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- Withdrawing from others
- Having very low energy
- Appearing disheveled
- Losing interest in favorite activities
- Trouble concentrating; change in academic performance
- · Becoming easily irritated or angered
- Changing eating habits
- Changing sleeping patterns
- Crying a lot
- Giving away personal possessions
- Talking about being a burden
- Stealing money from family
- Changing friends or breaking up

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Talk with a mental health specialist today at 713-275-5400

Check out other tips for parents by scanning the QR code.













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EDITOR Cristina Torres

ASSISTANT EDITOR Eleanor "Ellie" Faulkner

SUSTAINER WRITER

Elizabeth Ozden

SUSTAINER WRITER Stephanie "Steph" Magers

> WRITER Rachel Clark

WRITER

Claudia Garnica WRITER

Elisabeth Netherton

SUSTAINER ADVISOR

Melissa Matsu

COMMUNICATIONS DIRECTOR Tara Merla Hinton

COMMUNITY COMMUNICATIONS MANAGER

Deborah Boone

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Hayley Sartin

DIVERSITY, EQUITY AND INCLUSION MANAGER-COMMUNICATIONS

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DESIGN Limb Design

PRINTING Bayside Printing

2023 CONTRIBUTORS



Cristina Torres Editor



Eleanor "Ellie" Faulkner Assistant Editor



Elizabeth Ozden Sustainer Writer



Stephanie "Steph" Magers Sustainer Writer



Rachel Clark Writer



Claudia Garnica Writer



Elisabeth Netherton Writer



Melissa Matsu Sustainer Advisor



Tara Merla Hinton Communications Director



Deborah Boone Community Communications Manager



Hayley Sartin Development Communications Manager



Dominique **Boykins** Diversity, Equity and Inclusion Manager -Communications



Layla Lumpkin Finance Communications Manager



Amy Fox Keith Membership Communications Manager



RaChell Hunt Tea Room Communications Manager



Becky Greene Ad Sales Chairman



Dionella Martinez Community Partner Chairman



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Katherine "Katie" Cage League Archives Chairman



Jennifer Williams Diversity, Equity and Inclusion Director



Shine George Centennial Anniversary Chairman - Elect

The Junior League of Houston, 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.

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WINTER 2022

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Learn more at TexasChildrens.org/best.



LETTER FROM THE

PRESIDENT

"ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH."

-Helen Keller

What a journey the past two years have been! As we move into the second half of our League year, I am thrilled to be in the midst of a year where we are seeing both the League and our community settle into a new post-pandemic normal. All signs indicate that the community has largely found ways to operate without the ongoing disruptions of shutdowns, and at the League we have been able to return to the rhythms of a typical annual cycle.



I am also happy to report that we have seen so many of our events not only return to in-person formats but also with strong attendance. Many of our Tea Room special events have sold out in a matter of hours! Additionally, our Tea Room banquet operations continue to rebound and are currently running at close to pre-pandemic levels.

COVID presented us with many challenges in terms of how we interact with our members, but it also forced us to think outside the box and innovate. This has led to some improvements in the way we do things, including keeping some virtual components for our meetings and trainings. This year, the Training and Education team has piloted a new format for general meetings, offering in-person, live and on-demand attendance options.

One huge takeaway for me after experiencing the isolation of shutdowns is that being able to spend time around others is something that I will never again take for granted. The importance of this camaraderie is evident in everything that makes the League special.



Through our collective efforts, we can have a greater impact on the community than we could as individuals.

League membership offers women an opportunity to meet and engage with other women who share a commitment to community service. And the structure of our placements offers members the opportunity to try new things knowing that they have the support of other League members who are invested in their success. These core components of the League

experience illustrate how we are so powerful as a group and inspired the 2022 – 2023 theme of "Better Together."

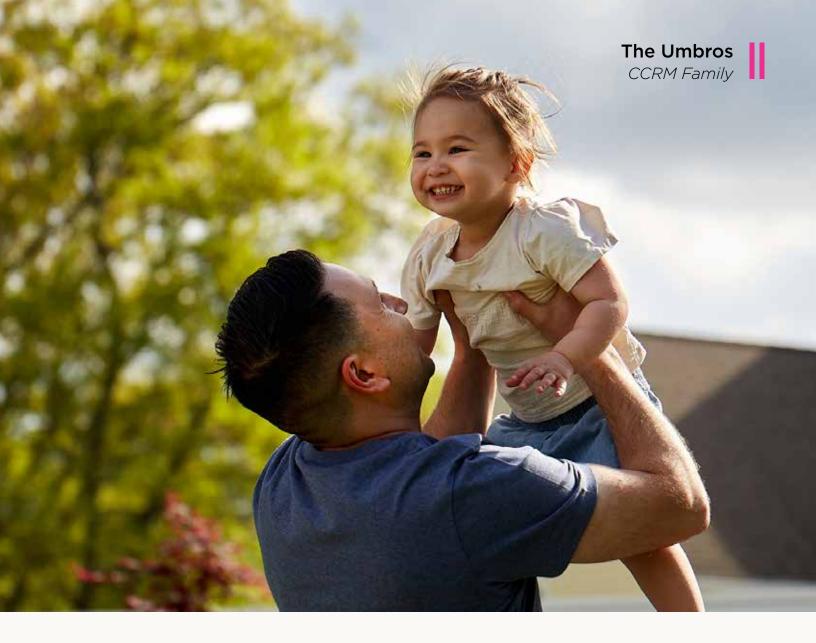
One of the most rewarding parts of serving as President right now is being a part of the planning for our Centennial Anniversary celebration. DePelchin Children's Center has been selected to be the recipient of a gift of \$2 million to fund a new volunteer facility at their campus on Memorial Drive. The new facility will increase DePelchin's capacity to provide support for families and children in need, expand their ability to provide training and volunteer opportunities, and will address the community's growing demand for mental health services.

This will be the largest gift the League has ever made, and we are thrilled that it will be going to an organization with whom we have such a strong and long-standing relationship.

As we approach our Centennial Anniversary, I find myself full of so much optimism for our organization and our community. I have been so inspired by the women I have served with over the years, and I am so appreciative of all the women who have come before us and helped ensure that the League would stand the test of time. I am incredibly honored to build upon their work and grateful for all of the support that allows us to continue "Building A Better Community!"

Anne Sears

President



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LETTER FROM THE

EDITOR

"FIND A GROUP OF PEOPLE WHO CHALLENGE AND INSPIRE YOU, SPEND A LOT OF TIME WITH THEM, AND IT WILL CHANGE YOUR LIFE."

- Amy Poehler

Anyone who has had the pleasure of working with League volunteers knows that the dedication and generosity of the women who comprise our membership can truly be life-changing. How apt that this year's

Presidential theme "Better Together" speaks to that power of connection and collaboration. As we emerge from a world of post-COVID lockdowns and social distancing, the need for connection has never been stronger. In-person events are now often in conjunction with or in place of virtual events and the demand for public events like concerts and games seems to be returning to pre-pandemic levels. It's unsurprising; we are human beings who are wired for connection.

While the League's dedication to connection – connection to the community it serves, connection amongst its members, connection to its mission – has not wavered throughout these past couple of years, it is exciting to truly see the idea of "Better Together" present throughout everything the League has touched so far. You will read about the return to in-person volunteering with featured partner agencies, the return to



in-person signature League events and efforts around our Centennial Anniversary. All of these things would not have been possible without the power of teamwork and the truly amazing women who make up this team I'm proud to be

a part of.

