shared how the League has provided feedback on the three-year-old curriculum this year, leading to a complete makeover of the material and resulting in more effective growth in three-year-old students. She also noted her own personal growth stemming from her continued experience with the placement. "As someone who works in a hospital, I do, unfortunately, have times where I am working with a family who is experiencing the aftermath of a fatal or non-fatal drowning. In reflection of these cases, I'm realizing how much my communication with families has improved because of the education I've received through FWDPC. I actually had a family recently ask about resources for teaching their children to swim after a fatal drowning, and I was able to provide them with information on FWDPC."

JLFW volunteer, **Farrell Boone**, remarked on how the team of FWDPC members and League volunteers came together to support the classes. "I was extremely impressed with the group of volunteers that came out night after night all summer long...I cannot say enough good things about the leadership of FWDPC!"

Lessons of water safety are for both children and adults. JLFW volunteer **Rhea Jackson's** most memorable encounters came with the adults enrolled in the courses. "Not everyone has the same opportunity to learn to swim when they were younger. Seeing these adults go from not wanting to be in the water and hanging on the side in terror, to being able to put their face in and float on their back is inspirational. It takes much more courage and work to get past a 30 year fear versus a five year fear." The lessons of water safety are relevant to every age group and demographic, and we are thrilled to celebrate the continued support of JLFW for this important work.

Water safety tips from FWDPC and volunteers:

- Never turn your back on a child in the water.
- Keep weaker swimmers within reach when in the water.
- Never swim alone.
- Teacher smaller children to seek adult confirmation before getting into water, even if seems apparent an adult is watching.
- Task one adult at larger gatherings with the sole responsibility of watching children and trade off every ten minutes.
- Teach younger children the "throw, don't go" method if a peer falls in the water: tossing something to grab onto out to the victim, rather than jumping into the water.



Educators in the League Share Tips to Help You Thrive this School Year

By Luci Hoad

Whether you are getting family members back to school or continuing your own educational track, transitioning back into the day to day routine of school from the sometimes lackadaisical scheduling of summer can be a chore, especially when balancing your League commitments. League members who are professionals in the education field have a few suggestions to make the transition for you or your family a bit easier.

For Younger Kids

- Try to give children at least two weeks to adjust to any new sleeping schedules that will emerge with earlier school day commitments.
- Don't underestimate the power of a few new items to help you or your family get excited about staying organized in the new year.
- Get students into the habit of working their thinking muscles by engaging in everyday educational experiences like a trip to the museum, family reading time, and using math in everyday situations.

For Older Kids

- For older children returning to school, talking about extracurricular activities can be a great way to get excited as well as start to plan time commitments for the upcoming year.
- Start goal setting early to help a student start off on the right foot, and you can model this behavior and develop your relationship by goal setting alongside them.
- If students are using any modifications or medications, make sure to take time to adjust to them early or even before school starts - this might mean simply checking in with your doctor or talking about different learning modifications so students know how to advocate for their needs with their teachers.

For You

- Are you the one headed back to school? Connecting with professors still remains key! Even in online courses, you can benefit from detailed, but not overly in depth, introduction to your professor and sharing your excitement for their class.
- If applicable, talk with your family about the time you'll need for your school work and consider coordinating your family's homework schedules to make it clear that you're all in this together.
- If you're single, consider scheduling time for your school work and other commitments like the League. You're less likely to shirk dedicated time on your calendar when it is planned and well managed.

How has the League helped you develop skills that have aided your professional life?

"Time management is a skill the League has helped me hone. Between placement, family, work, and personal health, you have to find a good balance. It's been fun to see the ins and outs of so many organizations and to see how one person dedicating their time can make such a huge impact."

- **Anne Hill:** All Saints' Episcopal School

"My placements in the League inspired me to start a Junior Optimist Club at my own school to encourage young students to develop the same love of service the League has instilled in me."

