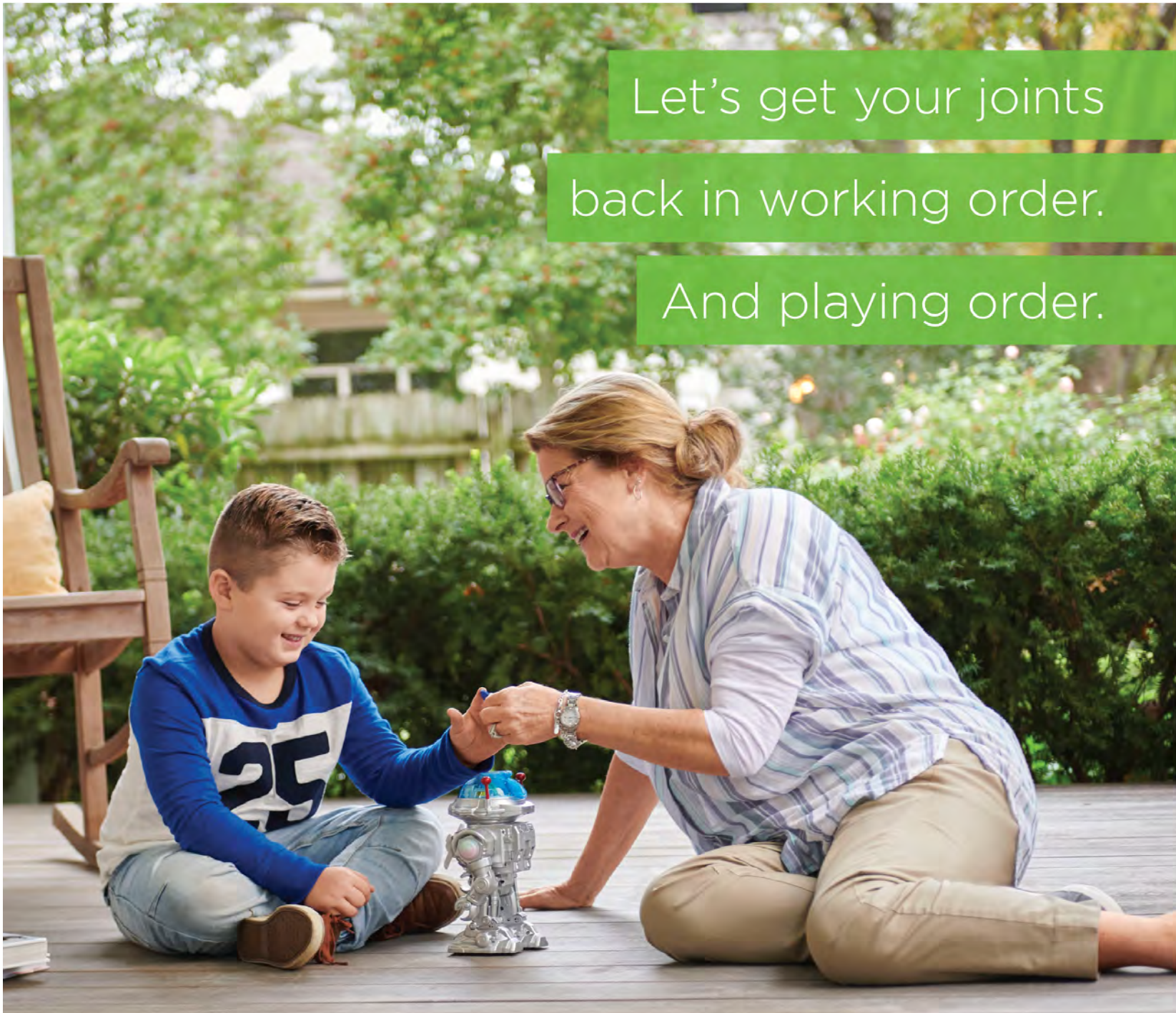




JUNIOR LEAGUE OF
FORT WORTH



The Lariat Summer, 2019
Volume 26, Issue 3



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President's Perspective

A Message from Carrie R. Cappel

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.



WONDER of Women

It is hard to believe all we accomplished in the second half of the Junior League year. From revamping and rebranding *Kids in the Kitchen* to *Healthy Heroes* Field Night, with record breaking attendance, to a very successful Flapjack Festival celebration at Pancake Picnic, our members shined through the spring. We also had the opportunity to see several of our Projects come to life at the dedication of the Salvation Army Kitchen as well as the grand openings of Fort Worth Dream Park and Mothers' Milk Bank of North Texas. If one thing can be said about the Junior League year, it is that our women serve fervently for our Mission all 365 days of the League year. As you flip through our final issue of *The Lariat*, I hope you see the meaningful and impactful work our members have contributed to our community in just the last four months.

As we wind down the year, I find myself thinking more often about the meaning of **WONDER** – to be filled with admiration, amazement or awe. Without hesitation, I am certainly in awe of all our members have accomplished over the past 12 months. If Junior League is a novel filled with rich history and stories of incredible women, the 89th chapter weaved a story of record-breaking fundraising, meaningful community impact, and leadership development through relevant and uplifting trainings. While each year is unique, each chapter begins and ends with women working together, the most powerful opportunity offered by the League.

Thank you for the opportunity to serve as your President the past year. It truly was a great honor and privilege to serve our community alongside almost 2,000 like-minded women. Thank you for your leadership, devotion and passion over the past year. I appreciate each of your contributions to Junior League and our community, and I am continually grateful for your willingness to spend your available time giving back to our Mission. As we turn the final page on this chapter, I stand in admiration knowing the next generation of League members will certainly continue this **WONDER** filled story of the Junior League of Fort Worth.

Always,

2018 - 2019 JLFW President





A Year of Wonder Gives Way to Sparks May General Membership Meeting

By Luci Hoad

River Crest Country Club served as the backdrop for May's General Membership Meeting, and the excitement was palpable as women traversed the grand staircase to join the cocktail hour. New Provisionals walked into their first official event as they found their seats towards the center of the room, while the 2018-2019 Provisional class prepared to embark on their first active year in the League and said goodbye to a fun (but packed) year learning about the Junior League of Fort Worth (JLFW) and all of its offerings. Meanwhile, Actives preparing to join the Sustainers mingled with friends and welcomed new faces.

Friends stepped up to honor **Maggie Shori** as this year's recipient of the OLD SHOE award. Shori has spent eleven years in the League, serving with *Christmas in Cowtown*, *Grand Entry Gala*, and a number of other placements. After they ran down her lists of roles and accomplishments (all while keeping her name mum), Shori's surprise was audible. Beaming, she spoke briefly from the podium encouraging new Provisionals and Actives to relish every moment of the years ahead of them and shared her excitement for the relationships she knew they would build.

