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SPRING 2022





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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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SPRING 2022

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LETTER FROM THE

president



I began the year with imagery of a sunrise detailing how light would break apart the black sky with the most gorgeous rays and colors. The sunrise symbolized the beginning of a new day. It was a fresh start and a positive mind shift that enabled us all to take **ONE** step forward after the darkest days of the COVID-19 pandemic. Through this year, the light has been shining upon all our volunteers as we have served the Houston community with an unwavering commitment despite the stop and start of the variants. Now, as the light begins to dim and blur into the background, the sun is now ready to set. During this relinquishing of light, I always find it a peaceful time for reflection.

"It is almost impossible to watch a sunset and not dream."

– Bernard Williams

As the sun is setting on another presidential term, I am so proud of what has been accomplished this year. A few highlights are:

***Creation of the Care & Concern Group** – 92 members joined this non-credit opportunity to support League members who are experiencing hardship or crisis. This group wrote weekly notes of encouragement to a member going through a life struggle that none of us can comprehend as well as provided Christmas presents and a holiday meal to a member who was personally struggling but knew celebrating the holiday would provide normalcy to her family.

***Texas Children's Hospital SuperKids Pediatric Mobile Clinic Ribbon Cutting** – The mobile clinic is designed to provide services

to medically underserved children in the Houston community. The Junior League completed a three-year campaign to fund its third SuperKids Pediatric Mobile Clinic which culminated with a formal ribbon cutting celebration.

***The Road Home Charity Ball** – The League raised over \$900,000 as we welcomed our donors and friends back home to 1811 Briar Oaks Lane for the 74th Annual Charity Ball. These donations support our mission of promoting voluntarism in the Houston community as well as training and educating our members, so they cultivate their civic leadership skills and continue to serve our city well beyond their active years of membership.

"Sunsets are proof that no matter what happens, every day can end beautifully." – Kristen Butler

The stories in this magazine showcase not only what our volunteers have accomplished but why it is significant. As we come to the end of a League year, it is important to not only reflect on the year but to also reset and prepare for the next League year ahead.

As James Keller said, "A candle loses nothing by lighting another candle" and so now I light another candle as I pass on the leadership of this organization to the 99th President, Anne Sears. I am confident that the Junior League of Houston will continue to be a beacon of light for the Houston community under the leadership of Anne and her incoming team as the League approaches its Centennial anniversary.

Jennifer Scheifley Roberts

President



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LETTER FROM THE



"I MUST ADMIT THAT I PERSONALLY MEASURE SUCCESS IN TERMS OF THE CONTRIBUTIONS AN INDIVIDUAL MAKES TO HER...FELLOW HUMAN BEINGS."

– MARGARET MEAD



In its 97th year of operations, the Junior League of Houston supports 33 Community Projects by supplying trained volunteers and making financial donations. This spring, the League awarded \$150,000 in Community Assistance grants to 12 Houston-based charities, including two which support this year's specific Focus Area of Abuse/Neglect of Children. In April, the League's Leadership Institute Training program completed its Capstone Community Project by painting a colorful mural at The Children's Assessment Center, a local non-profit that serves vulnerable children in the greater Houston community.

What drives the Junior League of Houston's impactful civic service? The answer is the dedication of the outstanding women who comprise our membership.

I think the quotation above sums up the outlook of most League members, including the two amazing women who are this year's recipients of the League's highest accolades. The first is Sara Houstoun Lindsey Award recipient **Wendy Lewis Armstrong**, our League's inaugural Diversity, Equity and Inclusion Director, whose contributions to the Houston community are nothing short of inspiring.

Second is Adelaide Lovett Baker Award recipient **Andrea Broussard Davidson**, who turned the tragic loss of her teenage son into a catalyst to co-found her own impactful

charitable organization.

Our *100 Years Later* series continues with a glimpse into League life during the post-war boom era of the 1950s: a time of expansion where our League chapter, originally founded by 12 forward-thinking women, reached over 1,000 members to become the country's fifth-largest League and surpassed \$200,000 in donations to the local community.

Finally, this issue concludes with a tribute to League sustainer **Judy Ohlrogge Cedeño**, whose posthumously published children's book is symbolic of her altruism, passion for education and sense of humor.

I hope that you enjoy reading about our remarkable members and that you will be inspired by their compassion and commitment to voluntarism. This issue is dedicated to the women of the Junior League: the bold and thoughtful volunteers who devote their time and energy to diligently serving the greater Houston community. It is my honor to tell their stories.



Sarah Davidson

Houston News Editor



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WENDY LEWIS ARMSTRONG

**2021 - 2022
SARA HOUSTOUN
LINDSEY
AWARD RECIPIENT**

By: Renée Shockley Davis, Sustainer Writer



**GRACIOUS . INSPIRING . ENERGETIC . CREATIVE
PASSIONATE . LEVEL-HEADED . LOYAL . ENGAGED**

These are the words that **Megan Anne Ryan** used to capture the sterling qualities of her friend and former colleague when nominating **Wendy Lewis Armstrong** for one of the League's highest accolades, the Sara Hustoun Lindsey Award.





Family & Dear Friends

The Sara Houstoun Lindsey Award is bestowed on an active Junior League member who is determined to make a difference, and through example, has inspired a shared sense of responsibility, living the mission of the League as part of her everyday life. Wendy brought professional skills and experience gained at PricewaterhouseCoopers and in her current job as Director of Internal Audit at Noble Drilling Corporation to the Houston League as Tea Room Treasurer, Community Treasurer and Financial Vice President. Armstrong's commitment, however, extends beyond the financial realm. She enjoyed her League volunteer work for Baylor Teen Health Clinic and as a Pen Pal, and she provided guidance and support as a mentor to transfers and provisionals six times during her ten years of membership.

Armstrong retires this year from active League service having served in a vital position as its first Diversity, Equity and Inclusion Director. Says 2020 – 2021 Membership Vice President, **Helyna Bledsoe**, about Armstrong's leadership style: "Wendy has been passionate about the member experience and training and

educating those members. Her goal has always been to make every person feel welcome and wanted in the League, regardless of race, socioeconomic background, education or lifestyle. She was a great leader as Financial Vice President by recruiting newer members to take on leadership roles and empowering them to go learn and do." Fellow League member **Zerlene Shamblee** affirms, "Through her leadership, Wendy pushes all to be their best self and reach for goals that are outside of their comfort zone. She develops a vision and works tirelessly to make sure that all comes to fruition while ensuring her team feels heard and a part of each step."

Outside the Junior League, Armstrong is a third-generation member of the Houston Livestock Show and Rodeo (HLSR) Black Heritage Committee, recently completing a three-year term as committee chairman. During her term, she created a mentorship program for inner-city middle school students of color to educate them about how agriculture impacts their everyday lives and to inspire the next generation of Black cowboys and rodeo volunteers. As the ultimate vote of confidence in her leadership, Armstrong was

----- continued

elected by the general membership in June 2020 as one of the Rodeo's 22 newly appointed directors. She was also appointed to serve on two Rodeo board committees: the Educational Contributions Review Committee and, unsurprisingly, the Budget Committee. Through these committees, Wendy has a hand in keeping HLSR financially healthy so that it can distribute millions of dollars through student scholarships and education program grants to non-profit agencies.