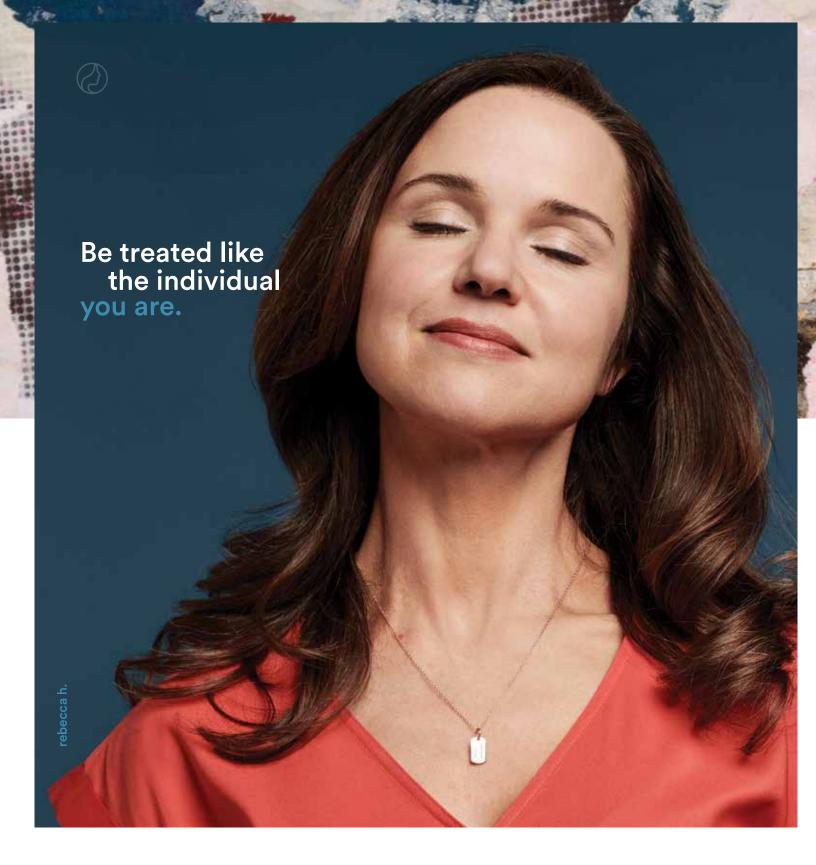
I am excited to see what the rest of the year brings and hope that you too take the time to connect with those around you.

Thank you to Melissa Matsu, Sustainer Advisor, who was always there to help provide insight and encouragement when I most needed it, and Eleanor Faulkner, Assistant Editor, who never failed to amaze me with her patience and positivity throughout this publication process. Thank you also to my team of wonderful Houston News Writers; without your work this publication would not be what it is.

Lastly, I am so grateful for the leadership of **Tara Merla Hinton**, **Emily Shushtari** and **Anne Sears**. Thank you for providing your support and guidance.

Cristina Torres

Houston News Editor



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DESPITE THE UPHEAVALS OF THE PAST COUPLE OF YEARS THAT MADE US REASSESS OUR DEFINITION OF NORMAL, THE LEAGUE WAS LUCKY TO HOLD THE TIME-HONORED TRADITION OF THE PASSING OF THE GAVEL. THIS EMBLEMATIC CEREMONY MARKS THE TRANSITION OF THE HONOR AND RESPONSIBILITY OF LEADING THE WOMEN OF THE JUNIOR LEAGUE OF HOUSTON, INC., ONE OF THE LARGEST LEAGUES IN THE WORLD, FROM THE OUTGOING PRESIDENT TO HER SUCCESSOR.

On Monday, May 23, 2022, Jennifer Scheifley Roberts passed the gavel to Anne Sears, marking the end of a successful 2021 – 2022 year where Jennifer shepherded the League through the end of the pandemic to a new definition of normal. As the League moves towards its Centennial Anniversary, Anne, our 99th President, hopes to unify and re-define the League and its activities for the next generation of members. Anne hopes to establish a new normal so that future members can anticipate a clearly defined experience. She believes that by understanding our members and community partners, we will no longer feel scattered but rather know and embrace our post-pandemic, 100-year identity.

Looking back to last year's theme, "The Power of One," Jennifer was inspired by the idea of one – it only takes one action, one hour, one person, one moment to change the direction of a person's life. This sums up what the Junior League means to Jennifer, a support system to its members (as embodied by the Care and Concern group) and an opportunity for its members to make a difference in the world with as little as one interaction. When asked about how she embraced The Power of One this year, Jennifer recalled the power of small gestures – like returning an email or writing a thank you note – and how these "little things" are greatly appreciated and make a difference. To her, these little gestures are worth the sacrifice of time and are what embody The Power of One.



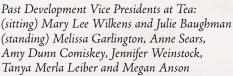
2018 – 2019 Executive Committee at President's Tea: Steph Magers, Ellen Toranzo, Anne Sears, Jayne Johnston and Tara Merla Hinton

As she reflects on her year, Jennifer talks about being grateful for the opportunity to serve as President. She mentions how enriched her experience was by the wonderful women she met and is confident that the League is in good hands with Anne. Although Jennifer and Anne had not had the opportunity to serve together, they learned a lot from each other during Jennifer's tenure as President, playing to each other's strengths, bouncing ideas off each other and learning from their different leadership styles. After a successful year, Jennifer looks forward to some well-deserved rest, and shifting focus to her role as mother, wife and tennis player while continuing to advise Anne and keeping the League close to her heart.



2021 – 2022 and 2022 – 2023 Executive Committees: Amanda Hanks Bayles, Emily Shushtari, Sydney Goss, Megan Anson, Tamra Wilkerson Politte, Courtney Durham, Anne Sears, Jennifer Scheifley Roberts, Sameka Wood, Shems "Mimi" Blomberg, Sara-Nell Van Lant and Jennifer Weinstock (not pictured: Megan Ryan)





For her tenure, Anne hopes the League embraces the theme of "Better Together." Now that the world is more comfortable being back in person after a world of virtual activities, Anne encourages us to remember the power of in-person collaboration and the importance of going beyond the call of duty. Recalling her favorite League memories and most important friendships from the League, most were from in-person activities or events, and she hopes to bring back this spirit as we reshape the League for the next 100 years. Anne plans to leverage her experience serving on boards and other leadership positions in the community into a successful

presidency and invites us to be present in-person and look at all the options available to serve. Although she acknowledges that members are very busy with life, she invites us to remember how with other responsibilities, we always find a way to make things work and encourages us to apply this resourcefulness to our service to the League.

As Anne leads us towards Centennial, we know she will take Jennifer's last piece of advice, "go to as many events as you are able, have connected conversations with our members and soak it all in," to heart as we become *Better Together*.



Past Presidents at Tea: Steph Magers, Mary Beth Staine, Ana Schick, Anne Sears, Jennifer Scheifley Roberts, Jayne Johnston,
Renée Davis and Mimi Foerster

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"The joy of happy children and grateful parents are the best reward for what I do, and I would not change it for anything."

 Wasyl Szeremeta, M.D. **Practice Medical Director Pediatric Otolaryngologist Pediatrix ENT of Houston**

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Peggy Ratcliffe Roe and Cynthia Lange

$2022-2023 \\ \textbf{ADELAIDE LOVETT BAKER AWARD RECIPIENT}$

by: Elizabeth Ozden, Sustainer News Writer

eggy Tatclife Toe

ON YOUR MARK, GET SET, GO!