When it was time for the passing of the gavel, President, **Carrie R. Cappel**, celebrated the impressive list of Actives that would be joining her in sustaining which included many board members. She reflected on the vast network of support she had benefited from this year, noting specifically her mother and sister. Finally, standing alongside multiple generations of League leaders, she passed the gavel along to President-Elect, **Ashley Freer**, and the League turned its gaze from The **WONDER of Women** to the the 2019-2020 theme, **Spark Possibility**.

Freer framed the future of her term with a look back at history and all of the programs JLFW incubated over its 90 years, including Mayfest and the Child Study Center. Members were pleased to learn that the League will celebrate its 90th anniversary by including three additional projects focused on JPS, Cook Children's, and Historic Fort Worth. Noting with exuberance the growth of the League and JLFW's place as the 10th largest League nationally, it was hard to deny the spark of energy and enthusiasm shared by attendees as the final meeting of the year wound down and the 2019-2020 year was welcomed in!





Snapshots

Junior League of Fort Worth volunteers in action!

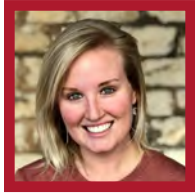
1. JLFW Plaque at Salvation Army
2. Provisional Acceptance Celebration
3. Gittings Selfless Women to Remember
4. Make-A-Wish Valentine's Day Baskets
5. Transfer Lunch at Café Modern
6. Rodeo Program Sales
7. 2019-2020 Communication Council
8. ACH Child and Family Services Volunteer Appreciation Dinner
9. Business Ownership Training



How One Word Becomes A Story: Highlighting the Writers of *The Lariat*

By *Janie Latimer*

There's something special about the Summer edition of *The Lariat* as we review the year's accomplishments with great celebration while simultaneously anticipating what the future holds. Over the year, you have read stories thoughtfully crafted by women who dedicated their year to writing for *The Lariat*. As we conclude the year's **WONDER of Women** theme, we highlight the ladies behind these great stories.



Janie Latimer: Editor *"As my last words are typed out, I am privileged to have been a part this talented team and witness each edition flourish from brainstorming ideas to a completed publication. Through the Junior League, I have become more confident and embraced saying 'yes' to opportunities, both professionally and personally because I know I have a great group of like-minded women supporting me. It's been an honor to serve you as The Lariat Editor."*



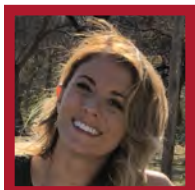
Luci Hoad: Assistant Editor *"Originally picking this placement, four years ago, to learn more about the League and for it's flexible schedule, I have loved writing detailed stories about the eclectic parts of Fort Worth and how there is something for everyone in this city and within Junior League. Over the summer I plan to spend my time doing anything creative; crafting, gardening and brainstorming about next year's Lariat as I step up to Editor and **Shay Johnson** joins me as the Assistant Editor."*



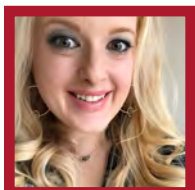
Molly MacEwan: Writer *"Looking for a creative outlet and having a degree in journalism, I wanted a placement where I could learn about different placements, projects and people. For the past two years, I have loved writing for The Lariat. One of my favorite things to do in Fort Worth is take walks along the Trinity Trails; but what I love most about Fort Worth is that it's a big city with a Dairy Queen. Bring on the Texas summer heat and DQ blizzards!"*



Shelly Spaugh: Writer *"Transferring from the Junior League of Peoria, Illinois, where the active members equaled the approximate size of last year's Provisional class, I have loved that Fort Worth still has a small town feel with big city amenities. The sense of community makes it special, like my CrossFit family, how we compete and support each other."*



Jaclyn Unruh: Writer *"Completing my Provisional year last spring, I was drawn to The Lariat as an opportunity to explore the many facets of Junior League and use my writing as a tool for building awareness and connections with other League members. I love to have a cup of tea and start my weekend mornings writing and relaxing on my front porch in Fairmount alongside my two fur babies, Kacey and Jojo."*



Bobbye West: Writer *"This is my second year in the Junior League of Fort Worth (JLFW) after transferring from the Junior League of Dallas. I was hopeful being a Lariat writer would familiarize me with the impact JLFW has on my new hometown. I look forward to another year of staying up at night with a hot cup of tea as I write more Lariat stories that showcase the wonderful actions of our League."*

Visit Fort Worth's Newest Park to "Dream" Big

By Molly MacEwan

Fort Worth's newest attraction allows guests to go as high and far as they can dream. The Fort Worth Dream Park, gifted to the City of Fort Worth, opened April 15 as a destination for children of all abilities to come and play. Its mission is to go beyond ADA standards and be an inclusive playground where children can interact and play together. The elements are designed to welcome children with physical disabilities, sensory processing disorders, visual or hearing impairments, developmental disabilities and other special needs. Located in Trinity Park, Dream Park is one of the largest inclusive playgrounds in the state.



The Junior League of Fort Worth provided Dream Park a grant in the amount of \$50,000 to underwrite the cost of the pavilion which provides a place for respite or celebration for families visiting the Park. According to **Robin Greenhaw**, Fort Worth Dream Park Project Development Chair, JLFW will continue to assist with park maintenance, Friends of Dream Park and Dream Park Playgroup programs.

"We are so excited to see this park open!" Greenhaw said, "It will be a huge asset for our community."

Dream Park evolved into a nonprofit organization in 2014, an idea sparked by the group's president, Rachael Churchill, who visited the Possibility Playground on a trip to Wisconsin and brought the concept back to Fort Worth. "The Junior League of Fort Worth contributed, not only monetarily, but also by offering us dedicated volunteers, which was beyond exciting," said Churchill. "There are only three board members, Corrie Watson, Sandy Mesch and me, and until the Junior League offered our volunteers, we were doing it all ourselves. Our volunteers were fantastic and super helpful."

While playgrounds are required to be ADA compliant, there is a big difference between meeting those standards and being fully accessible. According to the National Center for Education Statistics, one in seven children living in the United States has a disability. The Dream Park is loaded with special features: a zip line, merry-go-round, see-saw, and swings with back support for children with limited mobility. What else? A roller slide for children with hearing impairments to slide down without concern for damage to their hearing aids, transfer stations and ramping for children with limited mobility, and even cozy cocoons.

The Park was funded completely through grants and donations. "We are incredibly grateful to the Junior League of Fort Worth and to everyone who believed in and supported our vision," said Churchill. "We would not have been able to make Dream Park a reality without it."

