

VOLUNTEER VOICES

JUNIOR LEAGUE OF MEMPHIS | 2014





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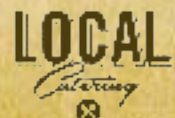
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In working with the Volunteer Voices committee this year, as in years past, I am always amazed at the work Junior League of Memphis (JLM) volunteers can pull together when we are committed, ranging from community outreach to leadership programs. One of the pleasures we have writing for the magazine is interviewing community project leaders and learning about the effect JLM women have on Memphis. One board member pointed out, that in addition to the 30,000 hours JLM volunteers commit to the community, we have a \$1 million impact on our city each year. Those statistics are incredible! Women on a Mission for Memphis indeed! Even Memphis Mayor A.C. Wharton recognizes JLM's impact, proclaiming December 14, 2013 as Junior League of Memphis day for the work with G.R.O.W. at Lester Community Center.

Please take what you read and reflect on the influence our organization makes on our community and on its members.

Ashley Compton Bowles
2013-2014 Editor

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**JUNIOR LEAGUE OF
MEMPHIS**



“So, take what’s inside you and make big, bold choices. And for those who can’t speak for themselves, use bold voices. And make friends and love well, bring art to this place. And make this world better for the whole human race.”

– Jamie Lee Curtis

As I reflect on this past year, I’m more inspired than ever by the amazing members of the Junior League of Memphis (JLM). Our members wear many different hats but are united through the JLM as *Women on a Mission for Memphis* - promoting voluntarism, developing the potential of women, and improving the community. As you review the highlights of our year throughout this magazine, you will see these extraordinary women putting our mission into action.

Promoting voluntarism. Each member plays an important role through her service. From planning and executing fundraisers to working behind the scenes on improving our technology, our members give their time and talent so freely, investing in countless ways to ensure that the JLM remains a catalyst for lasting community change.

Developing the potential of women. The unique part about volunteering through the JLM is the opportunity for growth. Whether participating in a formal training session or learning through an assigned position, members develop and sharpen skills. JLM involvement and networking enables women to become better equipped not only for their community service but for other roles in their lives.

Improving the community. By combing voluntarism with personal development, our members continue to improve this great city. Our direct service has helped many in need, specifically children in the areas of education, health and wellness. In addition to serving through our projects, we’ve invested resources to create a focus for our future through an issue based community impact model.

While fulfilling our mission, we learn just as much about ourselves. We discover our individual passions and how to make bold choices. We’re committed to speaking loudly for those whose voices are not heard. And we enjoy the experiences together, forming lasting friendships with women we might not have met otherwise. We celebrate our victories, our milestones, our community - our lives. We’ve become stronger women serving individually and collectively, enhancing the quality of life around us - making Memphis a better place for all.

Stephanie Simpson

Stephanie Simpson
2013-2014 JLM President

Mission Statement

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.



Camp Good Grief

By Tealy Hewgley

Bravery, strength and love are what Junior League of Memphis (JLM) volunteers say children attending Baptist Trinity Hospice and Kemmons Wilson Family Center for Good Grief walk away with following the three-day summer camp. Camp Good Grief is a bereavement camp for Memphis-area children who have lost a family member or significant loved one in the past year. During the camp, kids are shown how to communicate their feelings and understand their grief through support groups and activities that include journaling, arts and music. Baptist Trinity Hospice and Kemmons Wilson Family Center for Good Grief has hosted this special experience for the last 15 years, while the JLM has proudly helped supply trained volunteers and financial support for the camp for the last 13 years.

“JLM has provided Camp Good Grief with up to 20 volunteers each year. The volunteers come fully equipped to assist the director in any way they can,” said Kimberly Britt, JLM Chair for Camp Good Grief.

These volunteers are trained by the camp director and staff at the Kemmons Wilson Family Center for Good Grief. In addition to helping during the week of camp, JLM volunteers organize arts and crafts and recreational activities before camp begins.

“JLM volunteers touch everything used over the three-day Camp Good Grief session,” said Angela Hamblen, the



director of clinical bereavement at the Kemmons Wilson Family Center for Good Grief. “They help pack supplies, wrap the memory boxes and organize materials. These children come to camp scared. They think they are not allowed to smile, laugh or even have fun. Some of them are beginning to have behavioral issues as a result of losing a strong figure in their lives. They are unaware of how to grieve. Camp Good Grief is a place where they learn its ok to be mad, to be sad and even to laugh and have fun,” Kimberly said.