Renaissance woman is the image that comes to mind when thinking about the award's namesake, Adelaide Lovett Baker, as well as this year's award recipient, Peggy Ratcliffe Roe. Although of very different generations, their similarities are undeniable: intellectual curiosity, determination, numerous interests and talents, and continuous learners. Another shared attribute is the

ability to help restore the dignity of Houstonians in need by lending a helping hand and simultaneously teaching them to help themselves. In a word, empowerment. As a sustainer member who continues to make a broad and meaningful impact on her community, Peggy is an exemplary honoree of the Junior League of Houston's Adelaide Lovett Baker Award.

Peggy's personal, volunteer and professional lives intertwine poetically. She attributes the stamina needed for her productive life to her focus on health and learning. As a runner of four decades, she brings the discipline and perseverance necessary for completing races to the other aspects of her life. Peggy has an ongoing, unquenchable pursuit of knowledge. Her academic accomplishments consist of a Bachelor of Arts with honors from The University of Oklahoma, a Master of Arts from The University of Houston and a Master of Liberal Studies from Rice University, where she won a national writing award.



Taylor, Peggy and Price Roe

Originally from Oklahoma, Peggy arrived in Houston more than 50 years ago. She wasn't in town long before becoming an active member of the Junior League of Houston. One of her favorite placements was being a docent for the Houston Museum of Natural Science program, where she could share her love of science and nature with schoolchildren. Quoting her dear friend Emily Crosswell, "if you love something, you'll raise money for it," and Peggy committed to raising money for the Junior League, her church and her three children's school. Additionally, Peggy served as Chairman of the Board of re:MIND and President of the JLH Sustaining Club. Her current board memberships include St. Luke's Methodist Church, The Rose and Bach Society Houston.



Peggy Roe with her family – Harvin, Janey, Taylor and Price Roe, Sue Fleming and Marjie Calvert

"For many of us in the nonprofit world, Peggy has been our mentor and teacher," reflected Mary Beth Staine, Executive Director of Bo's Place. "She inspires those she meets to be their very best selves." Bo's Place honored Peggy with their Robin Bush Award for her energetic dedication to supporting children in our community. A former board member, she is now an advisory board member and "renowned for her efforts to raise funds for Team Bo's Place for the Houston Marathon's Run for a Reason Program." She has also been honored at the Covenant House Texas Gala.

Peggy states, "My whole life was dedicated to volunteering, and I never planned on having a career." Planned or not, with children off to college, Peggy decided to leverage her volunteer experience and start



Past ALB Recipients: Flo McGee, Emily Crosswell, Dorothy Ables, Peggy Roe, Lenox Reed and Andrea Davidson



2022 - 2023 Junior League of Houston Sustaining Club Board

her professional career. Her first role was Director of Development at the Neuhaus Education Center. She was then employed by The Center for Hearing and Speech, and later, by DePelchin Children's Center as Senior Vice President for Advancement. Yet, Peggy didn't stop there. She built a business as an independent consultant serving the causes she holds dear: children, education, faith-based initiatives and mental health. Her clients have included Camp Allen, The Briarwood School and Amazing Place, among others. Peggy's successful leadership was not limited to the development track as she stepped up to serve as board chairman and interim executive director for multiple nonprofit organizations in Houston. Mary Catherine Sharman, Chair-Elect of re:MIND revealed, "She has also recruited many board members, six of whom have gone on to chair the board." Her ongoing leadership talents were further noted by DePelchin's President and CEO, Jenifer Jarriel: "She was instrumental in bringing

together DePelchin and another nonprofit which she was leading. She was honoring this organization's legacy of service and worked tirelessly to navigate all the issues and opportunities in making this union happen."

Tracey Brown, Executive Director of Amazing Place, aptly sums up how she and others perceive Peggy: "a loyal friend, a wise advisor, a vivacious personality, a steadfast and unruffled leader, a compassionate server, a supportive and encouraging role model, and a beautiful person inside and out."

Although she has successfully crossed a plethora of finish lines, Peggy continues to serve others at a marathon pace. As Mother Teresa so eloquently expressed, "I alone cannot change the world, but I can cast a stone across the water to create many ripples." Oh, what stones Peggy has cast! Adelaide Lovett Baker is certainly looking down and smiling.



1982 – 1983 Junior League of Houston Education Committee Front row: Peggy Roe, Donna Greenwood and Betsy Phillips Back row: Carter Wagner, Sue Schwartz and Claire Caudill



1984 – 1985 Junior League of Houston Community Assistance Committee Seated: Barbara Krumland and Anne Adams Standing: Peggy Roe, Christian Schley and Jeanette Hipple





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FOCUS AREA

Children's Education

by: Elisabeth Netherton, News Writer



Back to School Bash Vendor: Usborne Books, Suzanne Balderas

EVERY THREE YEARS THE JUNIOR LEAGUE OF HOUSTON'S MEMBERSHIP VOTES ON FOCUS AREAS TO DIRECT LEAGUE RESOURCES AND VOLUNTEER EFFORTS. THE SELECTED FOCUS AREA FOR THE 2022 – 2023 LEAGUE YEAR IS CHILDREN'S EDUCATION, A LONGSTANDING AREA OF COMMITMENT FOR THE LEAGUE. IN 1954, THE LEAGUE DEMONSTRATED THIS COMMITMENT BY SPONSORING A PLAY AS A REWARD FOR CHILDREN WHO COMPLETED A SUMMER READING PROGRAM; THE NEEDS OF TODAY'S CHILDREN, HOWEVER, LOOK QUITE DIFFERENT!

here have been many changes in the school experience of Houston children since the onset of the COVID-19 pandemic, and there were many challenges facing Texas school children prior to the pandemic that remain. For example, according to the Texas Education Agency and Texas nonprofit Children at Risk, 53 percent of students in the Houston area have been designated as at risk of dropping out of school prior to completion, 43 percent received assistance in paying for school lunches during the 2019 – 2020 school year and 66 percent of

children attending school in our region are classified as economically disadvantaged. These challenges are embedded within complex national trends in education and represent just a few of the difficulties facing school-aged children.

To support children's education in the Houston community, the League hosted the Back to School Bash in August. Members who attended participated in service projects in partnership with the Houston Food Bank, Kids' Meals and Picture Pals – The Westview

School. These community projects are supported by the League through volunteers and direct financial contributions and provide much-needed support for children's education.

Back to School Bash attendees provided school supplies for teachers in low-income schools in support of the Houston Food Bank's Teachers Aid Program. These supplies directly support children across the city who otherwise would not have what they need for back to school. Attendees also enjoyed a lovely picnic-style meal and shopped Paris Texas Apparel Co, Emilia Collection, Dolphin Creations, Magnolia Boone Paperie, Parker Joe, Cinnamon Lane Events, Usborne Books and Art & Lucky. Several of these generous donors — Parker Joe, Cinnamon Lane Events, Magnolia Boone Paperie and Doughvine Creations — gave back 10 to 20 percent of their sales at the event to support the League's Annual Fund.