Learn more: dreamparkfw.org



150 Volunteers, 19 Agencies, Over 450 Hours: The Impact of Spring Day of Giving

By *Bobbye West*



The rain did not slow down the more than 150 Junior League of Fort Worth (JLFW) volunteers from participating in this year's spring Day of Giving. This twice-a-year event is dedicated to supporting agencies across Fort Worth and Tarrant County by volunteering hundreds of service hours. On Saturday, April 6, League members partnered with 19 agencies and dedicated over 450 hours to serving the community.

With a number of local agencies partnering with the Junior League of Fort Worth, Fort Worthians saw League members working all over the city! League members with green thumbs were seen making gardening crafts at My Health My Resources (MHMR) of Tarrant County. Other members were spotted in full luau regalia helping host a Volunteer Appreciation Day at The WARM Place, while more volunteers were seen wearing boots and bling at Southwest Christian School's auction and dinner. Members even stepped up to give the Easter Bunny a helping hand in stuffing baskets for A Wish With Wing's "Pancake with the Easter Bunny" event. These partnerships are often so engaging and meaningful, volunteers are not ready to leave at the three hour mark!



Satoya Williams, Day of Giving Co-Chair who has never missed a Day of Giving, has this to say about her favorite community collaboration: "Not only is this a great experience for the members within the League, but our community is extremely appreciative as well." Trina Pecina, also a Day of Giving Co-Chair, agreed the event is a wonderful way for League members to get to know organizations on a personal level rather than an organizational level. She encourages members to share information about Day of Giving with agencies in the community whose causes are close to their hearts because "even though they may not qualify as a full Placement or Project, Day of Giving is a way the League can help with their mission."



Day of Giving is a wonderful way to get involved and give back to the community. Mark your calendars for the fall Day of Giving, Saturday, November 2, 2019. It is an event that truly becomes more amazing with each passing year.



Milestone Anniversaries...

The Junior League of Fort Worth would like to thank the following ladies for their many years of service to the community as they celebrate special anniversaries this year as Junior League members.

More than 70 Years!

Sarah Ray - 77 years
Francesca Gupton - 76 years
Betty Claire McKnight - 73 years
Anna Belle Thomas - 73 years
Ruthie Parker - 72 years
Vivienne Wilson - 71 years

70 Years

Sally Hess
Murray James
Virginia King

65 Years

Jennie Beth Edwards
Rose Ann Kornfeld
Patricia McDonald

60 Years

Lucille Dubuis
Mariann Lyon
Gail Rawl
Jere Robertson
Sallie Tarride
Rinda Wentworth
Vivienne Williams

55 Years

Virginia Collett
Joan Sue Davis
Caroline Dulle
Betty Dunham
Peggy Falconer
Antoinette Mann
Barbara McCluer
Cuba West

50 Years

Karen Barlow
Marjorie Brownlee
Kay Clinkscale
Lynn Gafford
Patsy Haley
Brooke Lively
Patricia Martin
Priscilla Martin
Betty McBryde
Patsy Thompson
Melinda Vance
Anna Jean Walsh

45 Years

Earline Baker
Linda Batton
Sally Beyer
Jane Bird
Diann Decker
Yancy Fleming Bradford
Judie Greenman
Linda Harman
Carol Hendrix
Lane Anne Kimzey
Ruth Knouse
Sharon LeMond
Mary Ralph Lowe
Sandra Mackey
Ann Murphy
Suzanne Neville
Janna Poland
Kaye Thornton
Carol Turner

40 Years

Patti Ambrose
Karen Barr
Dorothy Benton
Ann Chappell
Laurin Chevaillier
Sarah Eidson
Kathe Goodwin
Karen Gordon
Marty Grable
Barbara Herman
Kathleen Lamsens
Denise Ledbetter
Patricia Lorimer
Nancy Phillips
Nancy Rea
Karen Reynolds
Jane Sykes
Nenetta Tatum
Jerre Tracy
Charlotte Ward

35 Years

Carolyn Barbolla
Terri Cain
Kay Carpenter
Andrea Carrington
Kay Cox
Susan Disney

Hilary George
Lisa Hampton
Joy Ann Havran
Kay Howell
Joan Katz
Ann Korman
Teri Kramer
Fayne Lawrence
Barbara Lesok
Kitty Loveless
Nancy Madsen
Diane Myers
Carole O'Connell
Patti Peterson
Betsy Price
Maurie Reynolds
Anne Robillard
Ruth Roper
Betsy Senter
Jan Smith
Elaine Stoltz
Eran West
Marsha Williams

30 Years

Maryanne Anthony
Linda Billman
Mary Burke
Shelley Cochran
Beth Collins
Beth Gideon
Lisa Grady
Judy Graves
Cyndi Guinn
Mary Hayes
Janet Herald
Deborah McGee
Maryanne Mitchell
Ann Morton
Lynn Nezworski
Mary Anne Polson
Ellen Read
Susan Rose
Brenda Sims
Melanie Smith
Wendy Stanley
Sara Sterling
Diane Sturdivant
Renee Underwood
Karen Williams

25 Years

Lee Ann Anderson
Kathryn Arnold
Amy Bailey
Angie Becker
Ellen Benson
Suzanne Burt
Jill Clay
Leah Cothran
Monique Decker
Luci DiGiorgio Vasquez
Helen D'Souza
Catherine Franko
Karen Hampton
Libby Manning
Jane Nugent
Leslie Pennebaker
Susan Pike
Carol Proctor
Maribeth Reeb
Tamara Reese
Amy Robinson
Cynthia Sadler
Barbara Wade
Lizzy Waltrip
Valerie Watson

20 Years

Stephanie Allen
Mary Helen Bishop
Duffy Bloemendal
Tanya Dohoney
Katie Farmer
Lisa Ford
Kelsey Haney
Melissa Hollmann
Leah James
Randi Johnston
Sherilyn Jones
Shellie Lindley
Teri McGuill
Annette Nielsen
Lea Payne
Janell Plocheck
Meg Pope
Donna Ray
Marcia Richardson
Linda Ryffel
Cathy Sewell
Kelli Smith
Sharon Summers
Sandra Tuomey
Rosie Woodard



The WONDER of Support

By Janie Latimer

You are valued. You are loved. You are not alone. Life has a way to humbly break our facade of having it all together. There are moments of great triumphs when we have arrived at the end of a journey and we celebrate the work it took to get there, and then there are moments of great sorrow when we find ourselves facing situations we seem unequipped to handle. From one end of the spectrum to the other, we can acknowledge life is not meant to be lived without support from others. Junior League of Fort Worth (JLFW) is committed to supporting and encouraging each member through her life's journey. One member dedicates her year to the women of the League in a placement known as In-League Relations Chair, held this past year by **Brooke Green**.