- **Gayle Record:** Fort Worth ISD

"The importance of communication and collaboration when planning with a team has been a big part of my placements. Developing these organizational skills definitely translates to busy days of facilitating conversations between students, teachers, and parents, and making sure everyone feels heard."

- **Luci Hoad:** All Saints' Episcopal School



Membership Vice President's Report

May 26 - July 25, 2018

TRANSFER IN

Angela Boysel A
JL San Diego

Tyne Burris
JL Austin

Carla V. Caso A
JL Austin

Billie Clanton A
JL The Woodlands

Julie Dawson S
JL Tyler

Brandy dePlante A
JL Dallas

Sterett Frank A
JL Houston

Nadine Helal A
JL Tampa

Linda Heiskell S
JL Houston

Nicole Nettis S
JL Dallas

Emily Nichols A
JL Galveston County

Callie Rigney S
JL Little Rock

TRANSFER OUT

Ashley Barnard A
JL Houston

Amanda Golembieski A
JL Houston

Megan Leger A
JL Beaumont

Ana Gutierrez-Perez P
JL Washington D.C.

Kaylee Lancarte A
JL Midland

Mary Meadows A
JL Midland

Alexa Reynolds P
JL Fort Meyers

Katherine Shuffer P
JL Austin

Mary Valuck A
JL Dallas

REINSTATE

Patti Ambrose S
Jordan Arnt A
Angie Becker S
Janet Bishop S
Lisa Hampton S
Judy Kay Neely S
Diane Stow Ayers S
Amy Vickers S
Susan Bundy S
Debra Burr S
Robin Burrill S
Sharon Crockett S
Sherry Key S
Susan Morris S
Dana Stayton S

REINSTATE AND TRANSFER OUT

Sarah Marshall A
Washington D.C.

CHANGE OF STATUS

Ashley Overstreet
Active to Non-Resident Active

CONDOLENCE

Kellie Beyer P
Loss of Father
Linda Billman S
Loss of Mother-in-Law

Alexis Brooks A
Loss of Mother

Ann Clinkscales S
Loss of Mother-in-Law

Kristin Henderson S
Loss of Daughter-in-Law

Haley Manulik S
Loss of Grandmother

Amber Robertson S
Loss of Grandmother

Suzanne Sanders S
Loss of Father-in-Law

Kate Team A
Loss of Father-in-Law

Lauren Team A
Loss of Father-in-Law

IN MEMORY

Sallie Olson Ditto
Sustainer
June 17, 2018

Save the Date

Christmas in Cowtown

Thursday, October 11 -
Sunday, October 14, 2018

Fall Day of Giving

Saturday, November 10, 2018

Grand Entry Gala

Saturday, January 12, 2019

Rodeo Program Sales

Friday, January 18 -
Saturday, February 9, 2019

Spring Day of Giving

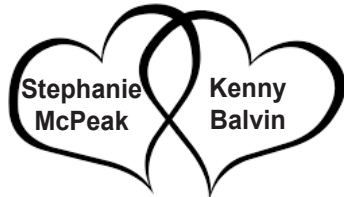
Saturday, April 6, 2019

Pancake Picnic

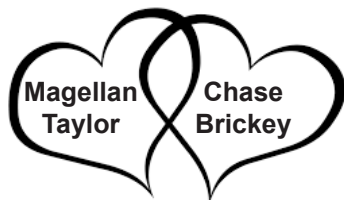
Saturday, April 13, 2019

Life in the League Announcements

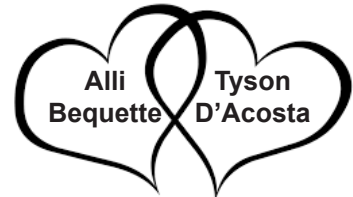
Happily Engaged



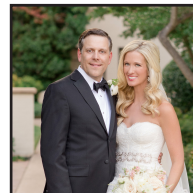
Correction: We incorrectly announced the engagement for Magellan Taylor in the Summer issue. We apologize for the error.



Here Come the Newlyweds!