Armstrong is also active at Wheeler Avenue Baptist Church and is a member of its Women's Guild, serving as the honorary chairwoman of the March 2022 Audrey H. Lawson IMPACT Award Luncheon to benefit the church's Inner-City Visions Program. And in what must be very little spare time, Wendy is a Girl Scout Troop Leader and actively participates in her sorority, Alpha Kappa Alpha Sorority, Inc. She is a member of Top Ladies of Distinction and the Board of Trustees for HCA Houston Healthcare Northwest. Despite a life already filled with a challenging job and meaningful volunteer work, Armstrong joined the League to broaden her social circle and connect with like-minded women from diverse backgrounds.

Armstrong's own call to action to her fellow League members embodies the spirit of the Sara Houstoun Lindsey Award and the personality of the woman for whom it is named: "The League provides a safe and structured environment to try new things. Be brave, embrace new opportunities. Remember that everyone has a purpose and a place here. In the end, I hope the seeds that I sow leave the world a better place and make a difference in someone's life."

Regarding the nomination of Armstrong for this honor, Junior League sustainer **Dr. Nicole Walters** remarks, "I admire how Wendy utilizes her skills learned from the Junior League to better other entities that she is part of. This is how we shape the community and make it better for those we serve." That's exactly what the Sara Houstoun Lindsey Award recognizes. 🌸

WELL DONE, WENDY!



Wendy with her husband, Vince Armstrong



Wendy with Megan Ryan, Jennifer Roberts and Helyna Bledsoe



2020 - 2021 Executive Committee



Wendy with her mother, Toni Middleton Lewis

Pediatrix Cardiology of Houston



Clinician Spotlight:

Dr. Goff is passionate about the care she provides as a nationally recognized fetal and pediatric cardiologist. She has dedicated her career to advancing fetal imaging, prenatal management and postnatal management of patients pregnant with a child diagnosed with a complex congenital heart defect. She completed her undergraduate studies at Boston College in psychology and psychobiology. After completing her undergraduate degree, she completed her Master's in Science in Sports Medicine at the University of Massachusetts (Amherst) and Doctor of Medicine with distinction in research at Albany Medical College. Following medical school, Dr. Goff completed her pediatrics residency and UCSF Benioff Children's Hospital in San Francisco and pediatric cardiology fellowship at The University of Pennsylvania's Perelman School of Medicine. She also completed a senior fellowship in echocardiography/fetal echocardiography and a post-doctoral NIH T32 research fellowship at Perelman School of Medicine and Children's Hospital of Philadelphia. Dr. Goff continues to dedicate her time to mentoring fellow clinicians and colleagues to provide her expertise in fetal and pediatric cardiology.

— **Donna Goff, M.D., MS**
Practice Medical Director
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A HARDSHIP TODAY."

– *Thich Nhat Hanh*



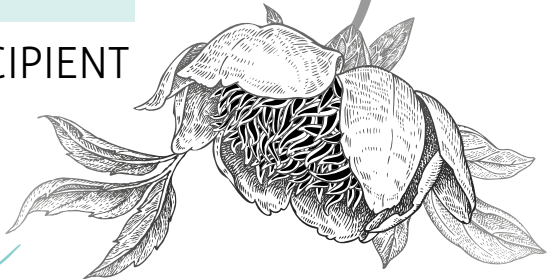
THE 2021 ADELAIDE LOVETT BAKER AWARD RECIPIENT


ANDREA
BROUSSARD

Davidson

By: *Maidie Ryan, Sustainer Writer*

Each year, the Junior League of Houston Sustaining Club recognizes a sustaining member for her continued commitment to "Building A Better Community." **Andrea Broussard Davidson** is the well-deserving 2021 recipient of this award. Andrea embodies hope, perseverance and strength.





Andrea has served the Houston community through her numerous roles with The Junior League of Houston, Inc. In her active years with the Junior League, Andrea served on the Board of Directors, as well as the Executive Committee, where she gained valuable experience running non-profit organizations. Past leadership roles include Community Vice President, Children's Health and Education Director and Texas Children's Hospital Chairman. As a sustainer, she continues to serve the Junior League in advisory roles.

Andrea and her husband, Scott, co-founded the Chance for Hope Foundation after the loss of their thirteen-year-old son, Chance, to brain cancer in the fall of 2013. As President of the Foundation, her passion is to help families undergoing pediatric cancer treatment. Andrea has worked tirelessly to develop and implement the many programs that the Chance for Hope Foundation offers to families. The Foundation was originally created to provide housing to families who must travel to Houston for medical care but could not afford to stay at a hotel during multi-week treatments. The Chance for Hope Foundation has furnished and provides five residential units to be used individually as "home away from home" respites for these families.



Andrea Davidson, Whitney Walsh and Jennifer Roberts

Recalling that Chance wanted to be like other teens, Andrea began hosting "Enchanted Night," where teenage cancer patients enjoy the long-awaited privilege of dressing up for a night of dancing. Since 2016, the Foundation has also hosted the "Chance for Hope Going Gold Fun Run" to remember the many children who have been taken from us too soon and to extend support to all those who continue to battle cancer with incredible strength and courage. Through the Foundation, Andrea is hopeful that her son's name will live on by transforming an unimaginable loss into something positive for other cancer patients.

Andrea's commitment to "Building A Better Community" extends beyond the League and the Chance for Hope Foundation. In the years following Chance's death, Andrea knew her family was feeling a daily void in their home. She summoned the courage to host an exchange student from Austria. Rather than wallowing in loss, Andrea took on the challenge of serving as a tour guide and surrogate mother to a teenage girl in a new country.

Along with a team from Texas Children's Hospital, Andrea visited an organization called Bless the Child in Uganda. It was in Uganda that she met Cathy, a teenage girl who had a large tumor on her spinal cord that prevented her from being able to sit or stand properly. Andrea insisted Cathy, her mother and a translator travel to the United States where they stayed in a Chance for Hope Foundation residence during months of treatment. Thanks to Andrea's persistence, Cathy will return to Uganda this summer with the ability to live a

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Marcie Berry, Keli Luce, Stephanie Swingle and Cecilia Edwards

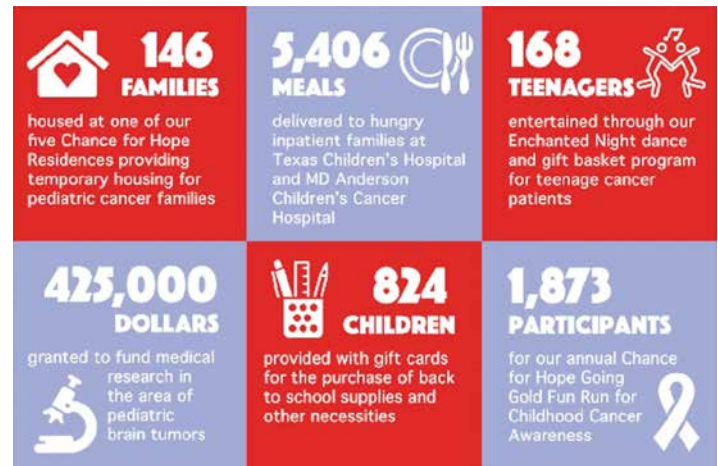


Whitney Walsh, Andrea Davidson, Amy Comiskey and Mitra Woody
(ALB Luncheon Co-Chairmen)

fuller, healthier life. In the words of Doug Suggitt, Executive Director of The Periwinkle Foundation, "Andrea Davidson continues to pave the way for so many deserving children and their families to have access to the best cancer care in the world at Texas Children's Hospital and MD Anderson Cancer Center. It is an honor and privilege to call Andrea a friend, colleague and a true visionary."