SET volunteers man one of the service project tables at Back to School Bash where attendees could draw lunch bags for Kids' Meals



Back to School Bash Vendor: Emilia Collection, Lisa Bown



Back to School Bash Vendor: Magnolia Boone Paperie, Milan Organ



Back to School Bash Vendor: Parker Joe, Lisa Hostler (sustainer) and daughter Chelsea Hostler



DePelchin Children's Center

by: Steph Magers, Sustainer News Writer



League members and DePelchin leadership, September 2022

AS THE JUNIOR LEAGUE OF HOUSTON EMBARKS ON ITS 100TH ANNIVERSARY, THE LEAGUE'S MEMBERSHIP VOTED DEPELCHIN CHILDREN'S CENTER AS THE RECIPIENT OF THE CENTENNIAL ANNIVERSARY GIFT OF \$2 MILLION.

This gift will be used towards construction of a new volunteer services facility at DePelchin's main campus on Memorial Drive.

The new volunteer facility will increase DePelchin's capacity to provide support for families and children in need, expand their ability to provide training and volunteer opportunities, and address the community's growing demand for mental health services. The Junior League of Houston's history with DePelchin goes back 95 years and serves as one of the longest standing community partnerships the League maintains. In the early years at DePelchin, League members provided meals to children onsite, as well as taught children life skills and transported them to and from appointments. The League has also had members serving on DePelchin's Board since 1925.

Throughout the years, DePelchin has seen many changes based on both community needs and legislative requirements. The League has changed with DePelchin to provide exceptional volunteer support to the children and staff. Throughout the late 1980s and 1990s, League members mentored teen mothers living in DePelchin's maternity home. In the early 2000s, League members assisted at the Residential Treatment Facility onsite and planned fun activities for youth living there. Now, our League volunteers work with DePelchin at the Residential Treatment Facility in Richmond, TX, located in Fort Bend County. Volunteers organize and attend special events with twenty or so children a month offering fun and friendship. The League looks forward to carrying on this special relationship with DePelchin for years to come!





Photos from an article about DePelchin featured in the Junior League Magazine, the official publication of AJLA (now AJLI), December 1941



Centennial Anniversary Committee with DePelchin leadership in the current Donation Station



League volunteer reading to DePelchin residents – Houston News, May 1951



Judy Mallet and Tush Hale, DePelchin volunteers, 1980



Lauren Beck, Mollie Hill and Beth Bone working with DePelchin Prevention Program, 1998



2022 - 2023 Executive Committee and DePelchin leadership



DePelchin Case Work Supervisor with League members at the National League conference held in Houston, 1940



League volunteers at DePelchin Residential Treatment Facility, 2022



League members visit DePelchin's main campus, September 2022





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"I love taking care of kids! Kids seem to bounce back so much quicker after a significant operation. I find it rewarding to get them through the painful process of surgery and back to what they enjoyed the most - just being a kid."

- Haroon Patel, M.D., MHCM **Practice Medical Director**

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by: Rachel Clark, News Writer

AS THE WORLD ADJUSTS TO THE NEW NORMAL POST-PANDEMIC, MANY NONPROFIT ORGANIZATIONS ARE STRUGGLING TO RETAIN SUBSTANTIVE CONTRIBUTIONS FROM THEIR COMMUNITIES. THROUGH A COMBINATION OF CREATIVITY AND RESOURCEFULNESS, THE LEAGUE HAS NOT ONLY MAINTAINED ITS FINANCIAL AND VOLUNTEER-BASED SUPPORT TO ITS AGENCIES THROUGHOUT THE PANDEMIC BUT HAS ALSO FOUND NEW WAYS OF CONTINUING TO MAKE AN IMPACT AS WE MOVE INTO A POST-PANDEMIC WORLD.

Life now may look different, but the basic needs of the communities are still the same and the League is proud to continue its role as a consistent and dependable partner to the agencies it supports throughout the Houston area. The League's community projects focus on three areas – the first being basic needs, the second being children's education and the third being the mentorship of young girls and women.

THE HOUSTON AREA WOMEN'S CENTER (HAWC)

The Houston Area Women's Center (HAWC) was thrilled to welcome back League volunteers in person. Volunteers at HAWC offer their time to provide childcare so that mothers can attend classes or sessions to further their education and skill sets. These often



League volunteers assist in staffing the HAWC hotline, 1980s

include resume building or workforce training. League volunteers enable women to attend and learn from these vital resources, which are often integral to finding employment or further opportunities.

Volunteers at HAWC have the privilege of getting to know the children they care for, often providing homework help or craft building and getting the chance to be a direct role model in the child's life.

The League established its partnership with HAWC over 40 years ago in 1977 and is honored to be a witness to all that the center continues to accomplish. HAWC is currently in the process of a large capital campaign and expansion, which will only increase its impact and need for volunteers.

To learn more about HAWC and its mission, please visit www.hawc.org.



League volunteers at HAWC training, 2019

CHILD ADVOCATES

Child Advocates, an agency that trains everyday people to advocate for the best interests of children who are in foster care due to abuse or neglect, has also returned to in-person volunteering post-pandemic.

Since 1994, volunteers have supported Child Life Advocates by creating "Life Books" for children leaving the foster care system. In Texas alone, there were more than 47,000 children in the foster care system as of 2020. When a child is permanently placed and leaves the system, they often have no tangible memorabilia or chronology of their life up to that point.

League volunteers who serve as Child Life Books volunteers for Child Advocates create these Life Books, which are scrapbooks of each child's life. These books include birth certificates, family trees, photos of places they have lived and other details of their life that make each child's story uniquely their own.



League volunteer assists child at 2022 Childspree

League Sustainer Suzanne Rone explains that the Life Books "help the children we serve build self-awareness and self-esteem while allowing them to maintain connections to the people and places that have been important in their lives. Children placed in foster care face a frightening and uncertain future. From the outset, they are uprooted from their homes, families, friends and schools, and placed in unfamiliar environments. By providing our children with a creative keepsake that records their personal history, celebrates their accomplishments and highlights their strengths and talents, we can enhance their sense of belonging and identity no matter where they are living."

Now resuming in person, volunteers will again have the honor of meeting the child they are matched with at the beginning of the year.

In addition to creating 28 Life Books this year, the League continues to support Child Advocates by sponsoring their annual back to school shopping event, Childspree. This event takes place at Targets

all across Houston, but this year, League volunteers were specifically paired with 100 children in the foster care system and helped these children shop for back to school clothes, backpacks and supplies at the Target in the Heights on Saturday, August 13, 2022.

Throughout the year, League volunteers also assist and plan special projects



Amanda Hanks Bayles, Sydney Goss, Anne Sears and Courtney Durham at Childspree

through Child Life Advocates including birthday and holiday parties and Santa's Wish List.



Mary Megan Mullins, Sarah Dolan and Felissa Sylvester at Child Advocates Holiday Luau, November 2022

To learn more about Child Advocates and its mission, please visit www.childadvocates.org.

CASA DE ESPERANZA DE LOS NIÑOS

Casa serves as a residential home for children from infancy to age six whose families are in crisis. Children are able to stay at Casa, being cared for by staff members, and maintain a safe and stable living environment until crises are stabilized and they are able to be reunited with their families. Casa provides an alternative to foster



care placement and resources for families to benefit from.

League volunteers serve

Casa by directly helping support
house parents through a range
of activities like reading to the
children, playing games, helping
prepare meals and tutoring.

League volunteers may also assist
in Casa de Esperanza's Foster





League volunteers hosted a Christmas party for Casa children and house parents with holiday activities, December 2022



League SET volunteers pack Thanksgiving meals for delivery to Casa





League volunteers had a great time delivering holiday meals for Casa de Esperanza families. The League provided 10 full Thanksgiving meals and 10 full holiday meals from the JLH Tea Room.