Last summer 40 children participated in the camp. Kimberly calls all of them the bravest people she has ever seen and thinks Camp Good Grief is a placement everyone should try. “It is definitely an emotional, fun, and lasting experience you will want to do every summer,” she said. **JL**

The Corners of Highland Heights

By Lauran Stimac

The Junior League of Memphis (JLM) is proud to highlight one of its community projects - The Corners of Highland Heights, an organization dedicated to transforming communities one corner at a time. The Highland Heights Neighborhood has been loosely defined as the area north of Summer Avenue, Macon Road on the north and Graham Street on the east. It was originally developed in the 1890s based on a rail line that ran from Memphis to Raleigh and subsequently grew to include homes and several schools, which are served today by ‘The Corners’.

The mission of The Corners of Highland Heights is to promote safety, peace, health, economic well-being, a positive lifestyle, individual and community wholeness, and spiritual growth. The dedicated staff and volunteers work to address the pressing issues of poverty, health care, unemployment, underemployment and the need for holistic activities for neighborhood children.

The goals and objectives of The Corners of Highland Heights are truly inspiring: to have safer and more vibrantly

connected neighborhoods that are drug and crime free; to enhance and improve the overall health of the community, especially those who are uninsured, underinsured and those who lack adequate access to health and mental health and recovery services; to provide positive, wholesome activities for children and young people outside the regular school settings and monitor the overall quality of life for children in our community; and to improve the economic and well-being of persons in our community who are unemployed or underemployed and whose living situations are marginal or substandard.

The JLM’s involvement with The Corners of Highland Heights is primarily with First Works, which focuses its resources and volunteers on providing a hot meals, tutoring, character development and life skills for elementary and middle school students weekly. In August, the JLM held a school supply drive for the students in the First Works program. The JLM looks forward to continuing this partnership and serving the needs of these students. **JL**

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G.R.O.W. is Making a Difference at Brewster Elementary

By: Courtney Black

Wide eyes and eager smiles greet Junior League of Memphis (JLM) volunteers as they enter the classrooms of W.H. Brewster Elementary School. On alternating Tuesdays, JLM members visit the school's pre-k and kindergarten classrooms to provide books, crafts and worksheets aimed at preparing the pre-k students for kindergarten and enhancing the pre-reading skills of current kindergartners.

The Pre-K Reading and Readiness project at Brewster Elementary School is the newest addition to G.R.O.W. (Giving, Readiness, Opportunities and Wellness) – A Junior League of Memphis Initiative.

“With G.R.O.W. completing its third year last spring, the JLM felt it was time to expand into another school in the Binghamton community,” explained G.R.O.W. Chair Rebecca Fountain. “A fellow JLM member suggested we visit Brewster Elementary – we did and we loved it,” she added. It is easy to see why. “The administrators, teachers, assistants and children are always full of smiles,” said Rebecca, “It has been a great addition to our G.R.O.W. program.”

Committed to “GROWing” students’ potential, the JLM’s Pre-K Reading and Readiness community project is providing events and programming that focus on the educational development of some of the community’s youngest members.

The project is spearheaded by JLM member and Pre-K Reading and Readiness Chair Erica Coopwood.

Pre-K teacher, Ms. Nova Cheatham, is in her seventh year at the school and is thankful for the JLM’s interest in her classroom. “I love the G.R.O.W. Tuesdays. My students get so excited when they see the G.R.O.W. card on our Weekly Activities Schedule,” said Ms. Cheatham adding that “the activities are engaging and developmentally appropriate.”

On a Tuesday in October, Ms. Cheatham’s students gather round with legs crossed on the classroom rug to listen as Rebecca and Erica read from the English and Spanish versions of picture book *Blue Hat, Green Hat* by Sandra Boynton.

“Oops,” read Erica.

“Ay caramba!” read Rebecca.



The children erupt with laughter. “Again! Again!” they plead, when the story is finished. Rebecca and Erica comply and are greeted with cheers.

After story time, JLM member Lindsey Hammond helps the children with a math exercise on bar graphs. Then students return to their seats and complete a craft with the assistance of more volunteers. When finished, the children bring their worksheets to Ms. Cheatham for display on what has been designated the G.R.O.W. corner. But some of the kids are hesitant to hand over their projects.

“Many of my students do not want me to hang up their work, because they are so eager to take it home and share it with their families,” explained Ms. Cheatham.

When it is time for the volunteers to say goodbye, Ms. Cheatham is presented with a new book for her classroom. The JLM members are circled by a sea of little hands and big hugs. It is those hugs that tell volunteers like Erica, Rebecca and Lindsey that they are making a big difference in these young students’ lives.