Prior to becoming a mother and volunteer, Andrea's background was in finance. She received a Bachelor of Science Degree in Finance from California Polytechnic University, Pomona in 1992 and worked many years in the banking industry.

Andrea credits the Junior League for her leadership and non-profit training. Her time at the League provided multiple opportunities to see the needs in our community and to effectively serve others. She received the Adelaide Lovett Baker Award at the JLH Sustaining Club Spring Luncheon on Monday, March 7, 2022.



Past Adelaide Lovett Baker Award recipients



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THE Road Home

The Junior League of Houston Charity Ball 2022



By: **Lauren Brown**, Charity Ball Chairman

After spending the past year apart, over 600 Junior League members, patrons and donors returned home to the League for the anticipated yearly gala. The Junior League of Houston hosted its *74th Annual Charity Ball: The Road Home*, on Friday, February 4, and Saturday, February 5, 2022, and raised over \$900,000 to fund the League's community initiatives. The Charity Ball was filled with long-standing traditions like the annual Junior League member performance and exciting raffles such as the coveted Junior League parking space and a bottle of Blanton's bourbon. Guests enjoyed a three-course seated dinner which included filet of beef served with jumbo lump crab macaroni and cheese and premium wine pairings.

Following dinner, Johnny Bravo Entertainment led the live auction which included trips to Costa Rica, Belize and Mexico, custom-made "His + Hers" boots from Republic Boot Company and priceless George Strait tickets. Guests also had access to the silent auction and whiskey tastings by Giant Distillery. Bidders who contributed to the fundraiser took home items such as Texas flag paintings from local artist, Taft McWhorter, trips to the unforgettable Kentucky Bourbon Trail and Waikiki, beautiful diamond earrings from Diamonds Direct and timeless turquoise jewelry by Christina Greene. Attendees enjoyed specialty cocktails and live music from *The Grooves* on Friday evening and the *Honky Tonk Revivalists* on Saturday evening.



----- continued







THE Road Home

The Junior League of Houston Charity Ball 2022

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Elizabeth D. Williams

Kelly Ann Young and Kelvin Lee Rainey

The Junior League apologizes for any errors or omissions in this listing. This listing is as of May 20, 2022.



Amanda Hanks, President 2023 – 2024, Jennifer Roberts, President 2021 – 2022 ,
Anne Sears, President 2022 – 2023 and
Kalinda Campbell, AJLI Volunteer Service Specialist Corps

LEADERSHIP INSTITUTE TRAINING PROGRAM

WINS AWARD FROM AJLI



On Saturday, May 14, 2022, the Junior League of Houston received the 2022 Leadership Development Award for its Leadership Institute Training (LIT) program at the 2022 Association of Junior Leagues International (AJLI) Annual Conference in Dallas. In its fourth year, the LIT program furthers our mission of developing the potential of women by training our future leaders to lead authentically within the League. This award is a testament to the women who came before us and laid the foundation for this program and an affirmation to the current Training & Education Committee who shepherded 25 women through this program in 2021 – 2022. This award is also a celebration for all who have graduated from LIT and continue to serve the Junior League of Houston in various leadership roles. 🌸



*What you do
makes a difference,
and you have to
decide what kind of
difference you
want to make.*
- Jane Goodall





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The Junior League of Houston for making our community a
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Pediatrix Surgery of Houston



Clinician Spotlight:

"I love taking care of kids! Part of this is because I am told I am a big kid myself. My grandmother pulled me aside in middle school and said she thought I would make a great "kiddie doctor."

Little did I realize that this message or prayer, if you like, would someday come to fruition. I would grapple with precisely what kind of doctor I wanted to be because I enjoyed everything I

encountered in medical school. I just enjoyed learning in general, but I always found myself in my element when I was involved in pediatric patients' care, especially those with surgical needs. Kids seem to bounce back so much quicker after a significant operation. Once their acute problem has been dealt with, they seem to have less of the concerns that adult patients have, with fun, carefree attitudes if their immediate needs were taken care of. I found this to be so rewarding to get them through the painful process of surgery and back to what they enjoyed the most – just being a kid. I often hear colleagues opine that parents of a sick child are hard to deal with. On the contrary, I find that parents want the best for their kids, and if we can alleviate the pain and suffering of their child, these same understandably anxious parents are incredibly grateful.

I particularly enjoy pediatric general surgery because it remains one of the last bastions of a true general surgeon. We can treat various conditions in all parts of the body, including, but not limited to, mainly the head and neck area, chest and abdomen. From simple lumps and bumps to the reconstruction of more complex congenital malformations, we can help children get back on their feet and do what they do best, live life to the fullest. I feel blessed to play a small part in this."

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



At Pediatrix® Surgery of Houston, our internationally recognized, board-certified and fellowship-trained physicians create a coordinated, personalized care plan for each patient's unique diagnosis.

With multiple offices conveniently located throughout Greater Houston, our pediatric surgeons partner with local hospitals and various pediatric subspecialists to provide a multidisciplinary team approach, offering expertise in caring for children with common to complex conditions requiring surgery.

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Learn more about our practice.



SURGERY OF HOUSTON

Giving back

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LEADERSHIP INSTITUTE TRAINING

CAPSTONE COMMUNITY PROJECT WITH THE CHILDREN'S ASSESSMENT CENTER

by: *Lisa Linney, Finance Communications Manager*

This year, The Junior League of Houston, Inc.'s Focus Area is Abuse/Neglect of Children. The League was honored to partner with local organization, The Children's Assessment Center (CAC), to serve vulnerable children in the greater Houston community. The mission of The CAC is to provide a professional, compassionate and coordinated approach to the treatment of sexually abused children and their families and to serve as an advocate for all children in the community. The CAC provides a haven for children who have been sexually abused or witnessed a violent crime. A trauma-informed team of practitioners use a child-centered, multidisciplinary approach to help these young people.

On Saturday, April 30, 2022, Membership Training Chairman **Christina Kost** led the LIT Capstone Community Project at The CAC in recognition of Child Abuse Prevention Month. The theme of the LIT event was *Leading with Servitude* and provided the LIT participants the opportunity to serve in a key Focus Area for the 2021 – 2022 League year, along with better understanding the needs of the community. The event was attended by 20 Junior League members consisting of LIT participants, Executive Committee members, IMPACT Placement volunteers and SET volunteers. Together they painted an incredible mural designed by local urban artist, Justin Garcia.

In addition, League members were able to beautify The CAC's facility walls and clean a sand therapy room that has been out of service for two years. These contributions will enable The CAC team and partners to feel supported and provide a colorful reminder of their impact when serving the children and families. The restoration of the sand therapy room will provide a safe and welcoming space for their clients as they continue their journey to healing. The CAC hosted a volunteer appreciation social following the event with members from their Board of Directors.

During the pandemic, The CAC closed its facility including the Activity Center which serves children who are waiting for services or are waiting on a sibling or parent receiving services. In lieu of the Activity Center, The CAC provided activity packs to the children which included books, crayons, paper, coloring books, modeling compound, fidgeting gadgets and puzzles. These activity packs provided children with fun activities and offered comfort. The Junior League's VIEW and IMPACT volunteers assisted The CAC with

preparing these activity packs as a remote way to serve The CAC during the pandemic. **Ashlee Kilchrist**, Focus Area Chairman, shared, "Being able to make a small, positive difference in these children's lives is a rewarding part of being a League member."





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"WE WELCOME BACK SUSTAINERS AND REUNITE OLD FRIENDS..."