Parent Training and Foster Parent Night-Out Programs as well as serving as Food Lead or Activity/Decorations Lead for special events like the Holiday Event and Mother's Day.

Volunteers are able to work one-on-one with the children and develop relationships with them.

To learn more about Casa de Esperanza de los Niños and its mission, please visit www.casahope.org.



Natalie Irvin, Taylor Biddle, Chrissy Redmond (Casa Volunteer Coordinator) and Sofia Tilton, November 2022



DISCOVERY OF //ew Jassions

by: Elizabeth Ozden, Sustainer News Writer

THE PANDEMIC HAS TAKEN ITS TOLL, BUT IN TRUE JUNIOR LEAGUE OF HOUSTON FORM, OUR MEMBERS HAVE PROVEN THEIR RESILIENCE, RESOLVE AND TALENTS BY PURSUING THEIR PASSIONS.



Jennifer Matsu

WHEN THE GOING GETS TOUGH, THE TOUGH GO SALTWATER FLY FISHING

That is exactly what Jennifer Matsu did when she set her sights on angling one of the most difficult fish to catch, a permit. A pediatric occupational therapist by trade, she grew up fishing casually, but became more intrigued after following a friend's fly-fishing expeditions on social media. Jennifer started taking sight casting lessons, which she explained is "a very specific targeted cast — we see our fish and we cast to it," and she quickly became hooked. She perfected her cast and practiced all types of scenarios, including "stingray shuffles" — a style of ocean floor walking which alerts stingrays to your presence.

The day she was scheduled to travel to Mexico to test her saltwater

fly-fishing skills, the borders closed due to COVID-19, and her trip was postponed giving her more time to practice. She became mono-minded and hyper-focused on things in her control to get herself ready to catch her coveted fish, including an intense fitness regime.

Jennifer did catch a permit and that was just the beginning of her many successes.



Jennifer Matsu with catch of the day – redfish

Follow Jennifer's adventures on Instagram, @jennifermatsu, see her state record and listen to the podcast she co-hosts monthly, Salty.



Jennifer Matsu with the elusive permit



Amy Strickland

WHEN YOU CAN TURN A FROWN UPSIDE DOWN

Five years ago, **Amy Strickland** informally started a side business teaching craft classes in addition to her full-time job providing contract work for a museum. Her classes were well received, but it wasn't until the pandemic hit that her calligraphy, watercolor, holiday gift wrapping and paper flower classes (just to name a few) fully blossomed.

"People have more time available and new priorities," states Amy. She loves using her hands to create crafts, especially to revitalize lost arts like lettering and woodwork. Amy teaches her curriculum-based craft classes at venues such as Sage n' Bloom at The Houstonian, Katie & Co. and soon at Casa Mibellarosa.

Follow Amy on Instagram, @cinnamonlaneevents.







Cinnamon Lane Events at Secret Garden Charity Ball







Mitra Woody



Strawberry macarons



Strawberry fraisier cake



Croquembouche



Bûche de Noël

WHEN LIFE GIVE YOU LEMONS, MAKE LEMON MERINGUE

While she has always enjoyed holiday baking, due to her very busy schedule, Mitra Woody resorted to Pillsbury crust to get the pie baked. Finding herself with more free time, she decided to turn up the heat several degrees on her baking skills by taking an online course led by Molly Wilkinson, a Texas-born, Le Cordon Bleu-trained, pastry chef living in Versailles, France. After Mitra's successful homemade light and flaky crust, she committed to keeping her hands in the butter, sugar and flour to create delicious delectables. She has already mastered eclairs, macarons and meringues. The pièce de résistance thus far is a spectacular Bûche de Noël, followed by a croquembouche. Her beautiful, scrumptious creations bring her "joy and so much fun," especially when sharing them with her family and friends. Photos of Mitra's pastries can be seen on her Instagram story highlights, @mawoody310.



Strawberry dacquoise cake



Strawberry eclairs



Tracey Allely

WHEN ONE CAREER CLOSES ANOTHER CAREER OPENS

Tracey Allely, a seasoned nurse of 25 years, agreed to administer intravenous drips at a spa to her friend who was fighting cancer. Little did Tracey know where this kind gesture would lead her. When COVID-19 hit and her hours at the hospital were reduced, inspired by the experience of helping her friend, Tracey decided to start River Oaks Drip Spa. Her establishment offers infusion therapy through IV hydration, vitamin supplementation and other treatments in a spa setting rather than in a hospital. Tracey uses a different IV designed especially for wellness treatments. She is helping people enhance their well-being and "has never felt healthier and more energized." She has enjoyed educating herself in preventative and alternative methods to stay healthy and sharing her knowledge.

For more information, please see Tracey's website, www.riveroaksdripspa.com.



Tracey Allely at River Oaks Drip Spa

ALL FOUR REMARKABLE LADIES RECENTLY FOUND FULFILLING GROWTH
EXPERIENCES OVER THE LAST FEW YEARS AND ARE GIVING BACK
TO THEIR COMMUNITIES AND INSPIRING OTHERS.
THEY ATTRIBUTE THE LEAGUE FOR ENHANCING THE SKILLS THEY USED
TO SUCCESSFULLY PURSUE THEIR PASSIONS DURING A PANDEMIC.



Tea Room Special Events Committee: Becca Lee, Ginger Baldwin, Laura Rickaway, Carson Kelley, Mariam Hejazi and Leigh Fitzgerald by: Claudia Garnica, Houston News Writer



The Fall 2022 Tea Room Special Events wowed Tea Room patrons, Junior League of Houston members and guests alike with their attention to detail, and commitment to giving the attendees both a meaningful and fun experience!

The Tea Room Special Events team led by **Judy Peterson**, Tea Room Director, and **Carson Coffman Kelley**, Tea Room Special Events Chairman, hosted a variety of soirees this fall.

Each offering showcased the building's beautiful scenery, the talent of the Tea Room's chef and captured the heart of the League's mission by pairing service projects and community drives with food, fun, family, friends and camaraderie!



Back to School Bash guests create photos and letters to benefit Picture Pals - Westview School

BACK TO SCHOOL BASH

The rain could not stop the fun! On Sunday, August 21, 2022, families attended the first annual Back to School Bash. The event featured a buffet with traditional school lunch fare, including sandwiches and corndogs. Kids had the opportunity to bowl, write a letter to their new teacher, enjoy face painting and get a great picture at the balloon wall. Helping attendees get back in the school groove,

back-to-school shopping opportunities from several local vendors allowed parents and kids to stock up on books and other essentials as well as fun toys, all while benefiting Kids' Meals, Houston Food Bank and The Westview School. Sticking to the back-to-school theme, attendees also had the opportunity to donate school supplies for the Houston Food Bank's Teachers Aid Program.



Kinsey, Steph and Grayson Magers completing a service project for Kids' Meals at Back to School Bash



Back to School Bash guests enjoying a fun afternoon at the League to kick off the school year

OPENING STYLE SHOW FEATURING TOOTSIES

It was fun to see our fellow League members strut their stuff on the runway to the groovy sounds of disco at the Opening Style Show on Thursday, September 1, 2022.

Attendees had a chance to mingle and enjoy delicious food as the models, clad in the latest fall trends from Tootsies, provided outfit inspiration that were no doubt incorporated into our fall looks. The fun disco theme of "Studio 75" paid homage to the League's 75th Annual Charity Ball.