“Just knowing that those few hours we spend with the kids give them a sense of worth--that people care enough to come and devote special time just to them--without asking for anything in return--is heart-warming and purposeful,” explained Erica. “It feels great giving our time and talent to someone other than ourselves.”

“I look forward to every opportunity I have to volunteer at Brewster,” added Rebecca. “It is a very rewarding experience! The pre-k and kindergartners are so excited for us to come into their classrooms...you can truly see that we are aiding in their development and making a difference. Reading is fun and these precious children love every minute of our time at Brewster.” **JL**





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The Inaugural Junior League Gift Showcase & Preview Party

By Kathleen Armour Walker



The Junior League of Memphis (JLM) hosted a fabulous party on September 28, 2013 at the Community Resource Center to kick-off the inaugural Junior League Gift Showcase that was held November 8-9, 2013 at the Memphis Botanic Garden. The event preview party, Gear Up for Gift Showcase, had a silent auction that highlighted some of the fantastic vendors who had booths at the Gift Showcase. The evening was rounded out with refreshments and entertainment.

This shopping extravaganza not only got everyone in the holiday spirit, but also raised funds for the JLM to support our ongoing community work. The Gift Showcase, with sponsorships, raised more than \$79,000. The Junior League Gift Showcase offered a unique twist to the typical gift show in the Mid-South. There was a little something for everyone; clothing, accessories, art, jewelry, gourmet dog treats, holiday decor and more. The show offered fun events like the Breakfast Boutique, sponsored by Methodist Healthcare, for morning shoppers and Girls Night Out, sponsored by Baptist Memorial Health Care, for the ladies looking for a party along with a fun shopping experience.

Our wonderful sponsors included Sedgwick - Presenting Sponsor, Boyle Investment Company, Baptist Memorial Health Care, Methodist Healthcare, Holiday Deli & Ham Co., Orion FCU, Laurelwood, Lanigan Worldwide Moving & Warehousing, Inc., Mahaffey Tent and Party Rentals, Leo Events/Tennessee Limousine Service Worldwide, and Anheuser-Busch/Budweiser of Memphis. We appreciate our sponsors who made this important fundraiser possible. Jennifer Brown, JLGS chair for 2013-2014, said, "What an amazing group of women that spent a tremendous amount time planning for an event that gives back directly to the community. I can't wait for the second JLGS!" Stephanie Simpson, President of the JLM said, "The leaders of the first JLGS did an extraordinary job planning and executing our rebranded show. We've heard incredibly positive feedback from merchants and shoppers. I am already looking forward to our second Junior League Gift Showcase!" On November 14 & 15, 2014, grab your girlfriends and join us to shop, eat, and support the JLM! ⬇

Children at the Church Health Center are Setting Goals to Reach Personal Best

By: Courtney Black

Children at the Church Health Center (CHC) are learning to set goals for their bodies, minds and spirits through the CHC's Plan to Get Healthy. From nutrition to physical fitness, the initiative's young participants are being motivated to "Eat Better and Get Moving" with the support of CHC staff and Junior League of Memphis (JLM) volunteers. Kristen Ellis was the JLM's 2013-2014 Plan to Get Healthy project chair. "The program focuses on physical activity, spirituality, self-esteem, nutrition and violence prevention," explained Kristen.

The curriculum was developed by the CHC Child Life Manager Kimberly Baker, and for two years the JLM has helped with its implementation by providing funding and volunteer support.

Throughout the week, children ages 4-11 meet in the CHC's Child Life Center for special activities, while their guardians take advantage of the adult fitness offerings at the CHC's Wellness facility. Each day, the program highlights a different aspect of healthy living. For example, Mondays are all about nutrition, while Tuesdays are focused primarily on physical activity. Kristen said that a class called Snack Attack is a favorite amongst the participants. The kids are introduced to healthy food options while learning to make

a no-cook snack in the kitchen. Participants can then take their new recipes home, which Kristen hopes will inspire the children's families to eat healthier too.

The program also strives to promote at least thirty minutes of physical fitness each day. This is accomplished by engaging the children in activities such as yoga, circuit work and track time, then on the first Tuesday of each month JLM volunteers assist staff with a Personal Best Night. On these nights, the children are challenged to walk a mile timed. The CHC staff and volunteers privately record this information, which helps gauge the effectiveness of the program. "It also teaches self-motivation to the kids," said Kristen, adding, "They aren't in competition with anyone but themselves!"

Kristen and her team hope that by encouraging these youngsters to set healthy goals now, they will instill in them a lifetime desire to reach their personal best.