As the League approaches the Centennial Anniversary, we have an opportunity to reflect on the impact our membership has had over the years. The Junior League of Houston would not be a strong organization without the exceptional women who have come before us: Our sustainers. The Junior League of Houston Sustaining Club (JLHSC) welcomes sustaining members who want to stay connected to League friends through social, educational and philanthropic activities.

This year, the JLHSC was excited to implement the Sustainer Reengagement Campaign. The purpose of the campaign was to encourage sustainers who may have taken a step back from the League to become involved once again. **Whitney Walsh**, Sustaining Club President, challenged sustainers to invite one former League member to reinstate her membership with the Junior League of Houston.

THE SUSTAINER REENGAGEMENT CAMPAIGN

by: **Natalie Varela Bennett**, Community Communications Manager

our communication efforts and already notice an uptick in our attendance for sustainer events. Our Emerita Tea in early April had 40 members registered! Their excitement to see each other again and reconnect over Junior League memories emphasizes the importance of maintaining these treasured relationships."

The JLHSC has hosted several events throughout the 2021 – 2022 League year to welcome back sustainers and reunite old friends. In February, the Sustaining Club hosted a spring brunch where the women were able to gather together and talk about their favorite books. March was filled with two fun events - a bus tour of the gardens of the Azalea Trail and the opportunity to learn how to make macarons with our very own sustainer, **Rebecca Adler**. 🌸

Whitney shared, "Re-engaging sustainers is a priority this year and will continue to be in the upcoming years as we approach our 100th anniversary. In many cases, sustainers never meant to become inactive, either a dues statement was missed or the distraction of the past two-year pandemic had a negative impact. We are reevaluating



AS WE CLOSE OUT THE 2021 - 2022 LEAGUE YEAR, WE ARE GRATEFUL TO WELCOME HOME SUSTAINERS WHO HAVE REINSTATED THEIR MEMBERSHIP.



Pediatrix ENT of Houston



Clinician Spotlight:

"My love for pediatric otolaryngology is rooted in my love for singing and communicating with both the singing and spoken voice. I knew I wanted to be an otolaryngologist when I first started medical school, being fascinated with the human ability to hear and speak and interact with the world. Furthermore, as I continued my training, I realized that I had a special talent and desire to work with children of all ages. I became keenly aware of how not being able to hear at a young age could impact someone's ability to speak, learn and develop into the best they could be. My knowledge of pediatric otolaryngology and the ability to treat children allows for the opportunity to make changes whose effects are seen for the rest of that child's life, whether it is something relatively straightforward such as improving hearing by controlling ear infections or improving quality of sleep by treating sleep apnea or something more complicated like repairing an airway that is too small and will not allow a child to breathe. 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



Pediatrix® ENT of Houston has extensive experience diagnosing and treating infants, children and adolescents with common to complex ear, nose and throat conditions. We offer a full range of pediatric ENT services and provide a coordinated and individualized care plan for each patient's unique diagnosis. In doing so, we actively collaborate with our patients, their families and their primary care physicians to devise a personalized treatment strategy.

While addressing our patients' medical needs is our top priority, providing a safe, comfortable environment is of utmost importance. Our board-certified and fellowship-trained physicians, advanced practice providers, nurses and administrative staff are committed to providing the best possible patient experience.

Our mission is to improve the lives of every child entrusted to our care. We look forward to solving your child's ENT-related issues.



Learn more about our practice.



ENT OF HOUSTON



Enjoy the simple pleasures of country life.

Are you dreaming of escaping to the country, either permanently or maybe just for your weekends and holidays? What if you could be relaxing on your country retreat in less than an hour and a half drive from Houston?

If you're looking for a slower pace and an enhanced quality of life with your family and friends, there's never been a better time to look for your perfect country home or ranch!

Searching for your property is best done with folks who have expert knowledge of the unique aspects of buying land and creating the perfect country home. Matt, Chris and Marianna live the country life and know what to look for in a quality property that your family can enjoy for generations to come!

Matt and Chris are experts at seeing the potential in every property and then helping you make your vision come to life, whether it's adding a pond or trails or even building a small-scale ranching operation.

Marianna and her husband left the hustle and bustle of Houston for the tranquility of country life, so she can help you find the perfect vacation home or a great family compound. Marianna is a third generation League member and loves helping fellow supporters of the League.

If you're dreaming of a slower, simpler and more fulfilling life in the country, give Matt, Chris and Marianna a call and let them get to work for you!



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TEXAS CHILDREN'S HOSPITAL

UNVEILS ITS NEW AND UPGRADED SUPERKIDS PEDIATRIC MOBILE CLINIC

by: Lisa Linney, Finance Communications Manager



Texas Children's Hospital and The Junior League of Houston, Inc. unveil a brand new SuperKids Pediatric Mobile Clinic



In November 2021, Texas Children's Hospital unveiled its new, upgraded SuperKids Pediatric Mobile Clinic (SuperKids Mobile Clinic) which is a fully-equipped medical clinic in a customized motorcoach. The SuperKids Pediatric Mobile Clinic enables the bilingual Care Team to provide immunizations, regular check-ups and urgent care to uninsured and under-resourced children in the greater Houston area.

The SuperKids Pediatric Mobile Clinic reduces inappropriate usage of emergency rooms by increasing access to health care. The Care Team promotes health education and healthy living in the communities it serves. The team also facilitates access to insurance and referrals to permanent medical homes. Baylor College of Medicine medical students and residents learn about barriers in caring for underserved children and the need to reduce disparities in health care by working alongside the physicians on the mobile clinic. The SuperKids Pediatric Mobile Clinic primarily serves the Gulfton area in southwest Houston but can be seen all over Houston in areas of greatest need.





Texas Children's Hospital and the Junior League of Houston unveil the first SuperKids clinic in 2000



Franny Coleman Gray, 2001 – 2002 Junior League of Houston President, at the 2000 SuperKids Mobile Clinic ribbon cutting

To improve immunization rates, Texas Children's Hospital launched the SuperKids Pediatric Mobile Clinic in 2000 with the donation of a mobile clinic from The Junior League of Houston, Inc. The Junior League of Houston and Texas Children's Hospital have partnered to serve the Houston community for more than 65 years. "Our combined initiatives have helped improve the health and well-being of thousands of children, and we look forward to continuing our partnership for years to come," said Dr. Sanghamitra Misra, Medical Director, Texas Children's Hospital Mobile Clinics Programs.

Cristina Torres, Texas Children's Hospital Chairman, reminds us, "The League's ongoing support for initiatives, like the SuperKids Pediatric Mobile Clinic, allows Texas Children's Hospital to advance their mission of providing comprehensive health care and preventative education to underserved children in the Houston area. By supporting the SuperKids Pediatric Mobile Clinic, the League's contribution bridges the gap for some of Houston's most vulnerable populations." 🌸

I get from the soil and spirit of Texas the feeling that I, as an individual, can accomplish whatever I want to, and there are no limits, that you just keep going, just keep soaring. I like that spirit.

- Barbara Jordan



THE JUNIOR LEAGUE'S INVESTMENTS COMMITTEE

by: *Kaliko Veiseh,*
Investments Committee Member,
Communications Sub-Council Assistant

DID YOU KNOW THAT THE LEAGUE HAS AN INVESTMENTS COMMITTEE INDEPENDENTLY RUN BY LEAGUE MEMBERS AND STAFF?