Married on
July 14, 2018



Married on
July 28, 2018

Little Leaguers Our Growing Community



Laura & Case Martinec
Active
Daughter, Clipper Jane
January 16, 2018



Amanda & Jonathan Kinson
Active
Daughter, Catherine Mae
March 31, 2018



Christina & Antonio Hanson
Active
Son, Malachi Antonio
July 15, 2018

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Submit information you would like to be announced in *The Lariat* through the link on your Member homepage.



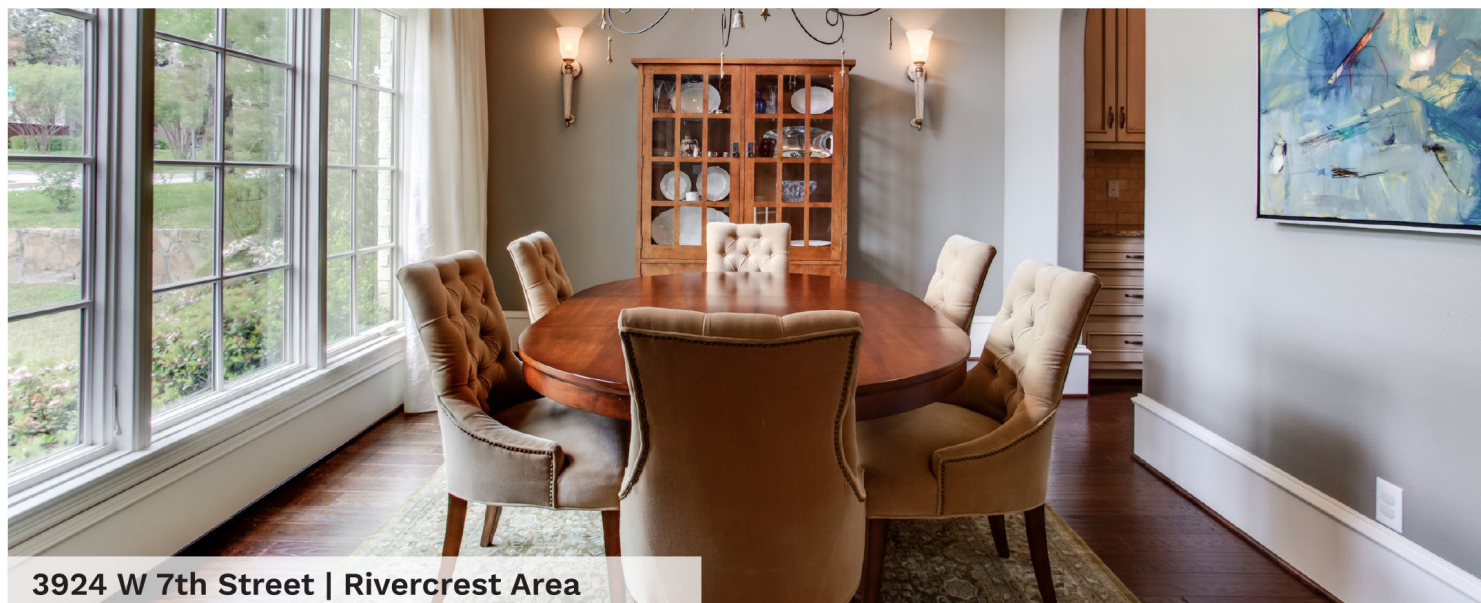
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November 27, 4 p.m.

KINDERGARTEN INFO SESSION:
Monday, October 29, 5:30 p.m.

K-12 OPEN HOUSE:
Sunday, November 4, 2-4 p.m.

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Founded in 1929, the JLFW is a charitable nonprofit organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Today, the JLFW comprises almost 2,000 members and is part of The Association of Junior Leagues International, Inc. (AJLI) which constitutes one of the largest, most effective volunteer organizations in the world. For more information please visit our website at www.juniorleaguefw.org.



Website:
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