2013-2014 CHC - Plan to Get Healthy committee members included: Kristen Ellis (chair), Audra Bloom, Jenny Campbell, Michelle Clarke, Amanda Crowder, Leslie Drummond, Courtney McLaren, Cary New, Shanette Parks, Lessie Rainey, Carolyn "Rich" Richardson, Kaitlyn Vassar and Katherine Wright. ↓

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The simplified stucco structure is situated on beautifully sculpted lawns and surrounded by stately oaks and gracious gardens that are accentuated by two gazebos and a large fountain. Inside, a grand hallway traverses the first floor, rising to a large landing accentuated with a Palladian window. The true beauty of this property lies in its ability to morph into any setting a bride desires.

For more information, rental applications can be found on the Junior League of Memphis website at jlmemphis.org or by calling (901) 452-2151.

Recipe for Success: Two Community Projects Partner to Make One Big Impact

By: Courtney Black

On the corner of Macon Road and Homer Street, all is quiet on a Tuesday evening. But step inside the Memphis Athletic Ministries (MAM) Leewood Church location and you will be engulfed by the infectious excitement of fifty to seventy elementary-aged children.

It is here that Junior League of Memphis (JLM) volunteers are inspiring healthy living habits in area youth. This year, the JLM's Kids in the Kitchen (KIK) and MAM – Serving, Learning and Mentoring (S.L.A.M.) community projects partnered to provide afterschool programming for MAM participants at Leewood. Meghan Claney chaired S.L.A.M. and Susie Koehn and Karen Skinner chaired the KIK committees.



Meghan said, “The S.L.A.M. Committee had the idea of bringing Kids in The Kitchen in to help with one of our events...When I met with Susie Kohen, she suggested they be a regular fixture. It’s been a great partnership, and it’s so exciting to see the JLM work in a way that is really making an impact.”

In the past, the JLM’s KIK team connected with youth at multiple locations, but this year they decided to be more targeted in their approach. Koehn said her committee wanted to “add consistency to the equation” by meeting with the same group of children every month. This, she explained, will allow them to effectively build on what they are teaching. “The children at this MAM location are the right age to be





able to understand our message as well as apply aspects of it to their lives if they choose,” said Susie.

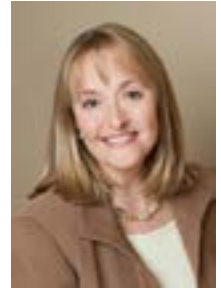
Kids in the Kitchen is a league-wide initiative that was founded in 2006 by the Association of Junior Leagues International in response to a statistic that showed a third of all children and adolescents in the United States are overweight or at risk of becoming overweight. Today, the program is in 200 communities spanning four countries. Susie said the initiative’s goal is to promote health and wellness in children by empowering them to make healthy lifestyle choices.

The JLM’s S.L.A.M. project assists MAM with their Tuesday programming at Leewood. Meghan said all of the events have focused on creating healthy life habits. The programming has encompassed everything from diet and exercise to career and budgeting. They recently hosted a Career Day featuring a doctor as the guest speaker. The children then played a game where they had to choose “careers” and then create budgets based on their selections.

In addition to these types of events, the KIK committee joined once a month to assist the S.L.A.M team with programming. The KIK events typically have an educational component that includes a game and a kid friendly recipe.

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One night in October, JLM members from the S.L.A.M. and KIK committees joined together to create a Fit for Life night at Leawood. In the recreation room, volunteers helped participants make a healthy snack craft. In the gym a Zumba instructor led children and volunteers in a high energy fitness class.

The children in the recreation room were eager to share their edible crafts with me. One boy couldn't wait to taste his creation. He took a big bite of an apple and grinned mischievously. Nearby, a little girl proudly held up some tasty artwork for me to see. "We're using apples to make turkeys," she explained.

In the gym, Latin-inspired music pumped through the speakers as a group of boisterous, sweaty boys focused intently on following their male fitness instructor's lead. The children are all from the surrounding neighborhood and attend Berclair, Kingsbury or Grahamwood elementary schools. "There is a really good mix of Hispanic, African American and Caucasian kids," Meghan added, "so it's really cool to hear them speaking Spanish to one another, then quickly switching back to English. I'm hoping to pick up a little Spanish while I'm there."

"They LOVE to dance, and are so friendly," says Meghan of the MAM participants, "They really put you in a better mood when you hang out with them."

Meghan says they ultimately want to show the children "how easy it is to take good care of their health, and to enrich their Tuesday evenings a little more."

"We are hoping the children will have a better understanding of healthy eating/living, as well as develop a taste for some healthy snacks they may not have tried before," added Susie. It's easy to see why the JLM partnership at Leawood is a recipe for success. 