CREATED IN 2008, ITS CHARGE IS TO OVERSEE THE LEAGUE'S INVESTMENT PORTFOLIO, COMPRISED OF FOUR INVESTMENT FUNDS LISTED BELOW. AS OF MARCH 22, 2022, THE COMBINED PORTFOLIO OF ALL FOUR FUNDS WAS OVER \$13 MILLION.

1) BUILDING PRESERVATION FUND

Assets earmarked for long-term preservation of the League building.

2) OPERATING RESERVES FUND

Funds held in reserves for Operating, Community, Tea Room, the Sara Houstoun Lindsey Fund and the Underwood Room Fund.

3) LIQUID OPERATING RESERVES FUND

A short-term investment vehicle for excess cash from the Operating Fund, Community Program Fund and Tea Room Fund.

4) 100TH ANNIVERSARY FUND

Established to provide a meaningful gift to the Houston community in honor of the League's 100th anniversary in 2025.

The Investments Committee meets quarterly to review the performance of each fund and overall adherence to the investment policy statements. The League employs an outside investment professional to manage the assets according to the policies and objectives of each fund.

Of significant note has been the growth of the 100th Anniversary Fund, established in 2014 – 2015. The 2016 – 2019 Long-Range Plan placed a dollar value goal in "...excess of \$1 million for the 100th Anniversary gift with expectations of building the base of this gift from the Community Endowment Fund." Beyond the initial fund goal in 2019, the 100th Anniversary Study recommended that the amount of the gift endeavor to be at least \$2.5 million by 2025. As of February 28, 2022, the 100th Anniversary Fund has grown to almost \$1.8 million.

Contributions to the 100th Anniversary Fund have thus far been from internal sources of funding as indicated by the percentages noted below.

The Investments Committee is composed of the President, President-Elect, the Financial Vice President, full-time staff members, sustainer members, the Operations Treasurer, active members and the Investments Committee Assistant and Researcher.

When asked what excites her about serving on the Investments Committee, **Liz Williams**, veteran Investments Committee Member and sustaining member said, "As a sustainer, far removed from the day-to-day activities of the League, it is great to be able to keep up with how the League is evolving over time while holding its core values constant." The Investments Committee offers a fascinating look into the fiduciary role the Committee serves for the League, its assets and the future impact this organization can make in the community by being good stewards of these precious assets. 🌿

CONTRIBUTIONS TO THE 100TH ANNIVERSARY FUND HAVE THUS FAR BEEN FROM INTERNAL SOURCES OF FUNDING AS INDICATED BY THE PERCENTAGES NOTED BELOW.

COMMUNITY
PROGRAM
FUND

39%

JLH
FOUNDATION

20%

PUBLISHING
FUND

11%

OPERATING
FUND

10%

CHARITY
BALL
EXCESS

7%

SUSTAINING
FUND

7%

TEA ROOM
FUND

6%

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Did you know . . . there is a **Pregnancy Loss Grief Support Group** for women who have experienced the perinatal death of a child through miscarriage or stillbirth?

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At Bo's Place we believe that sharing experiences with others in grief helps individuals move towards hope and healing.

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She was born to be an actress—and a mom.

Every woman has a story to tell.
Meet Rebecca.

Rebecca knew from a very young age that even a hearing disability couldn't prevent her from pursuing her acting dream. "I started acting as a child," she says. "It's something I've been doing on and off all of my life."

Born profoundly deaf, she grew up reading lips until she received bilateral cochlear implants in 2001. She describes getting the implants as totally life-altering. Life's certainly had its challenges.

Rebecca battled an eating disorder around age 12 that lasted through her early 20s and getting pregnant wasn't easy. She says, "When I was having trouble getting pregnant, I thought to myself, maybe I'm not supposed to be a mom. Or maybe I wasn't getting pregnant because I wasn't good to my body when I was younger."

She ultimately decided on fertility treatments at The Woman's Hospital of Texas. "I had two babies growing inside of me but miscarried one of the twins. It was incredibly tragic and sad, but I was thankful for my viable baby."

Wanting to try for another child, Rebecca and her husband had more fertility treatments and four-and-a-half years later, their second child was born. Having two healthy girls, she says she couldn't be more blessed. "I feel like a warrior who has been through several battles."

To help her through these difficult times, she found it helpful to talk with other women. Hearing other women's stories proved to be therapeutic. "I'm like – yes, girlfriend, I've been there! You realized if other people get through it, you can too."

To learn about the fertility program at The Woman's Hospital of Texas and begin your journey with us, visit [womanshospital.com/fertility](https://www.womanshospital.com/fertility)

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who has been through
several battles."

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NOW PLAYING



THE JLH 'SHE BECOMES' PODCAST

by: *Paige Fredrickson Pickert, Tea Room Communications Manager*

SHE BECOMES IS A PODCAST FROM THE JUNIOR LEAGUE OF HOUSTON ABOUT UNLOCKING THE POTENTIAL OF WOMEN AND TRAINING THE NEXT GENERATION OF WOMEN LEADERS.

Over the last 15 years, podcast listening in the United States has grown by more than 40 percent to an estimated 162 million people, according to The Infinite Dial, a surveyor of digital media consumer behavior. The popularity of podcast creation has also grown significantly, leaving those starting podcasts to ponder, "How do I get people invested enough to listen?"

For the Junior League of Houston, the answer was to create a podcast that serves the League's training and education efforts for both its members and the Houston community. The other piece was not just to do it, but to do it well.

The idea for a JLH podcast originated with League member **Laura Isensee O'Neil** who saw it as an opportunity for the League to reach more people and experiment with its mission in a new format. After two years as a special project under the Communications Sub-Council, the League's Board of Directors approved two new active placements, beginning with the 2021 – 2022 League year, for a Podcast Editor and a Podcast Producer/Host.

With Isensee in the editor placement and **Lauren Brown Kupor** in the producer/host placement, the two began work towards the League's first podcast episode.

"A lot of the development was in the conception of determining who this was for and why we are making it," said Isensee. "Those big picture questions were some of the harder parts. Technically, the tricky part was finding the right mix of producing a quality podcast with something that would be sustainable long-term as part of the League."

With the podcast serving as an extension of the League's training efforts, Isensee and Kupor brainstormed topics and potential guests that aligned with the themes the League wanted to explore during the



year. Those ideas were submitted to the Training and Education (T&E) Committee who then put forth the possibilities to Membership Council for approval, mirroring the process in place for all other T&E speakers.

By the end of the 2021 calendar year, two episodes of "She Becomes," hosted by Kupor, had been released. The first, "Finding Your Voice: A Conversation with Malika Amandi," was released on Sunday, September 26, 2021, followed by "Unlocking the Power of Less: A Conversation with Scott Sonenshein" on Sunday, November 14, 2021.

For Kupor, who has a background in television reporting, this placement has been an opportunity to jump back into storytelling in a new way.

"The podcast was something exciting to me," Kupor said. "I love having the opportunity to interview different people from different backgrounds, tell their stories and share them with League members. The League is a training organization, and there's always an opportunity to learn something new. For me, this placement has been a good reminder that there's always a way to discover skills you didn't know you had before - like how to host a podcast."

With more episodes slated for 2022, Isensee looks forward to the long-term future of the podcast.

"I'm really proud of the episodes that are out and what's to come," said Isensee. "We've got a strong foundation, and there's a lot of room for growth. I'm excited to see other League members get involved and contribute their ideas."