"I have the honor of responding to events that happen in our members' life. Whether it's births, engagements, marriages, congratulatory events, awards, as well as death and surgery," commented Green on the position.

On the member homepage, there is a link where members can self-submit or send in an announcement on behalf of another member, thereby notifying the In-League Relations Chair. Once received, Green has a turnkey process to provide tangible support depending on the event, "I send letters of congratulations on behalf of the League for women who have received a promotion or an accomplishment that had been in the works." To celebrate

engagements and weddings, Green works directly with *The Lariat* editors to ensure the announcement is listed in the upcoming issue. For babies, a thoughtful and much appreciated gift is either mailed or delivered to the mother. "I also help with buying the gifts for the Active of the Year, Sustainer of the Year, and OLD SHOE Awards. In addition, I coordinate with families and friends to be at the event and surprise the honored members."

Green draws on her own personal experience of being supported by friendships forged within JLFW when she sends letters of encouragement and support to other members. "I think it's pretty awesome we have this role in our League to celebrate each other and to offer love and compassion in the sad times. I could not imagine life without the support of the friends I've met through JLFW. Being in this position allows me to be an extension of our wonderful League when a member needs to be supported and celebrated."

As this League year comes to a close, may this year's theme, **WONDER of Women**, resonate in our hearts. As women, we harness the power of encouragement and take action to reach our highest potential. As women, we lean into mentoring, both receiving and sharing our life lessons. As women, we embody the nurturing side of humanity as we link arms with others to support each other through the good times and hardships. As women, we bond together to improve the community we love so when others see and know the Junior League of Fort Worth, they too will know the **WONDER of Women**.



Sustainers gather at Medicis



Sustainers celebrate service together

From One Mother to Another: How Mothers' Milk Bank of North Texas Supports Families

By Jaclyn Unruh

In 2004, Fort Worth neonatologist, Dr. Susan Sward-Comunelli, founded the Mothers' Milk Bank of North Texas (MMBNT). For years, Dr. Sward-Comunelli and her colleagues utilized donated breast milk from other milk banks and eventually saw the opportunity to start a milk bank for premature babies in North Texas communities.



The donated breast milk from MMBNT provides unique nutrients and immunological protection, which is essential for premature babies, fragile and critically ill infants, and healthy, nursing mothers alike. More milk donated means more babies are saved, and this effort begins with mothers. Health screens, education and lactation consultations are provided to interested donor mothers, after prioritizing the health of the mother and her own baby first. Donor moms take pride in knowing their milk is an irreplaceable gift to families in need. MMBNT even boasts a wall of fame where North Texas donor moms have broken the Guinness World Record several times for most breast milk donated – currently at 1,569.79 liters (53,081 fl oz) by Argyle resident, Alyse Ogletree.

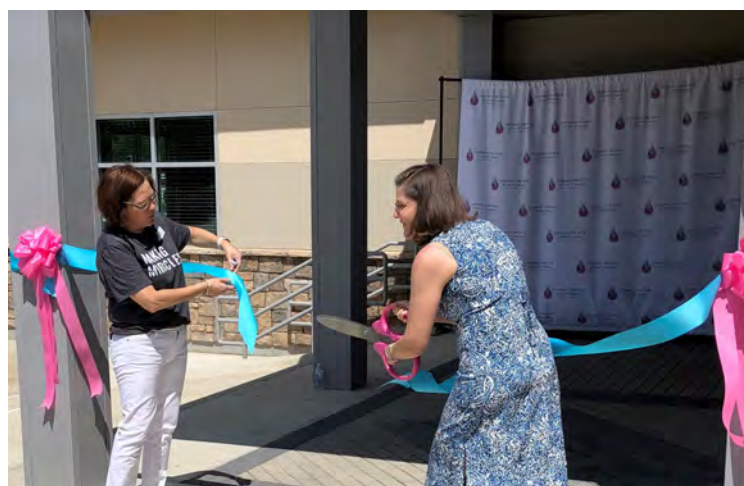
Once received, MMBNT processes donor milk in their newly constructed facility in southwest Fort Worth, one of only 27 milk banks across North America. Milk is logged, analyzed, combined and categorized to optimize nutrition for fragile infants. Each bottle is tracked through barcodes compatible with hospitals' systems, pasteurized, frozen and packed for transportation to hospitals or outpatient recipients on a prescription basis.

In 2018, the Junior League of Fort Worth provided a \$100,000 grant to MMBNT to underwrite the Junior League Community Room in the new facility which is nearly triple the size of its former Magnolia Avenue residence. In a recent training this spring, League members toured the new facility. Equipped with a lab-grade processing room, multiple walk-in freezers to store milk in its various stages, space for bottles and shipping materials that can last up to one year, beautiful administrative offices, and a League-funded training room, the MMBNT's new home is an awe-inspiring accomplishment from where they will continue to grow. In its first year, MMBNT dispensed 4,000 ounces of donated milk – a number it now matches in one full day of processing at the new facility on Benbrook Parkway.

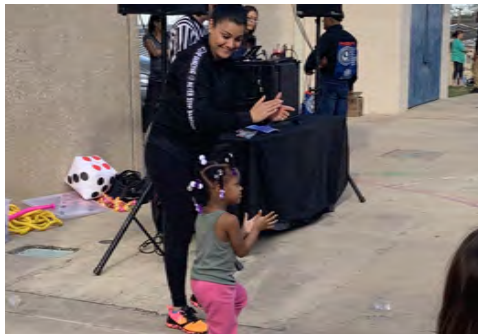
Thanks to more than 7,000 generous donors and 4 million ounces of donated breast milk, MMBNT continues to provide this life-saving gift to local babies who need it most.



JLFW Project Volunteers



Ribbon Cutting



JUNIOR LEAGUES'
**Kids in the
KiTcHeN**

JLFW uses the *Kids in the Kitchen* program as a tool to make students aware of healthy wellness choices during its *Healthy Heroes* curriculum week at several participating Fort Worth ISD schools. *Healthy Heroes* is a program of the Junior League's *Kids in the Kitchen* initiative which is a nation-wide collaboration providing a hands-on environment with a goal of promoting child health and wellness by empowering youth to make healthy choices.

Students and their families enjoyed food, games, health and wellness vendors for families to explore, free groceries from Tarrant Area Food Bank, and the chance to win more prizes at the *Healthy Heroes* Field Night at Western Hills Elementary on Thursday, March 21.