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JLM Provisional Projects 2013-2014

By: Tealy Hewgley

Each year the newest members to the Junior League of Memphis (JLM) jump head first into service. They do so through provisional projects. The women of the 2013-2014 JLM provisional class split their time, concentrating their efforts on either community involvement through events with Le Bonheur Children's Hospital or fund development through the JLM Estate Sale.

Time spent with Le Bonheur children and their families came in dinner shifts and a Valentine's Day-themed carnival. Two dinners were held at the FedEx Family House where parents and siblings of patients are given a home away from home. The JLM contributed food for each meal





along with their time and company. They even helped make the holidays extra special by decorating tables in the home for the holidays.

In February, Le Bonheur children were treated to a Valentine Carnival. It was held at the Le Bonheur Rehabilitation Outpatient Center for more than 50 patients. Children who attended participated in several activities including fishing, bowling, and face painting. Each child received a book donated by a JLM member.

Provisional Kate Van Namen played a big part in the planning process. “We hoped to provide the patients an opportunity to have fun in a positive environment. We wanted each of them to have the chance to win prizes, receive positive affirmation, and feel the love in the spirit of Valentine’s Day,” Kate said.



Other provisionals set their sights on re-sale by assisting with JLM’s second Estate Sale which was held on March 22. This year, shoppers were given a chance to buy early while listening to music and enjoying hors d’oeuvres and cocktails during a preview party two days before the actual sale. Provisionals worked the set-up, preview party and the ‘day of’ sale. The 2014 Estate Sale was a tremendous success, raising approximately \$22,000 to support the JLM mission. [JL](#)

A Sterling Collection Embraces Spring

By Kathleen Armour Walker

As the days grow longer and the temperatures rise, we often look to lighter meals and fruitier beverages. The Junior League of Memphis, *A Sterling Collection* cookbook, is sure to deliver some wonderful entrees to refresh our palate. The foundation of our southern summers is iced tea; we southerners tend to just evaporate without our sugary beverage. There is no better place I enjoy my tea than on my front porch. The conversations on my front porch have solved all the problems of the world and if acted on, I am sure could bring world peace. Friends, before there were telephones, internet, Facebook, or smartphones, there were front porches. These special places brought folks together on Saturday nights or just about anytime we could catch a breeze. I suggest squeezing a little bit of fresh lemon and dropping a fresh mint leaf from your garden in a glass, sit back and enjoy the good things in life.

There are those occasions when you just have to dress up the beverage and keep the tea in the fridge! These times most always call for a little punch. In the south we just love a little ginger ale or sherbet to fancy up a punch bowl. The punch bowl is the dressing for this festive drink, the ladle acts as the crown jewel. Punches come in all flavors, so you are sure to find one you love to sip. The frozen fruit rings that you can float in the bowl just add a little festive flair. Our recipe below is sure to please most any palate. Ginger ale may be swapped out for champagne, or vice versa depending on your crowd and time of day.

These are two wonderful recipes and drinks, but I know there are some serious tea drinkers in the mid-south. I must admit I am one of those folks that tea just makes my world a little happier.

Front Porch Tea

(page 31, *A Sterling Collection*)

2 cups water
1 cup sugar
2 cups boiling water
2 (family size tea bags)
8 cups water
1 (12 ounce) can frozen lemonade concentrate, thawed
1 tablespoon vanilla extract
1 tablespoon almond extract
Garnish - fresh peaches

Combine 2 cups water with the sugar in a 1 quart saucepan and cook until the sugar dissolves, stirring frequently. Pour 2 cups boiling water over the tea bags in a 4 quart pitcher and let stand for 5 minutes; discard the tea bags.

Add the sugary syrup, 8 cups water, lemonade concentrate, and flavorings to the pitcher and mix well. Serve over ice. Garnish with fresh peach slices.

Serves 14

Poplar Punch

1 (6 ounce) can frozen orange juice concentrate, thawed
1 (6 ounce) can frozen lemonade concentrate, thawed
1 quart cranberry juice cocktail
1 quart of ginger ale or champagne chilled
Garnish with 1 orange, thinly sliced

Combine the orange juice concentrate, lemonade concentrate, and cranberry juice cocktail in a pitcher and mix well. Chill covered, until serving time. Stir in the ginger ale and serve immediately, garnished with orange slices.

Celebrating is something we do quite well in our part of the country. Cherishing the smallest accomplishments to large life events gives us another reason to eat well. Finger foods travel well and are great to leave at a friend's door-step to bid her good health or congrats on her new promotion. A basket of warm fresh muffins are a way to warm our hearts. A little icing always makes it better! Muffins and fruit are just gorgeous together. A frozen fruit salad in muffin cups is easy and fun. These can be desserts, after school treats, a side with dinner, or set out at a brunch. Make ahead and freeze.