Listen and subscribe to the JLH podcast by searching "She Becomes" on any major podcast app, including Apple Podcasts, Google, Spotify and Stitcher. 🎧



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Spring TEA ROOM EVENTS

SPRING STYLE SHOW

On Thursday, March 31, 2022, League members and friends were treated to a one-night-only style show featuring the latest spring fashions from TOOTSIES and Hunter Bell NYC.





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BUNNY BRUNCH

League members and friends celebrated the start of spring on Sunday, April 10, 2022, with a fun-filled day of children's games and crafts, an egg hunt and bunny photo opportunities.



BUBBLES & BRUNCH

Bubbles & Brunch was held on Sunday, April 24, 2022. Attendees enjoyed a three-course seated brunch with bottomless mimosas, wine or bubbles and informal modeling featuring bold, bright prints from Austin-based fashion designer Katie Kime.



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MOTHER'S DAY LUNCH PRESENTED BY THE WOMAN'S HOSPITAL OF TEXAS

On Sunday, May 8, 2022, League members and friends gathered to celebrate the special women in their lives with an elegant buffet lunch in the Ballroom.





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Membership ENGAGEMENT EVENTS

By: Natalie Varela Bennett, Community Communications Manager

AT THE BEGINNING OF THE 2021 - 2022 LEAGUE YEAR, PRESIDENT JENNIFER SCHEIFLEY ROBERTS SHARED HER THEME, *POWER OF ONE*. SINCE THEN, THE LEAGUE COMMUNITY HAS SHOWN THEIR SUPPORT FOR THE THEME BY PARTICIPATING IN VARIOUS MEMBERSHIP ENGAGEMENT EVENTS THROUGHOUT THE YEAR.



ZOO LIGHTS - DECEMBER 9, 2021

On Thursday, December 9, 2021, several League members and their families participated in the 10th annual Zoo Lights at the Houston Zoo. While the animals rested, participants strolled through the beautifully decorated grounds featuring thousands of LED lights that illuminated the zoo. Displays included the Holiday Grove and Infinity Tunnel of Light. Membership events that allow members to bring their families are always a great time! Members and their families enjoyed a s'mores station, and children enjoyed visiting with Santa.

REPUBLIC BOOT COMPANY

"Boot Scootin' Boogie" would accurately describe the January Membership Engagement Event at Republic Boot Company. On January 20, 2022, the Training and Education Committee and Charity Ball Committee co-hosted members to kick off Charity Ball and rodeo season at the company's new Heights location. Members wore their best western attire to learn about the history of boots and boot making. The event included the six key elements of building a custom cowboy boot and closed out with a refreshing beverage and the ladies taking a twirl on the dance floor.



ST. ARNOLD'S BREWERY

Cheers to good friends and cold beers! The March Membership Engagement Event brought members together at a local hotspot in Houston. On March 24, 2022, members enjoyed their favorite craft beer and delicious food at St. Arnold's Brewery in the ever-so-popular Beer Garden. Everyone that attended also participated in a tour of the brewery which included the history of the brewery and the beer-making process. Many of our members were surprised to learn that St. Arnold's is the oldest craft brewery in the state of Texas! An opportunity to gather with League friends after a long day of work is always a good idea!



YOGA AT THE LEAGUE

On April 7, 2022, League members had the opportunity to take advantage of combining two of their favorite things: yoga and the Junior League! Members enjoyed participating in a professional-led yoga class at the League building led by active member **Katie Hall Schexnayder**. Some members experienced their first yoga class, while others were yoga veterans. Regardless of the yoga experience, the ladies started off with basic yoga poses and learned new positions to help improve their form. After the class ended, members enjoyed some healthy snacks and juices that were provided by the Tea Room. 🌿



100 Years Later: The 1950s – A Time of Celebration and Growth

by: **Kaitlin McLellan**, League Archives Assistant Chairman – Centennial Anniversary and **Susan Richardson Barnes**, Centennial Anniversary Sustainer Advisor

The 1950s was a decade full of celebration, success, growth and transformation for the Junior League of Houston. On January 24, 1950, the League celebrated 25 years of service to the Houston community with a special meeting filled with cake, flowers and stories. League President **Lenoir Bowen Hamman** convened the festivities by handing the proceedings over to **Adelaide Lovett Baker**, one of the League's founding members. Fellow founders assisted by delivering humorous reports on the state of the League. Over 25 years, the League had not only survived the usual challenges that come with nurturing an organization but also those brought on by the Great Depression and World War II.

The Junior League Children's Clinic of the Hermann Hospital Outpatient Department, more commonly known as the Junior League Children's Clinic, moved to Hermann in December 1944. At the urging of Hermann, the League created the Wards project in 1946. Modeled after programs at Motts Children's Hospital in Michigan and Babies and Children's Hospital of Columbia Presbyterian, volunteers worked with hospital staff, including occupational therapists, to provide in-patient activities such as crafts and games for children receiving extended treatment. The Junior League Children's Clinic benefited greatly from the arrival of Dr. Russell Blattner, a nationally respected pediatrician recruited by Baylor College of Medicine to chair its pediatric department in 1947.

Dr. Blattner shared a secretary with the League in **France Heyck** and directed all pediatric activities at Hermann. He was also instrumental in bringing the Junior League Children's Clinic over to Texas Children's Hospital where it would become the Junior League Diagnostic Clinic in 1954.

At the same time, the League worked with Hermann to create the Model Well-Baby Clinic, providing regular examinations and vaccinations. League President **Carolyn Monteith Clarke** and Model Well-Baby Clinic Chairman **Betsey Calhoun Reichert** proudly noted that it became one of three locations in the United States selected to study the effectiveness of the Sabin polio vaccine in 1959.

Beyond its work at the hospitals, the League continued its long-term project providing tours and other special programs at the Museum of Fine Arts Houston. In the 1949 – 1950 League year, tours were provided to 4,388 children by trained League volunteers. That number grew steadily over the years, and during the 1959 – 1960 League year, 13,398 children participated in League-led tours.

Children's Theater, a mainstay since 1930, put on numerous plays in collaboration with the Civic Theater through the early



*Sally Smith, Chairman and Elise Walton
Puppetry Program, 1950s*

1950s. The League decided to pursue a new direction in children's entertainment in 1954 – 1955 when it added a puppetry team to the Children's Theater Committee. Volunteers learned how to make puppets and selected "How the Dragon Got a Dime"

----- continued

the president's message

I feel certain that the twelve charter members of our League never dreamed that within thirty-two years the Houston League membership would total one thousand. Yes, during 1957-58, the Junior League of Houston will reach 1000 members! This is indeed a staggering milestone and one which indicates endless effort, imagination, progress and accomplishment by all our members. We are fortunate to live in a growing, thriving city, and to be part of an organization that seeks and meets many challenges of this exciting era.

Our program is an integral part in the medical, cultural and educational structure of our community. We can be proud of our efforts, and confident that each year brings additional achievements. We each have a personal responsibility to see that our past laurels are maintained, if not surpassed.

In a League of our size it is imperative that we know and understand the workings of our own organization. An informed member is an interested member, and interested members are potent public relations assets. Thus, during the coming year, our focus will be on educating our own membership about our own League—its heritage, its purpose, its functions, and its goals.

For each of you, I hope this year will be one of inspired as well as rewarding services; and that our projects will be enriched by enjoyable experiences throughout our individual and unified participation.