Fady Armanious and Tootsies at Opening Style Show



2022 – 2023 Development Council on the runway after the show



Model Trenette Allen boogieing down the runway

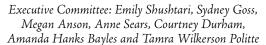


Tea Room Special Events Committee / Models: Aleedra Price Duncan, Candace Amini, Margaret Clark, Leesi Jinadu, Carson Kelley, Becca Lee, Mariam Hejazi, Ginger Baldwin, Laura Rickaway and Sally Fang



Model Ashley Corcoran strutting fall fashions from Tootsies







OSS Models – Beth Muecke, Paige Kolupski, Vivian Tran, Tanya Merla Leiber, Lauren Brown, Carson Kelley, Leesi Jinadu, Laura Rickaway, Christy Jack, Lauren Freitag and Ashley Corcoran



BUBBLES & BRUNCH

The League models were at it again on Sunday, October 16, 2022, for Bubbles & Brunch featuring Frock Shop and Kendra Scott. Guests enjoyed a three-course creole style brunch, lots of bubbles and the opportunity to shop with our featured boutiques after the informal fashion show. Both boutiques gave back a portion of their sales to support the League's Annual Fund. Fall Bubbles & Brunch was so popular that the team is turning it into a full day affair in the Spring, with brunch in the morning and tea in the afternoon on Sunday, April 23, 2023. We hope to see you there!



Bubbles & Brunch attendees enjoyed a three-course creole-style brunch



Tea Room Sub-Council ladies all smiles after an informal style show featuring Frock Shop and Kendra Scott







Rob Landes entertaining guests at Champagne Tea

The Tea Room hosted an afternoon tea service on Sunday, November 13, 2022, from 2 – 4 p.m., featuring pianist Rob Landes, who provided an intimate piano concert for patrons. Guests enjoyed a menu that included a variety of teas, tea sandwiches, scones and pastries along with bottomless wine and champagne.



Dan Robinson, Corey, Margaret and Elizabeth Kendrick, Sharyn Robinson, Emily and Trevor Walter

LUNCH WITH SANTA: PRESENTED BY TEXAS CHILDREN'S HOSPITAL, PREMIER COMMUNITY PARTNER

Families were invited to celebrate a festive holiday lunch with Santa at the Junior League! Guests were treated to complimentary photos with Santa, a service activity for the whole family, and a "Holidays Around the World" experience complete with crafts, activities and bites showcasing how holidays are celebrated in different cultures, featuring Hanukkah, Kwanzaa, Dia de los Muertos, Diwali, Lunar New Year and Christmas in Greece. In addition, attendees were treated to a delightful mini Nutcracker performance presented by Intempo Dance of Katy.



Santa listening to a child's wish



Tony, Bennet and Jessica Essalih



Greg, Holly and Elysse Toth



Cullen, Neely, Coleby and Jennifer Weinstock



Stephen Peltier, Anne Sears and Bill Peltier



Kolbi, Beckett, Baker and Fuller Blanchette



Selby, Conrad Lilley and Margie Bush



Eryn Roche, Ginger Baldwin, Margaret Clark, Laura Rickaway, Megan Meagher and Carson Kelley – the Tea Room Special Events Team at Lunch with Santa



Penelope and Courtney Durham



Lilyana and Bethany Buchanan



Nutcracker performers – Intempo Dance



Merriment with Malcolm – five-course menu

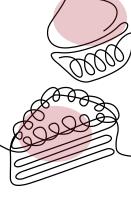
MERRIMENT WITH MALCOLM

Guests were treated to an evening of merriment as the Tea Room General Manager, Malcolm Rowland, guided them through a festive holiday wine dinner. This dinner included a five-course set menu paired with fabulous wines curated by Malcolm. Guests were encouraged to wear their finest festive attire as a celebration of the holiday season.



Guests ringing in the holiday season with a festive rendition of the ever-popular Meals with Malcolm





Tea Room Special Events members at Merriment with Malcolm: Ginger Baldwin, Laura Rickaway, Megan Meagher, Mariam Hejazi, Carson Kelley, Leigh Fitzgerald, Leesi Jinadu and Deandra Renaud

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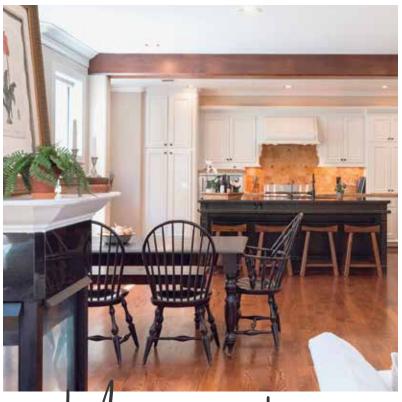




















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Mariam is a third generation native Houstonian, consistently ranks in the top 10% of her office of 700+ agents, has been named one of Houston Association of Realtor's top 20 under 40, and is currently on HAR's Young Professional Board. She is in her fourth active year as a Houston Junior League member, and currently serves on the Tea Room Special Events committee.



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THE JUNIOR LEAGUE OF HOUSTON SUSTAINING CLUB

IS COMPRISED OF WOMEN WHO CONTINUE THEIR COMMITMENT TO THE JUNIOR LEAGUE THROUGH SOCIAL ACTIVITIES, COMMUNITY ENGAGEMENT AND FINANCIAL SUPPORT.

MEMBERSHIP IS OPEN TO SUSTAINERS WHO HAVE PAID LEAGUE DUES

AND THE CLUB'S ANNUAL MEMBERSHIP DUES.



Kicking off the League year - JLHSC members attend the Better Together Friendship Luncheon

SUSTAINERS Seize the Day

by: Claudia Garnica, Houston News Writer

Cynthia Lange, 2022 – 2023 Sustaining Club President, chose the annual theme of Carpe Diem – Seize the Day to encourage members to live each day to the fullest – alongside old and new friends, making memories and giving back to their beloved League and the Houston community.

In the fall, the Sustaining Club hosted a variety of events such as the annual Adelaide Lovett Baker Award Luncheon, the Fall Fête, friendship luncheons and opportunities to participate in community projects. Participation in the club supports the Junior League of Houston's building maintenance and beautification by

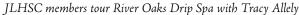
directly supporting its Garden Supervisory Committee. Each year, the club also generously gifts \$10,000 to the League in support of its Centennial Anniversary – cementing the concept that League members are *Better Together*!

"BETTER TOGETHER" FRIENDSHIP LUNCH

Friday, September 16, 2022

Sustainers had a chance to connect with fellow Sustainers while JLH President, **Anne Sears**, shared her thoughts on her "*Better Together*" theme for the year. Sustainer members were invited to enjoy lunch with both new and "old" friends.







Mary Catherine Sharman at the JLHSC Curious about Cryotherapy Event

EDUCATIONAL EVENT: CURIOUS ABOUT CRYOTHERAPY

Thursday, September 22, 2022

Sustainers curious about new wellness treatments like whole-body cryotherapy and IV vitamin fusions were treated to a visit to River Oaks Drip Spa. Sustaining Club member, **Tracey Allely**, BSN, RN, was tired of working in hospitals during the COVID-19 pandemic and decided to pursue promoting health and wellness by opening her own business centered around wellness. River Oaks Drip Spa's very own medical director provided a tour of the facility and was on-hand to answer any questions about the services offered. Afterwards, sustainer members enjoyed a chance to connect at Los Tios.