4 Schools

369 Students Participated

311 Adults Attended

207 Boxes of Food Distributed - Reaching 1,004 Individuals

11 Junior League Volunteers

Thank you to Mayfest, Inc. for the grant which made this event possible.





In partnership with Cook Children's Medical Center and Mayfest, Inc., the Junior League of Fort Worth held its 6th Annual Pancake Picnic filled with food, family, friendship and fun! The event honors Cook Children's patients, partners and volunteers as well as JLFW members and their families. The Flapjack Festival themed event is planned and hosted by the Provisional class and helps them to grow in their leadership skills and experiences. This free event encourages patients to leave their hospital rooms, forget about their illnesses and simply have fun.



300+ Attendees
3 JLFW Co-Chairs
113 Provisional Volunteers



Active of the Year: Janine Kraus

By Molly MacEwan



"When I read over the Mission statement of the Junior League of Fort Worth (JLFW), each part distinctly reminds me of Janine," said **Elyse Robinson**, a member who nominated 2019 Active of the Year, **Janine Kraus**. "No one I know has been more instrumental in developing the potential of women, both in the League and out."

Kraus joined the League nine years ago after moving to Fort Worth. A co-worker, who loved her own experience volunteering, introduced Kraus to the League and became her sponsor. "She pours herself into her placements, this year serving as the JLFW liaison to FWISD [for Junior MINTS], which is often a complicated and time intensive placement," shared Robinson. "She has done it every day with a smile on her face and a positive word to say, even when I know that it has been difficult. Her passion for our community is unparalleled."

When asked for a favorite memory from JLFW, Kraus struggled naming just one, but recalled a favorite placement, working with the Community Opportunities Fund as Assistant Finance Vice President. "The Fund is available to the community for emergency or unexpected expenses. It is a great way to see the immediate impact of the League in our community," she said. A few of Kraus' other placements include Development Chair, Grant Writing Chair, Nominating Committee, Strategic Plan Team, and more.

Kraus grew up in Michigan, served in the Army out of high school and made her way to Texas. During her past 18 years in Texas, Kraus earned her Ph.D. from the University of North Texas and now works as the Assistant Vice Chancellor of Loyalty Giving at TCU. She spends her time attending events at TCU, going to concerts, sporting events and spending time with her boyfriend and friends.

"I have a strong belief and passion for the work JLFW does in our community," Kraus said. "I am so incredibly honored that an organization I love would select me for this award."

Provisional of the Year: Timesha Brown

By Bobby West



The Provisional year for any Junior League member is chock-full of things to do and lists to check off, but **Timesha Brown**, 2018-2019 Provisional of the Year, made time to do even more. "She has consistently said 'Yes' to just about everything we've asked of her," said **Meredith Todd**, Admission/Provisional Co-Chair. "She seems to

take on roles and leadership beyond what is just required of her... and when she said 'Yes', she would smile and do so joyfully!"

While growing up in Fort Worth, Brown first heard about The Junior League of Fort Worth (JLFW) while in high school, but said she really learned about it in 2014, during a Breakthrough Fort Worth event. Over the past year, she dove into several activities including Junior MINTS, volunteering with Done-in-a-Day events such as the Cystic Fibrosis DFW Climb and Cuisine for Healing. She took part in the Pancake Picnic, *Rodeo Program Sales*, *Christmas in Cowtown*, Day of Giving at the Community Storehouse in Keller and participated in several Trainings.

"My favorite experience was meeting amazing women and learning about all the organizations here in Fort Worth I was unaware of before Junior League," Brown said. "Of course, playing the tooth fairy (at the Pancake Picnic) was the highlight of the year!"

Kathryn Gilpin, Admission/Provisional Co-Chair, said, "Timesha has had the most positive attitude throughout her Provisional year. She has the biggest smile that just draws you to her. We could tell from early on she had the biggest heart and was truly joining the League to help make a difference with our community."

Brown says an important life lessons is "you can do anything if you really want to and age doesn't mean you can't. If you do it at 40, it's the same as if you did it at 30."

Brown's placement next year is at Rivertree Academy, where she is looking forward to giving back. For upcoming Provisionals, she says, "Have fun, do not be scared to say 'Yes!' There are so many opportunities to serve, it makes it hard to pick, but you will not be disappointed."

Sustainer of the Year: Joy Ann Havran

By Jaclyn Unruh

"You cannot pay employees to work as hard as volunteers who are passionate about their goals," mused Joy Ann Havran to a ballroom full of Junior League members at the April General Membership Meeting after having received the honor of Sustainer of the Year. She articulated what many know, volunteers don't necessarily have the time, just the heart. For most, cultivating a passion is a process. Being passionate means designating significance and dedicating time above and beyond your free time. It requires you to approach your work like a craftsman, hone your abilities and shape your life toward those things that resonate with you. Passion is the driving force which allows us to cultivate a rewarding life, and Havran is the model of passionate commitment. Her passion for service and community is palpable in the room as she speaks following the kind words of friends gathered around her: "One of this group's greatest assets is it prepares you to see other nonprofits that are in need of leadership and skills you might have, and it prepares you to help them. I truly appreciate this honor and the privilege to be a member of the Junior League since 1984."



As a Fort Worth transplant from far East Texas, the League introduced Havran to various organizations, people and projects she never would have known existed. "It gave me ideas of what I wanted to do in the community and where those needs were," she said. Every idea and project was not a cake walk though, and Havran demonstrated determination and resilience in many of her undertakings, including her memories from Mayfest in 1991. "The Chair and committee ran Mayfest at that time; if you can run Mayfest, you can certainly run a business. We had two massive rain storms that year, and my wonderful committee just kept on going. I shall never forget the Executive Director of the Fort Worth Symphony calling me and saying she thought they should cancel their performance due to the weather. The orchestra was planning to play Saturday night, ending with the *1812 Overture* complete with fireworks and real cannons firing. I crossed my fingers as scores of us were cleaning debris and sweeping the rain off of everything including 100's of chairs." In the end, their perseverance paid off. "They performed in perfect weather, and massive crowds came. Seeing all of the happy faces in attendance, including those of our committee, was the greatest reward of all."

Havran is also a realist, dishing out valuable advice to members of all tenure levels in the League,

"None of us can do everything. You need to find your strengths and expand and capitalize on them."

Where individual members may not have certain strengths in our own skill set, she advocates for the power of your posse, sharing the accolades of her success with her support system inside and outside of the League. "To my steadfast and amazing friends, you have always made me look good. You have always answered my call for help. Many times, you knew I might have bitten off more than I could chew. You always stayed with me, and we always figured it out. We always did it through your hard work, and that of so many others."