Sara Lindsey



The provisional class of 1955



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Your Memorial Fund

This is the story of our Memorial Fund and what it meant to one little girl and her parents. This little girl first came to our clinic as a baby with an incurable glandular disease. Because of her illness she did not grow as a normal child, and her parents knew that she did not have long to live. Although the father had a good job he could not afford all of the expense involved in the medicines and transfusions which were regularly administered to the child during the eight years of her life, but the parents spent every cent they could save in buying toys and dresses to make their little girl happy. The remaining expense of the child's care was paid for from the Memorial Fund, that she might have the best medical care possible. After the death of the little girl last month, to show their appreciation for what the Junior League had done for them, the parents brought us all of the pretty dresses and toys that we might use them to make some others of our little patients happy. We feel that this was perhaps our most personal, and heart-warming token of appreciation.



The provisional class of 1955



Top, left to right: Muffy Walmon, Jane Black, and Margaret Bradley.
Lower, left to right: Beverly Bintliff, Carolyn Brady, Elizabeth Davis and Frances Goodwin.



Top, left to right: Chaille Cage, Joyce Reed, and Lucille Mellinger.
Lower, left to right: Alafair Kane, Nancy Rice, and Jane Peden.

and "Wolf, Wolf" for the first shows. These were so successful that puppetry became a stand-alone committee in 1955 – 1956.

Having first dabbled in radio with the Children's Theater Committee during the war, the League experimented more extensively with radio and then television. In 1951, League members hosted a Saturday morning radio show on KXYZ called "The Pirate's Game" featuring stories, a game and prizes. By 1952 – 1953, radio gave way to television with the League creating a program for KUHT called "Know Your Museum." KPRC made room for six episodes of the League's "Adventures in Art" between January and May 1954. KUHT broadcasted the Children's Theater production of "Buford the Book Worm" in spring 1955. The last chapter in the League's television adventures occurred in 1955 – 1956 with a 13-week series on KUHT called "Parents and Dr. Spock." These half-hour films concluded with a League member introducing representatives from local agencies who could assist Houston families with similar issues.

The 1950s also marked the beginning of the League's partnership with the Houston Museum of Natural Science (HMNS), then the Museum of Natural History. The League

provided occasional grants and volunteers for a few years and then established a docent program in 1956 – 1957. This became a full-fledged project in 1957 – 1958 with volunteers leading "nature tours" where they took museum exhibits to various hospitals and classrooms. While our work with HMNS and others have evolved over the last several decades, the partnerships remain strong.

Due to the success of Charity Ball, an annual event beginning in 1949, and the Luncheon Club, a stalwart source of income since 1925, the League was able to provide significant and sustained financial support to the community. Between 1951 and 1956, the League provided \$212,000 for a variety of projects.

The League's membership also grew steadily in the 1950s. By 1957, the League had reached 1,000 members and became the fifth largest Junior League chapter in the country. Reflecting on the milestone, President **Sara Houstoun Lindsey** remarked, "I feel certain that the 12 charter members of our League never dreamed that within 32 years the Houston League membership would total 1,000. Yes, during 1957 – 1958, the Junior League of Houston will reach 1,000 members! This is indeed a staggering

milestone and one which indicates endless effort, imagination, progress and accomplishment by all our members." Between 1950 and 1960, League membership went from 628 to 1,056, a 40 percent increase. The growing community of sustainers formed the Sustaining Club in 1959 with **Mary Louise Bagby** serving as the first President.

With the same thoughtfulness that is applied today, the members of the League undertook major studies of every aspect of the League's functions from projects and placements, to by-laws and admissions. Each year saw a new slate of remarkable women working hard to ensure that the Junior League of Houston would continue to serve the Houston community for many more years to come. At the start of the decade, the League reminded members of "16 Ways to Kill an Organization," a pertinent reminder of the things members should avoid in order to preserve all of the hard work of the members who served before, so that future members may continue to serve the Houston community for another 100 years.

"My real satisfaction, shared I am sure by all of the early members and those similarly inspired who work today, stems from the fact that in our League many highly endowed individuals can work together to produce a fine whole; can submerge themselves in the interest of their jobs and the success of the group project. The growth of the local Junior League is synonymous with that of Texas and Houston. Our League has been a dynamic member of the Associated Junior Leagues of America. May it continue to be so." – Adelaide Lovett Baker, January 24, 1950, reflecting on the League's 25th anniversary.



Willynn Couch
Summer Reading Program, 1950s



Founding Members at the 25th Anniversary Celebration, 1950

16 Ways to Kill an Organization

1. Don't attend meetings, but if you do, arrive late.
2. Be sure to leave before the meeting is over.
3. Never have anything to say at meetings; wait until you get outside.
4. When at meetings, vote to do everything, then go home and do nothing.
5. The next day find fault with your officers and fellow members.
6. Take no part in the organization's affairs.
7. Be sure to sit in the back so you can talk things over with another member. Nobody will notice.
8. Get all the organization will give but give nothing in return.
9. Never ask anyone to join the organization.
10. Talk cooperation, but never cooperate.
11. Threaten to resign at every opportunity; tell others they are standing for too much.
12. If asked to help, always say you haven't enough time.
13. Never read anything pertaining to the organization. You might find out too much.
14. Never accept an office. It is much easier to criticize than to do things.
15. If appointed to a committee, never give any time to the committee. Let the chairman do it all.
16. Don't do anything more than you have to, and when others willingly and unselfishly use their ability to help the cause then howl because the organization is being run by a clique.

Author Unknown.

(Reprinted from the Elmira League.
Let's think about this for 1950!)



2021 2022 COMMUNITY ASSISTANCE GRANTS

By: Kaylen Olwin, Assistant Editor



Each year, The Junior League of Houston, Inc. provides Community Assistance Grants to worthwhile organizations that do not receive ongoing volunteer support or financial assistance through the League's Community Projects. The League's Community Assistance Committee reviews the grant requests based on their alignment with member-determined focus areas and conducts site visits before making recommendations for funding. When selecting recipients, the Committee considers whether an agency request would address a critical or basic need, fund a pilot project or expand a significant service to the community.

Association for the Advancing of Mexican Americans (AAMA)

The Association for the Advancing of Mexican Americans (AAMA) provides affordable child care for children ages six weeks to five years old at its Early Childhood Center in the East End community of Houston. AAMA's Early Childhood Center opened in 1999 and provides affordable, quality care for low income families. League funds will provide the Early Childhood Center with a die-cut machine, laminator, supplies and professional development courses for its staff.

Chance for Hope Foundation

The Chance for Hope Foundation provides support services to children with cancer and their families. League funds will support the organization's Residence Program and provide an additional one-bedroom, fully-furnished apartment in the Texas Medical Center at no cost to the families of the pediatric cancer patients.

FACES Autism

The Foundation for Autism Care, Education and Services (FACES) provides educational scholarships for Applied Behavior Analysis therapy to Houston area children with autism spectrum disorder. A portion of the Barbara and Roy Adams Endowment will go towards the League's funding of the scholarship program.

Foster Care Advocacy Center

The Foster Care Advocacy Center provides holistic advocacy for children and parents involved in the child welfare system. This is the only non-profit law office in Texas that employs a model of representation where staff social workers and staff attorneys work together to provide legal representation. The League funds will support a preventative legal advocacy pilot program where discrete legal needs are addressed prior to children being placed into foster care.

Girls Empowerment Network

The Girls Empowerment Network focuses on female students from grades three through 12 at Title I schools in Houston by teaching them how to build self-confidence and believe in their ability to be unstoppable. The League funds will support approximately 30 female students through their weekly Girl Connect program, bringing the total number of female students to approximately 300 in the Houston Independent School District.