Serves 12

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Glazed Muffin Cakes

Muffins

3 1/2 cups sifted flour
2 teaspoons baking powder
1 cup butter (2 sticks), softened
2 cups sugar

3 eggs
1 cup milk

Fruit Glaze

1/4 cup lemon juice
1/4 cup orange juice
1/4 cup pineapple juice
2 tablespoons of butter
2 1/4 cups confectioners' sugar

For the muffins, sift the flour and baking powder into a bowl. Cream the butter and sugar in a mixing bowl until light and fluffy. Beat the eggs. Add the dry ingredients 1/3 at a time alternately with the milk, ending with the flour and mixing until moistened after each addition. Spoon into greased muffin cups, filling 2/3 full. Bake at 350 degrees for 20-25 minutes or until golden brown.


For the glaze, combine the lemon juice, orange juice, pineapple juice, and butter in a saucepan and heat until bubbly. Add the confectioners' sugar and mix well. Spoon over the warm muffins.

The batter can also be baked in miniature muffin cups, making 100 small muffins. The glaze is also good spooned over warm sponge cake, pound cake, or white cake.

Makes 30

Frosty Summer Salad

2 cups sour cream
3/4 cup of sugar
1/8 teaspoon of salt
2 bananas
lemon juice
1 (20 ounce) can crushed pineapple, drained
1/4 cup pitted dark sweet cherries or maraschino cherries, cut into halves
1/4 cup chopped nuts

Combine the sour cream, sugar, and salt in a bowl and mix well. Slice the bananas into a bowl and sprinkle with lemon juice. Add the pineapple, cherries, and nuts to the bananas. Add the fruit to the sour cream mixture and mix gently. Spoon into foil lined muffin cups. Freeze covered, until firm. Remove the foil liners to serve. 

Serves 16

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JLM Volunteers Find Common Ground with Homeless Families at the Salvation Army

By: Courtney Black



One Wednesday a month, volunteers from the Junior League of Memphis (JLM) are finding common ground with homeless women and children residing at the Salvation Army's Purdue Center of Hope on Jackson Avenue. The Purdue Center of Hope opened in 2000 with the support of the JLM, and it is home to more than 100 homeless women and children.

JLM member Tabitha Glenn chaired the Salvation Army – Common Ground community project and is extremely passionate about the work her committee is doing. She says their goal is to assist the Salvation Army with its lifesaving programs that work to prevent chronic homelessness and help individuals overcome addiction. To do so, her committee hosts monthly events for the center's residents. The events have included exercise programs, group discussions, nutritional work-shops and arts and crafts projects.

The committee strives to take "a fun approach" in promoting healthy lifestyle choices for the women and children at the Purdue Center. She said, "Our hope is that the residents will take this knowledge with them when they leave the Salvation Army and move to permanent housing."

The community project is in its third year, and Tabitha said the response from the participants has been positive. "The Salvation Army residents are always so appreciative when the JLM hosts one of our programs," she explained. "In fact, a lot of the residents know our names and someone is always offering to help us set up or clean up after each event."

The adult programming this year has covered a broad range of topics including stress management, physical fitness, addiction, flu-prevention, cooking and gardening. Likewise, the children have experienced a breadth of activities from participating in beginning yoga and basic Crossfit techniques to creating a thankful tree for Thanksgiving.

Tabitha said one of her favorite events was in January, when they celebrated the hopes and dreams of the residents in conjunction with the New Year and Martin Luther King, Jr. Day. The women and their children made dream catchers and created a dream board that included each person's handprint with their own resolutions and dreams written inside. They then hosted an overall discussion about how one man made a difference in the lives of so many.

"It's amazing to see the center's residents respond to a little bit of normalcy and positivity. I can only imagine how it must feel to have your life turned upside...so to be able to create some fun while providing some helpful tips and knowledge is so rewarding," said Tabitha. "For us to be able to give a struggling mom a few minutes of 'me time' or to see a child light up when we open a new box of crayons for our arts and crafts activity is priceless. I'm so proud to be a small part in helping these precious children and their moms get back on their feet."