From her work on Mayfest, *Rodeo Program Sales*, Finance Council and many other roles, Havran has solidified her presence in the League and the broader community as a dedicated volunteer and fundraiser. Through it all, she celebrates the people who have empowered her success. "You have given me the most precious gifts of all - your time and your friendship."

Supporting Those You Love

By Luci Hoad

This year *The Lariat* has supported the Junior League of Fort Worth's (JLFW) **WONDER of Women** theme by exploring the ways in which members take care of each other. The Fall issue shared stories of encouragement from off our bookshelves and within the League. The Winter issue reflected on the importance of mentoring, highlighting ways the League supports those relationships, and offered podcasts to supplement those conversations.

In this final issue, support takes center stage. Whether you are trying to comfort a grieving friend, or spurring on a peer to reach for her dreams, below you'll find a few tips to help you lift up the women in your life, and ways the League can be a key resource.

When a friend is recovering from illness or injury:

For a friend experiencing health issues, the road to recovery might not be simple or clear cut, and the added emotional strain of uncertainty can compound feelings of frustration and anxiety. Often simply continuing to "show up" for a friend with a complicated diagnosis or intensive recovery ahead of them can be a great way to offer support.

- Offer to drive. Whether it's to General Membership Meetings, doctors appointments, or simply running errands to get out of the house, often illness or injury can limit a friend's mobility.
- Just jump in. Sometimes it can be overwhelming to come up with ways to help if a friend wants to lend a hand. Instead of "Let me know if you need anything!", consider the practical (and appropriate) things with which a friend might need help, and simply take care of them.

When someone is experiencing a major life change (death, birth, moving, career changes, etc.):

Life changes can bring a variety of different emotions, happy and sad. Some can even be both! Leaving space to explore these feelings is key to helping a friend feel supported.

- Love the people they love (or at least try). Maybe your best girlfriend has just had a baby or become engaged. Or perhaps a close friend has a great new social crew thanks to a move or a new job. Make an effort to connect with these people where appropriate. After all, you already have something in common!
- Stay connected. Often with big life changes, especially in an instance of loss, friends become scarce when confronting the awkwardness of grief or a hectic new schedule. Stick around for your friend, and continue suggesting events and outings together. Junior League Trainings and Member Monthly events offer a variety of fun activities!

When you're the one needing support:

Self-care has been a buzzword in media outlets lately with lots of emphasis on bubble baths and meditation. These ideas are great, but there can be a lot more to supporting yourself when you're feeling less than your best.

- Stay connected to your own village. It might seem like the last thing you want to do when you're feeling overwhelmed, but plans with friends often offer a perspective shift. So make time for a *Christmas in Cowtown* shopping date or schedule a *Rodeo Program Sales* shift together! Following through on social commitments with people you enjoy can provide a big energy boost!
- Push yourself. Sometimes supporting yourself doesn't have to mean retreating to the couch. Mustering the self confidence to tackle a new challenge can be great way of investing in your personal growth. Opportunities like *All aBoard*, or simply nominating yourself for a leadership position can help reignite a passion for your work.
- Give back. If your own troubles seem insurmountable, consider taking a step away and leaning into your placement, or consider additional volunteer opportunities like a Done-in-a-Day which allow you to be out in the community helping someone else. Not only can this take your mind off of your own anxieties, but it also serves as a positive reminder of the great community support all around you!

From Eye Exams to Career Training: The Impact of Better Vision Better Hope

By Bobbye West

Did you know the request for prescription glasses is among the top immediate needs within the unsheltered community? Along with Tarrant County's homeless population (a number reaching 1,250 adults on any given day), many of the 4.5 million Texans are currently without health insurance but in need of eye exams and prescriptions.



Daniel Migael Foundation, Inc

Better Vision Better Hope, a program of the Daniel Migael Foundation, Inc., offers much-needed support by providing free eye examinations and prescription glasses to those unable to afford vision care including the homeless (sheltered and unsheltered), uninsured, and low income communities. The Junior League of Fort Worth (JLFW) has supported Better Vision Better Hope for three years beginning in 2016 by awarding grant funding to provide vision services to the Como Community. The League's continued support helped establish the Eye Tech Academy where local students learn the skills needed to become opticians, providing valuable skills they can use right out of school to get a job. Dr. Gayle Daniels, Founder and Executive Director of the Daniel Migael Foundation, Inc., is proud the program has exploded, becoming a primary class in the STEM Lab located at Texas CAN Academy and hopes it will grow to "be an on campus community vision clinic staffed by Eye Tech Students."

This year, seven JLFW volunteers served over 350 hours with Better Vision Better Hope. Volunteers assisted with monthly vision clinics by completing a wide variety of tasks from signing patients in to creating their glasses. **Kimberly Sheppard**, Project Chair, has many fond memories of nights spent with fellow JLFW volunteers. For Kimberly, volunteering as a group provided "the benefit of a community placement where you can see the help you're contributing while still getting the chance to know other people in the League." Approximately 500 patients have been assisted with free eye exams and prescription glasses by JLFW members.

Dr. Daniels says the organization "will forever appreciate the support from the Junior League of Fort Worth, not just for the financial resources but for the perpetual friendships we have built with the members that worked with us over the years. We shared the common compassion to help those less fortunate, and it connects us in a bond that is priceless."

Dr. Daniels also looks forward to the future and says the most exciting aspect of the JLFW's partnership is the growth it provides. The growth of Better Vision Better Hope's projects as well as the friendships formed between its members and JLFW will continue as members who have selected Daniel Migael Foundation Inc. as their placement continue to impact the Tarrant County community.



Welcome to the 2019-2020 Provisional Class

Christina Acosta
 Paige Adlof
 Katie Armstrong
 Alexandra Arnold
 Sydney Balusek
 Molly Beard
 Dwualla Boaitey
 Connor Braaten
 Jenna Brickhouse
 Gabriella Brown
 Larissa Brown
 Catherine Browning
 Shannon Bull
 Veronica Bustamante
 Stephanie Campbell
 Sarah Carlstrom
 Hannah Carrillo
 Katharine Carvalho
 Nicole Cheatham
 Anna Chianese
 Tamara Cikic Gorski
 Ellen Clarke
 Christy Cockrell
 Jennifer Cole
 Liz Confiliano
 Susan Cook
 Leslie Cox
 Cari Cunningham
 Julianna Davis
 Ryley Denson
 Madeleine Diana
 Tave Doty
 Jenalee Dreibelbis
 Julia Driver
 Sydni Dunn
 Ella Duran
 Emily Dykes
 Madison Easterlin
 Kamilah Edwards
 Avonlea Elkins
 Megan English
 Faith Evans
 Efi Eyambe
 Krystal Finley
 Lauren Flanagan
 Whitney Franklin
 Brittany Fraser