San Francisco Nativity Academy of Houston

The San Francisco Nativity Academy of Houston (SFNA), is a tuition-free, private Christian school that serves approximately 100 students in Pre-K through third grade. The League funds will support the SFNA Breakfast Program which provides free breakfast to students before morning classes.

Sleep in Heavenly Peace, Inc.

Sleep in Heavenly Peace, Inc. ensures that no child has to sleep on the floor and provides fully-built and supplied beds to families that have requested them. The funds from this grant will support a Bed Build Day that will provide 40 bunk beds, mattresses, sheets and comforters.

St. Bernard Project, Inc.

The St. Bernard Project, Inc. is an organization that provides disaster resiliency and recovery support. The League funds will support the rebuilding program in Houston to help recovery and rebuild efforts from Hurricane Harvey and Winter Storm Uri.

The Children's Assessment Center Foundation

The Children's Assessment Center Foundation provides a professional, compassionate and coordinated approach to the treatment of sexually abused children and their families. With support from The Junior League of Houston, Inc.'s funds, The Children's Assessment Center Foundation will support the agency's "Every Child Has Access Fund" that provides families with assistance for services such as food, transportation, internet, housing, protective orders and domestic violence intervention.


The HEART Program

The HEART Program provides structured independence for individuals aged 14 to 22 with developmental disabilities through education, training and employment programs. The League funds will support a four-week Summer Youth Internship Program that couples classroom, leadership and learning with hands-on job experience at the Houston Food Bank in its warehouse and café.

YES Prep Public Schools

The YES Prep Public Schools is an open-enrollment public charter school system serving students in grades Pre-K through third grade and grades six through 12 in Houston's underserved communities. The League funds will support the Elementary Literacy Program that provides curriculum-approved books for classroom libraries and personalized reading bags for students to take home.

Young Women's Preparatory Network

The Young Women's Preparatory Network is a non-profit organization focused on supporting single-sex college preparatory, public education in Texas that will give young women in urban schools the academic skills to achieve success in college and in life. The League's grant will support the agency's "To and Through College Path" program, specifically supporting college tours for students at Houston's Young Women's Prep. 



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THE LEAGUE'S RESPONSE TO MENTAL HEALTH IMPACTS OF COVID-19

By: *Eleanor Keeling Faulkner*, Membership Communications Manager

The Junior League of Houston is known for providing support to the Houston community. However, over the past two years, the League has been challenged by the COVID-19 pandemic to turn inward and support members who are experiencing crisis or struggling with mental health. The League has responded by creating a Care & Concern Group to provide our members with a support system and has addressed the topic in both a general and group meeting.

President **Jennifer Scheifley Roberts** conceptualized the Care & Concern Group and worked with Membership Vice President **Sara-Nell Van Lant** and the 92 members of the group to serve members in times of need. In its inaugural year, the Care & Concern Group has already made an impact by providing a space for members to know they will find help. The group wrote weekly notes of encouragement to a member going through a life struggle that none of us can comprehend and also provided Christmas presents and a holiday meal to another member who was personally struggling but knew celebrating the holiday would provide normalcy to her family. Sara-Nell says she is proud of "the sheer number of members who are willing to donate their time to serve others. Hearing about the difference made and seeing

how important a personal connection is in times of hardship is encouraging."

In October, **Dr. Catherine Powers-James** spoke at the general meeting, "The Power of One Self." Dr. Powers-James discussed how the effects of cumulative stress has impacted mental health. She reassured members that a wide range of feelings and reactions to our current circumstances are normal and reminded us to prioritize progress over perfection. She offered tips for coping and managing stress, gave reminders about self-care and resources for additional help.

During the January Group Meeting, "Journaling to Better Mental Health," licensed professional counselors Latrice Wynne and Kiara Meada addressed the increase in depression, anxiety and alcohol use as a result of the pandemic. "Given the COVID variants, this was the first in-person group meeting in some time. The ability to form connections and community in person was lovely to be a part of," expressed Meetings Assistant Chairman **DaviAnn Worthington**. Attendees received a gratitude journal and participated in journaling exercises, Q&A and a discussion on self-care. 🌸

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*"Identify darkness in the society and find ways to help
illuminate it"*

- Sunday Adelaja



JUDY OHLROGGE CEDEÑO “TEACHER JUDY”

By: **Valerie Garate Ramirez**, Development Communications Manager
and **Eleanor Keeling Faulkner**, Membership Communications Manager



Late Junior League of Houston sustaining member **Judy Ohlrogge Cedeño** is fondly remembered through the publication of her children's alphabet book, *Journey from A – Z with Teacher Judy: An Alphabetical and Animal-Filled Adventure*.

In 2016, Judy had remarried and was living in Ecuador teaching English to local children as Judy Ohlrogge Cedeño. A lifelong animal lover, Judy began writing a book to help her students learn the alphabet through rhymes and names of various creatures. The book introduces animals from around the world with colorful illustrations,



and Teacher Judy is the guide. Elements throughout the book reflect Judy's personal love of animals - the dog and cat characters are based on her pets, and the animal

necklace that Teacher Judy wears on the book's cover is a piece of jewelry that she actually owned.

When Judy's son, Alex Tandy, visited her in Ecuador in 2016, Judy mentioned her desire for the book to be edited, illustrated and printed. Alex tried to assist, but the project did not come to fruition at that time.

Sadly, Judy passed away in 2019, and her book remained unpublished.

When Alex returned to Ecuador to seek closure on her passing, he remembered the



book that his mother had left unfinished. He knew that he wanted to publish the book as a tribute to her memory and began writing the remainder of the book in 2019. Early on, Alex sought the help of his cousin, Ryan Scott Tandy, to assist with finishing the work. In early 2020, Alex began a successful crowdfunding campaign to help fund the publishing process. Over 185 people from around the world contributed. And in December 2020, with the help of his cousin, Alex finally published the book as a co-author with his beloved late mother.

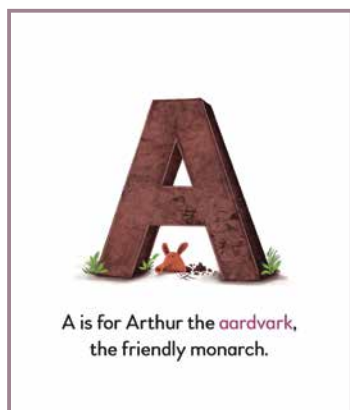


In late 2021, the book received first place out of over 1,500 entries in the Alphabet and Counting Book Category at the 2021 Moonbeam Children's Book Awards.

that you are sharing the magic of Teacher Judy with them." Judy's altruistic personality extended to community service. She was a giving person and naturally found a home at the Junior League of Houston. Alex recalls his mother's love for the League, a place she frequently mentioned to him, where she contributed recipes for cookbooks and enjoyed volunteering in the Tea Room.

To read more from Alex about the process of publishing *Journey from A – Z with Teacher Judy: An Alphabetical and Animal-Filled Adventure*, the book he knows his mother would have loved to share with the League, visit the book's website: www.teacherjudy.com.

To purchase the book, use the code TJLOVESJLH for 25 percent off. 🌸



One judge commented, "Congratulations on creating maybe the coolest alphabet book I've ever seen! (My mother was a librarian!)" In the spring of 2022, Alex donated 50 copies of the book to kindergartners at Houston Independent School District's Fonwood Early

Childhood Center in preparation for their summer break.

Alex shares, "When you open this book, know that it has captured my mother's essence—a fiercely independent woman who was caring, funny and energetic. And when you read this book to children, know



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