JLHSC members attend the Cullen Sculpture Garden tour at MFAH

COMMUNITY ADVENTURE: CULLEN SCULPTURE GARDEN TOUR

Wednesday, October 19, 2022

Sustainer members enjoyed a tour of The Lillie and Hugh Roy Cullen Sculpture Garden at the Museum of Fine Arts, Houston. The sculpture garden was designed by artist and landscape architect, Isamu Noguchi, and consists of 25 works at the MFAH, including sculptures by Henri Matisse, Alexander Calder, Joan Miró and Auguste Rodin.



FALL FÊTE

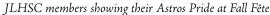
Thursday, November 3, 2022

To celebrate the cooler weather and a signal that the holidays were fast-approaching, sustainers were invited to gather, count their blessings and enjoy harvest-inspired superfoods with great company. Special thanks to **Alice Helms** for hosting this fun Fall Fête at her home!



Tanya Boucher, Trenette Allen and Carrie Tellor Allen attend the Fall Fête







Hilary Purcell, Dorothy Ables, Renée Davis and Caroline Sabin at Fall Fête

COMMUNITY ADVENTURE: TWILIGHT EPIPHANY SKYSPACE

Thursday, November 10, 2022

Sustainers toured the James Turrell's Twilight Epiphany Skyspace at Rice University. James Turrell is an American artist known for his work within the Light and Space movement. He has created over 80 Skyspaces throughout the world, with one on the Rice University campus. Sustainers enjoyed dinner at Rice Village afterwards.



JLHSC Community Adventures Event at Twilight Epiphany Skyspace

LUNCH WITH CINDY BURNETT

Thursday, December 1, 2022

Formerly known as the "Book Swap/Book Club," this group welcomed Cindy Burnett, renowned podcaster and book enthusiast, who offered sustainers a lively book-centered presentation in the JLH Tea Room.



JLHSC members at the Literary League Lunch with Cindy Burnett

TARTAN & TINSEL: JLHSC HOLIDAY PARTY

Tuesday, December 6, 2022

Sustainers were invited to join in their festive holiday attire at the JLHSC Holiday Party, Tartan & Tinsel. Co-Chairs **Rebecca Adler** and **Celeste Byrom** hosted a spread of both savory and sweet treats in honor of the holiday season.



Cynthia Lange, Rebecca Adler, Celeste Byrom and Ginger Niemann at Tartan & Tinsel Holiday Party



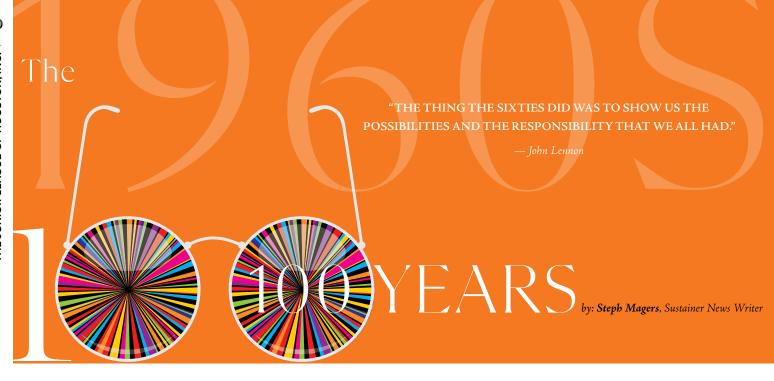
Whitney Walsh and Katherine Lacey



Jennifer Howard and Mitra Woody at Tartan & Tinsel Holiday Party



JLHSC members attend Tartan & Tinsel Holiday Party



John Lennon's words could not be more true about the Junior League of Houston during the 1960s. During this dynamic and chaotic decade, there was significant social change happening in our great city. The 1960 JLH Brochure described the League as "an organized group of trained young women who have the ambition, time and capacity to serve our community without compensation or reward, whom you can send in your place, if you want to help, but do not have the time." Throughout the decade, League volunteers served, both directly and indirectly, 41 different nonprofit and educational institutions. Three of those 41 nonprofits still have active volunteer placements today: DePelchin Children's Center (formerly DePelchin Faith Home); The Museum of Fine Arts, Houston; and Houston Museum of Natural Science (formerly Museum of Natural History). Two ways the League served the Houston Museum of Natural Science were its financial contribution in 1962 to help acquire a Diplodocus dinosaur skeleton, as well as serving as museum docents. At the Museum of Fine Arts, our League volunteers today continue the legacy of docent and lecturer, as they have for the past 78 years.



Last look at the League's building from 1929 to 1966 at 500 Stuart Street



League members posing for a photograph on the patio at 500 Stuart Street building, 1961

Throughout the 1960s, the Junior League Luncheon Club hosted numerous musicals and style shows in the League's Tea Room. Until the League's move in 1966 to Post Oak Park Drive, the Tea Room was located at 500 Stuart Street, the site of today's Brennan's Restaurant. Waitresses and "kitchen girls" at the Tea Room were all Junior League members giving their time to the community by serving patrons who visited the building for special events or delicious lunches. All proceeds from the Luncheon Club memberships went directly back into the community through League supported healthcare clinics. Administrative expenses and overhead of the Tea Room were paid with membership dues alone.





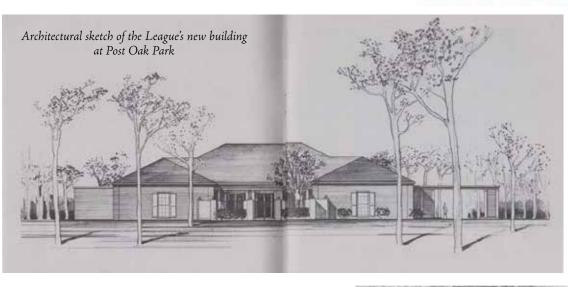








The new building at 1626 Post Oak Park under construction









League members inspecting the building under construction



A look at the area that would soon become the 610 Loop and the Galleria where the League's new building would sit

One of the clinics in particular that the League served was the Diagnostic Clinic at Texas Children's Hospital, renamed the Junior League Outpatient Department in 1963. League members served, in pink uniforms at that time, in a multitude of functions every weekday morning and at specialty sessions in the afternoon. Volunteers served as combination medical secretaries and receptionists, relieving doctors and nurses of many details and giving them more time to help sick patients. The League also supported the Model Well-Baby Clinic it created at Hermann Hospital in 1954. Three League volunteers, four days a week, worked at this clinic inside the hospital. The clinic provided visits, examinations and periodic re-examinations, preventive shots and tests to babies. League funds generated through the Luncheon Club were used to pay doctors in partnership with the hospital.



League volunteer caring for a child at TCH, 1960

Until 1963, the League maintained its Wards program at Hermann Hospital that provided toys, games, movies and more to sick children. League volunteers would celebrate birthdays of pediatric patients with parties and gifts. They also would help provide gifts at the annual holiday party. The program grew so much that the League developed



JLH volunteers with a nurse and patient at Texas Children's Hospital, early 1960s



Delegates headed to the AJLA Regional Meeting in Mexico City, November 1961 (Leila Hull, Mopsy Brown, Vale Ackerman and Susan Suttles)



League TCH volunteers, 1967 – 1968

a creative workshop used to train volunteers on how to teach arts and crafts to patients. At the height of the program, eight volunteers were required each week to cover the sick ward which housed up to 58 patients at a time. Monies raised from the JLH Luncheon Club helped pay for toys and games, as well as money to cover a portion of a therapist's salary who was there to help the children with their emotional needs.