Callie Fry
 Nicole Gaspard
 Chastidy Gloria
 Justine Grace
 Taylor Gray
 Amanda Green
 Maria Gregorio
 Kelti Haley
 Stephanie Haley
 Kate Hancock
 Margaret Harpending
 Kailey Hatfield
 Christine Heflin
 Ashleigh Herron
 Ashley Hess
 Lauren Hill
 Holly Hinsey
 Caitlin Hodge
 Danielle Hoefeld
 Elizabeth Hoelscher
 Shannon Holley
 Savanna Holmen
 Megan Honan
 Peyton Howard
 Brittany Hyde
 Lauren Jabri
 Tishara Jackson
 Juli Jaime
 Alexis Jenkins
 Laurimay Johnson
 Liane Jordan
 Carlie Kaehr
 Kathryn Keating
 Allie Kella
 Taylor Keplin
 Hannah Kirkpatrick
 Laura Kirspel

Sara KIAMOVICH
 Suzanna Kopacki
 Morgan Laughlin
 Courtney Leach
 Catherine Lewis
 Jessica Lewis
 Savannah Lewis
 Rachel Linn
 Polly Lisle
 Shannon Loftis
 Ashli Logan
 Carmen Lopez
 Kristen Lunt
 Allison Lyle
 Emily Maddox
 Katie Mansfield
 Jacey Mattison
 Susan McClary
 Megan McMullen
 Bailey McPherson
 Brighton Miller
 Elizabeth Miller
 Margaret Ann Millett
 Bailey Mills
 Jessica Milmeister
 Hayley Murray
 Chelsea Neely
 Abigail Offenbaker
 Holly O'Harra
 Mindee Olm
 Cari Osborne
 Emily Owens
 Blair Park
 Abby Paul
 Brittany Pendergraph
 Jessica Pierson
 Sarah Pluff

Camee Ponder
 Shelbie Powers
 Shannon Quinn
 Erin Redwine
 Wesley Reese
 Maegan Reilly
 Haleigh Ricks
 Rebekah Robertson
 Megan Ryden
 Lauren Saloom
 Stephanie Samuelson
 Brittany Sanders
 Emily Schoen
 Jennifer Schoen
 Paige Scott
 Karen Sequera
 Caroline Shivers
 Amy Shubert
 Kellie Shuck
 Jennifer Sims
 Victoria Smaldone
 Madie Smith
 Rachel Smith
 Casey Solari
 Connie Song
 Amy Spock
 Lindsey Starnes
 Andrea Starr
 Carly Stoy
 Sara Swan
 Emily Tanner
 Kari Teigen
 Shey Thompson
 Baillie Troskot
 Jordan Underwood
 Allyson Valley
 Emily Waits
 Lauren Wallis
 Brittany Weaver
 Georgia Webb
 Hannah Webb
 Corina Wilburn
 Megan Wilkinson
 Brittany Williams
 Lauren Williams
 Mauriette Williams
 Rachael Zimmerman





Ashley Freer
2019-2020 President

President-Elect Ashley Freer has had a busy few months as she prepares to serve as the 90th President of the Junior League of Fort Worth beginning on June 1. Ashley joined the Junior League of Atlanta in 2002 and transferred to the JLFW in 2006. She loves reading, travel, making reservations (for brunch, preferably) and, more recently, the chance to **Spark Possibility** - the new JLFW theme for 2019-2020. As for advice to new members, Ashley says: "You can do hard things. And you're never alone, no matter your circumstances." Ashley is a principal, group director and strategist at award-winning advertising firm Balcom Agency.

Teresa Baker
2018 - 2019 Membership Vice President

Teresa Baker has served as the Membership VP for 2018-2019, but she has been volunteering her time with the Junior League since her provisional year in San Antonio in 2007. To date, Teresa's favorite placement was serving as Provisional Co-Chair, as she had the unique opportunity to introduce a large group of women into the League and later watch them move on to do incredible things for our community. In her spare time she loves to host parties, listen to True Crime podcasts and take her kids to the Fort Worth Zoo and Casa Mañana. Teresa's family includes her husband, Tim, and children, Whitley (6) and Adalyn (3). Teresa's career in Health Care Administration led her to her current position with Texas Health Physicians Group.



McKenzie Montague
2019-2020 Finance Vice President

McKenzie Montague concluded her ninth Active year with the JLFW serving as the Finance Assistant Vice President in 2018-2019. She will serve a second term on the Board of Directors as the Finance Vice President. Encouraged by her mom, aunts and former coworkers to join JLFW, McKenzie's favorite League memory thus far has been serving the women and children at Presbyterian Night Shelter and sharing in the contagious smiles and laughter from the Zumba classes held there. Gifted by her grandmother, McKenzie's add-a-pearl necklace is her most treasured possession and she wears it almost every day. When asked for words of wisdom she shares, "Surround yourself with friends and family that will support you, hug you, and be your people in moments of celebration and sorrow alike." McKenzie still maintains her CPA, but is currently focused on her family as wife to George and mom to Eloise (3) and Merritt (1).



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Membership Vice President's Report

December 15, 2018 - May 21, 2019

TRANSFER IN

Katie Adams A
JL Austin
Renee Akers S
JL Dallas
Sofia Balderamos A
JL Amarillo
Lauryn Dando A
JL Dallas
Lisa Foster S
JL Philadelphia
Elise Kensinger A
JL Denver
Emily Paul A
JL Stamford-Norwalk, CT
Danielle Peckham A
JL Woodlands

Lou Ann Rockwell-Huseth S
JL Tyler
Debra Spinks (S)
JL Midland
Cynthia Tanner S
JL Houston

TRANSFER OUT

Jessica Allen A
JL Atlanta
Deborah Bankhead A
JL Dallas
Lauren Beam A
JL Denver
Laura Berry A
JL Fort Lauderdale
Whitney Bessler A
JL Dallas

Christina Lee A
JL Austin
Ebony Mikle (A)
JL Dallas
Pamela Radisek A
JL Omaha
Natalie Shanklin A
JL Columbia, SC
Alexandra Vivar A
JL Collin County

REINSTATE


Sealy Barlow S
Roslyn Bradford NRS
Elizabeth Cortright S
Kathie Cummins S
Mary Mac Elliott S
Natasha Freimark S
Stefanie Good S
Karen Gordon S
Cindy Lawrence S
Mary Mac Elliott S
Paige Sagon A
Allison Schrader A
Charlene Suba S
Lynne Urbel S
Sarah Vetere A
Barnedra Wesley S