2013-2014 JLM Salvation Army – Common Ground committee members included: Tabitha Glenn (chair), Maria Solomon, Jennifer Ott, Kira Johnson, Catherine Smith, Christine Joe, Lauren Peyton and Lana Zepponi. **J**



Junior League of Memphis Celebrates 5 Years of Taking Strides Against Childhood Obesity

By: Jessica Rifanburg

The 5th annual Junior League of Memphis 5K for Kids Taking Steps to End Childhood Obesity was held Saturday, May 10 at the Community Resource Center. For the greater Memphis community, the annual 5K is more than a fundraising event. It allows Memphians to come together in a fun, supportive environment and to be an example to our children. The race is a statement of the Junior League of Memphis' (JLM) commitment to improving the community through effective action and leadership of trained volunteers.


According to the Tennessee Department of Education, Tennessee is reversing the trend of childhood obesity. Excess weight is still very common among the state's youth, however over 8,000 fewer children were classified as overweight and obese in 2008-2009 compared to the previous year. The prevalence of overweight and obesity among the state's children dropped from 40.9% to 39.0%. Combating childhood obesity is so important to the Memphis community that Mayor A C Wharton dedicated his time and efforts to be this year's Honorary Chair of the JLM 5K for Kids.

The 2013 5K for Kids drew more than 600 participants and allowed JLM to use registration fees to directly support

efforts to provide trained volunteers and support our community projects. One of the many benefits of the annual 5K for Kids race is that it gives all Memphians the opportunity to participate.

Not a runner? Don't let that stop you from participating in next year's race!

- Having fun is the goal. Races (even for avid runners,) are meant to be FUN.
- Go at your own pace. Feel like walking 3 miles? Any step is one step closer to a healthier you.
- Set an example. Take the time to be an example to a child in your life and watch your positive influence make a difference.

While JLM is proud to have more than 600 racers participate, it is important that Memphians are committed to bettering the lives of our future generations. We hope you consider participating in next year's sixth annual 5K for Kids! 



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JLM Members in Action



What Motivates our Members? By: Lauran Stimac

On February 27, the *Volunteer Voices* writing team held a Junior League of Memphis (JLM) member roundtable to discuss what motivates our members to be active in the JLM and other community organizations. The answers our participants provided were both interesting and inspiring:

1. What motivated you to join the JLM?

The overwhelming majority of our roundtable participants, regardless of age or time in the JLM, joined because it was recommended to them by a friend. Once their interest was piqued, they learned more about our organization and elected to join. They have been surprised at how involved they have become given the large size of the organization and the variety of service opportunities.

2. What had you heard about JLM from your family, friends, and coworkers?

Our roundtable participants acknowledged that Junior Leagues across the country continue to battle the stereotypes portrayed in movies like *The Help*, but once our communities get to know us and see what we do, those stereotypes fade away.

“I think that when you are outside of the JLM you hear of great things happening, but you don’t really get it until you join,” said Traci Strickland, provisional member.

“People are surprised by our size and impact,” added JLM Member Charlene Cox.

3. What incentivizes you to stay an active volunteer in your community?

Our roundtable participants are motivated by a strong drive and desire to give back to the community that has given them so many opportunities. They are also energized by the opportunities the JLM gives them to learn new skills. You can be a banker by day, and then develop new skills like writing or event planning through the JLM. For others, the motivation is as simple as the smile on the face of a child in the G.R.O.W. initiative.

“The JLM is a great place to go in different directions in an organized way,” said Page Wood, JLM Training Director.

“You can know what you are passionate about and that is what you can focus on, using your strengths,” said Traci.

4. Do you feel your volunteer role is making a difference in the Memphis community?

Yes! Our roundtable participants have seen the impact their volunteer work has made in the faces of the children we work with through the G.R.O.W. initiative and the spirits of the JLM women who are empowered by the success they find in leadership roles within the JLM.

5. What other volunteer organizations are you involved in?

Our roundtable members are involved in a variety of other organizations in the Memphis community, including Kappa Delta at Rhodes College, tnAchieves, Youth Villages, United Way, Memphis Academy of Nutrition and Dietetics, the Child Advocacy Center, and the Children’s Museum of Memphis.


6. How would you describe the JLM?


“JLM is a bunch of women who have it together and they work on helping to better Memphis,” said Erin Bleier, JLM provisional.

“Year after year, you see the JLM members improving themselves,” explained Charlene.

“Everyone is sensitive and aware of your time. Meetings have agendas and start on time. It is like a well-run machine,” said Traci.

“We provide trained volunteers, hands, in addition to money. Women can use these skills in other organizations. It continues to build on foundational things that happen here as part of our mission,” added Charlene.

Thank you to Erin Bleier, Traci Strickland, Charlene Cox, Katherine Guthrie, and Page Wood for participating in this discussion. 