Listing of League projects, 1967



1963 – 1964 Junior League of Houston Board of Directors

Talent abounded amongst League volunteers in the 1960s who took on the role of Junior League Puppeteers. Amongst the Puppeteers, there were two groups needed to make the shows spectacular. One of the groups was responsible for creating the puppets, props and scenery for each show. The other group actually took the puppet shows "on the road." There were three separate touring troupes that rotated the puppet shows each week. These puppet shows, with stories like Nestor and the Alligator, and Pandora and the Golden Box, were performed in hospitals, schools, housing units and agencies under care of the United Fund. The puppeteers also created do-it-yourself puppet shows so children in the hospitals could put on their own shows.



Members of the 1964 - 1965 Board of Directors



Grayson Clemons, Vale Ackerman, Emily Crosswell and Betsy Griffin, 1968



Note from the February 1961 issue of Houston News about this photo: "Placement is the heart beat of any League. Representing the projects which keep the blood pumping are: Models, Elsie Layton; Museum of Natural Science, Phyllis Galbraith; Puppets, Eleanor Donnelly; Tea Room, Dineen Godfrey. In the center is Ellen Chance, Placement Chairman, who keeps her finger on the pulse."



Vale Asche Russell presenting the League's gift to TCH Physician-in-Chief Russell Blattner, 1969



Louise Erwin, Sue Ann Peterkin, Carolyn Devine and Ann Painter at a League meeting in 1962



Sustaining Club officers, 1964 – 1965



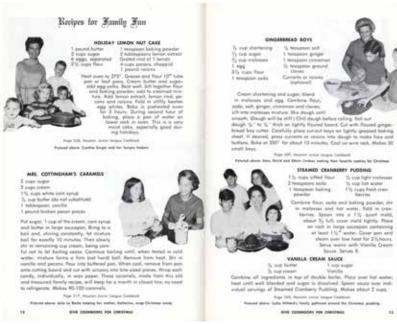


1963 – 1964 Executive Committee posing on the stairs and balcony for Charity Ball Program



Incoming Executive Committee on the cover of Houston News, April 1970

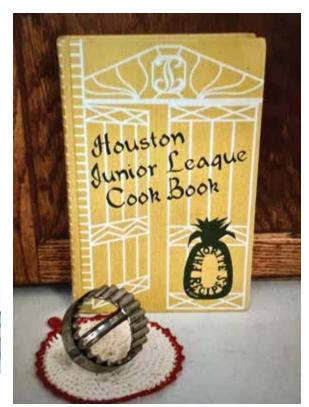
Rounding out the 1960s, a Cookbook Committee was formed leading up to the publication in 1968 of the *Houston Junior League Cook Book*. It took years to collect recipes, taste test them among members and decide on what final recipes would make the cut. There were a host of Cookbook Committee members led by the Chair, Marilyn Dubach Taylor. The Co-Chairs were Sara Houstoun Lindsey, Emily Ann Finch McKay and Donna Gray Maddox. The hardcover cookbook was a lovely gold with a pineapple on the front in a farmhouse retro kitchen style. The recipes from the cookbook are still used today by League members and their families.



Houston Junior League Cook Book Promotion, 1968

LIST OF JLH PRESIDENTS IN THE 1960S:

Mrs. William S. Clarke (Carolyn Monteith)	1959 – 1960
Mrs. E. Clifton Wilson Jr. (Mildred Meador)	1960 – 1961
Mrs. Robert Gene Duke (Virginia Weston)	1961 – 1962
Mrs. Sidney V. Smith (Kathleen Dorrance)	1962 – 1963
Mrs. George F. Neff (Annette Lummis)	1963 – 1964
Mrs. James P. Jackson (Sarah Faulkner)	1964 – 1965
Mrs. James A. Reichert (Elizabeth Calhoun)	1965 – 1966
Mrs. Ben A. Brollier (Marilyn Oden)	1966 – 1967
Mrs. James L. Bayless (Betty Lou Langston)	1967 – 1968
Mrs. James Grizzard (Mary Link)	1968 – 1969
Mrs. John L. Russell (Vale Asche)	1969 – 1970



Houston Junior League Cook Book



Cookbook committee members, 1968





CHRISTIAN EDUCATION





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EDUCATING INFANTS THRU 8TH GRADE











FALL GROUP MEETINGS

by: Elisabeth Netherton, News Writer

The Junior League of Houston offers group meetings for our general membership to enhance the competencies, skills and attributes of effective volunteers and leaders, to promote the healthy functioning of the organization and to improve members' knowledge and understanding of the community, particularly surrounding critical community issues.



Ruth Bader Ginsburg's Last Argument Reenactment at the Holocaust Museum

The Junior League, as an organization of women, has a vested interest in the rights of women. On Thursday, July 14, 2022, League members met for a group meeting highlighting Ruth Bader Ginsberg's lasting contributions to women's rights. Ruth Bader Ginsberg, who served as a law professor and an advocate for the ACLU Women's Rights Project before serving as a United States Supreme Court Justice, was honored at the Holocaust Museum with a reenactment of Duren v. Missouri, 439 US 357(1979), her last oral argument as an advocate before the United States Supreme Court.

Following the start of school in August, League members attended a group meeting entitled "Organizing Your Paper and Digital Life". While many of us are buried under mountains of school and work papers, our phones and computers cluttered with apps, downloads and countless old documents, attendees now have new strategies to manage the mess that they can translate to their work, home and League lives.



Jordan Wilde, founder of Wildely Organized, spoke to members about a systematic method of organizing paper and digital clutter.

Later, in September, Nahomy

Ainagas led a group meeting educating the League membership about finding the ideal job opportunity. The majority of Junior League of Houston active members work outside the home, with 87 percent working full time and seven percent working part time. League members bring their skills to bear, and learn new skills, in their annual volunteer placements. Nahomy helped League members identify their talents and better present them to their employers and to the League as they consider placements for 2023 – 2024 and beyond!



Trevonna Hendrix and Akinyi Adoyo – Medical Bridges' representatives – gave a presentation on Diversity, Equity and Inclusion, September 2022.

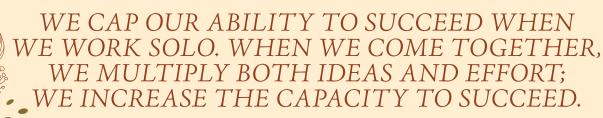
The League also hosted Medical Bridges for an impactful in-person group meeting in the Board Room at the League building. League members were reminded about the frantic difficulty of hospital administrators to acquire critical medical supplies for their facilities during the COVID-19 pandemic. Even now, hospitals in areas of need throughout the world struggle for lack of access to needed medical supplies. Medical Bridges is a local nonprofit that acquires and ships critical medical supplies to diverse and underserved communities all over the world as well as

within the Houston community. Medical Bridges is led by

Claudette Ferro, whose journey to becoming a successful
leader as an immigrant and woman of color is remarkable.

Like the League, Medical Bridges is dedicated to developing
the leadership skills of women and people of color and

advancing them within the organization. The driving force behind their tremendous success is the fact that they have consistently and authentically strived to make their workforce as diverse as the communities they serve.







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The Pantry features frozen dinners and fresh bakery items prepared in the Tea Room Kitchen.

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Megan Anson and Phillip White

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