CONDOLENCE

Mary Kathryn Anderson S
Loss of Sister-in-Law
Lisa Ferrand S
Loss of Grandmother
Liz Fleischer S
Loss of Mother-in-Law
Carolyn Fraley S
Loss of Husband
Colleen Kleuser S
Loss of Sister-in-Law
Caroline Kleuser Lawrence A
Loss of Aunt
Susan Luskey S
Loss of Husband
Susie Phillips S
Loss of Mother-in-Law
Michael Anne Pritchard A
Loss of Uncle
Margaret Pace Sykes S
Loss of Sister-in-Law
Monique Waggoner A
Loss of Mother-in-Law

IN MEMORY


Tami Dick S
December 2018
Betty Poage
January 2019
Glenn Lattimore
Sustainer Emeritus
March 24, 2019



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Susanna Bartolomei
- Broker Associate

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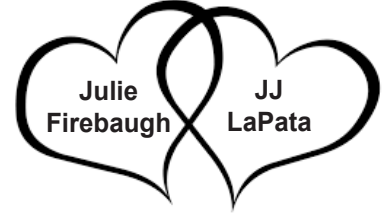
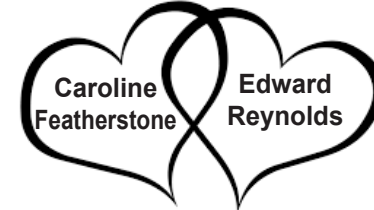
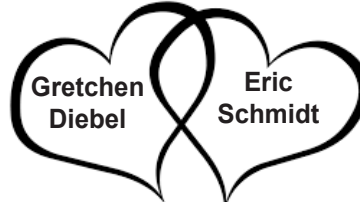
General Membership Meeting
Thursday, September 12
7 p.m.

Life in the League Announcements

Happily Engaged



Here Come the Newlyweds!



Little Leaguers Our Growing Community



Mary Elizabeth & Sean Austin
Sustainer
Son, Joseph Delaney
August 15, 2018



Anne & Blake Hill
Active
Daughter, Reagan Blake
August 25, 2018



Christina & Alberto Bautista
Provisional
Boy, Albert Rangel
December 6, 2018



Christina & Richard Bargas
Active
Daughter, Alyssa Reese
December 7, 2018
Adopted December 10



Janie & Jarod Latimer
Active
Son, Jensen Eugene
December 10, 2018



Amy & Davis Radcliffe
Active
Son, Theodore Cyrus
December 11, 2018



Rachel & Doug Yurek
Active
Son, Jason Douglas
December 20, 2018



Tiffany & Ryan Rubenkoenig
Active
Son, Ryan Drew
December 21, 2018



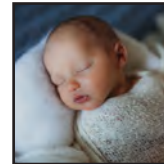
Erica & Sean Pifer
Active
Son, James "Nelson"
January 3, 2019



Rachael & Cam Quisenberry
Active
Daughter, Caswell "Wells"
Carrick
January 10, 2019



Elora & Trent Moore
Active
Son, William Joseph
Daughter, Caroline Grace
January 12, 2019



Carly & James Day
Active
Son, Thomas James
January 19, 2019



Elizabeth & Clayton Warren
Active
Son, Meyers McCoy
Son, Collier Everett
January 26, 2019



Paige & Wesley Cooper
Active
Son, Howsley Hamilton
January 30, 2019



Kelsie & Clint Arnold
Active
Son, Harrison Scott
February 1, 2019



Adrienne & Jacob Wacker
Active
Son, Roman Alexander
February 21, 2019



Angela & Ricky Boysel
Active
Daughter, Audrey Jane
March 1, 2019

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

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- LET THE DRUMMING BEGIN
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- PRINTMAKING & COLLAGE STUDIO
- ROBOTICS
- STOP MOTION STUDIO



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SCHOLARSHIPS

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signed to compete at the
collegiate level

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CREDIT
hours earned

10,040 hours of **COMMUNITY
SERVICE DONATED**
Cumulative total for 4 years of high school



Class of 2019 College Acceptances

- Abilene Christian University
- Allegheny College**
- Auburn University
- Austin College
- Baylor University**
- Belmont University**
- Binghamton University
- Catawba College
- Chapman University
- Colorado Mesa University
- Concordia University, Nebraska**
- Cornell College
- Dallas Baptist University**
- Denison University
- Dickinson College
- Dordt College**
- Drake University
- Earlham College
- Florida Institute of Technology
- Florida State University
- Fordham University
- Furman University
- Geneva College
- Grand Canyon University
- Hardin-Simmons University**
- Harding University
- Hawaii Pacific University
- Houston Baptist University**
- Howard Payne University**
- Kansas State University
- Knox College
- Langston University
- Louisiana State University**
- Louisiana Tech University
- Maine Maritime Academy
- McGill University**
- McNeese State University**
- Midwestern State University
- Mississippi State University
- Northeastern State University**
- Northern Arizona University
- Oklahoma City University
- Oklahoma State University**
- Purdue University
- Queen's University
- Saint Anselm College
- Saint Leo University**
- Saint Louis University
- Samford University**
- San Diego State University
- Savannah College of Art and Design**
- School of the Art Institute of Chicago
- South Dakota School of Mines and Technology
- Southern Methodist University**
- Southwestern Assemblies of God University
- Southwestern University
- Spelman College
- St. Edward's University
- Stephen F. Austin State University
- Tarleton State University
- Tarrant County College**
- Texas A&M University**
- Texas A&M University-Commerce
- Texas A&M University-Texarkana
- Texas Christian University**
- Texas State University
- Texas Tech University**
- Texas Wesleyan University
- The College of Wooster
- The University of Alabama**
- The University of Arizona
- The University of Oklahoma**
- The University of Tampa**
- The University of Texas at Arlington
- The University of Texas at Austin**
- The University of Texas at Dallas**
- The University of Texas at San Antonio
- Trinity University**
- Tulane University
- University of Arkansas**
- University of Arkansas - Fort Smith**
- University of British Columbia
- University of California, Merced
- University of California, San Diego
- University of California, Santa Cruz
- University of Colorado Boulder**
- University of Connecticut
- University of Denver
- University of Hawaii at Manoa
- University of Mary Hardin-Baylor**
- University of Miami
- University of Michigan
- University of Mississippi
- University of North Texas**
- University of San Francisco
- University of Toronto
- University of Tulsa
- University of Utah**
- Ursinus College
- Weatherford College**
- West Virginia University
- Wichita State University
- University of North Texas**
- University of South Carolina
- University of Tennessee, Knoxville
- West Texas A&M University

*Bold indicates universities students will be attending



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