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Sustainers Make a Great Impact on the Junior League of Memphis

By: Lauran Stimac


The Junior League of Memphis (JLM) has a special membership category for women who have reached the age of forty and who have at least completed five years of placement. These women are known as sustainers for their history of giving to the JLM, their commitment to share their expertise and time to promote the mission of the JLM. The sustainers host several noteworthy events each year.

Sustainer Polo Outing

The JLM sustainers held a polo outing at the Memphis Polo Club in September. Proceeds from the event benefitted the JLM's G.R.O.W. initiative, which focuses on education and development in partnership with W.H. Brewster Elementary School, Lester Community Center, and Cornerstone Prep. Children at Lester Community Center received holiday baskets filled with goodies thanks to the sustainers, the volunteers at this event, and the guests in attendance. Hors d'oeuvres and drinks were served under an elegant tent as JLM members and their guests watched the players and their horses demonstrate great skill on the field in a hard



fought match. One of the time-honored traditions of polo is the stomping of the divots. At this modern-day event, the spectators left the tent and came onto the field to stomp divots before returning for the remainder of the match. Beautiful hats and festive dresses abounded, and those in attendance described it as one of the prettiest days in late summer. The sustainers were pleased to welcome as their guests a group of students from the University of Mississippi School of Law, taking a break from their studies to enjoy the weather and watch the ponies run. Congratulations to the sustainers and event volunteers for putting on a wonderful event! Special thanks go to Marilyn Seaton, the chair of the event, for her hard work and to Imogene Erb, a sustainer whose family owns the land on which the Memphis Polo Club practices and plays, for generously welcoming the JLM and its guests.

Sustainer Holiday Open House: The JLM sustainers hosted their annual Sustainer Holiday Open House in December at the Community Resource Center (CRC). This free event was open to sustainers and was offered as a special thank you for their contributions to the JLM. The Open House began with a Community Service Project, hosted by Lisa Bobango and Karen Lawhorn, to benefit the children of the G.R.O.W. initiative. Volunteers stuffed stockings and made flannel scarves for the children while sharing the spirit of the holidays and enjoying pastries provided by Panera Bread. Following the community service project, the sustainers hosted a lunch and presentation on tablescape designs by Katherine Godoy, who shared tablescapes ideas for the holidays and every day, with a focus on incorporating personal collections into table settings and using what you already have. Katherine inspired the attendees with an ornate boat table scape that included both Christmas and Mardi Gras themes. The lunch and presentation were hosted by Donna Flinn. Throughout the day, a silent auction to benefit the JLM was underway and attendees had the chance to bid on fun and unique items that were perfect for holiday gifts. The Open House concluded with a holiday cocktail party hosted by Summer Godman and Maggie Cobb-Boyd. The CRC was transformed into an elegant holiday wonderland, where significant others joined the sustainers to share wine, a scrumptuous cocktail buffet, and holiday cheer. The JLM thanks the sustainers and other volunteers who worked hard to make this Open House a fantastic holiday event, as well as Panera Bread and Frank Peyton of Regions Mortgage for generously donating food for the Open House. 

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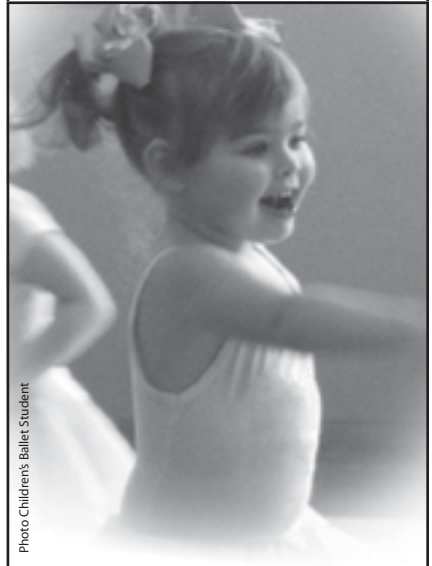


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Tea at Trezevant Manor

By: Ashley Bowles

The **Junior League** of Memphis (JLM) sustainers hosted a springtime tea for its members living at Trezevant Manor. Stephanie Simpson, JLM President, presented the JLM community projects and a general overview of current activities to support the JLM mission.

Bowen Cook, G.R.O.W. Thursday Supper Club Chair, told the sustainers – about the success of G.R.O.W. at Lester Community Center. Bowen’s grandmother, Jeanne Bowen, attended the tea. Jeanne started a tradition of serving her city through the JLM that her daughter, Jeanne Hollis, and granddaughters, Martha Hollis and Bowen, have enthusiastically continued.

“It was really a special afternoon,” said Bowen. “The ladies were so eager to hear about what the JLM is doing around the city of Memphis. They are so proud of what the JLM has

done and continues to do! You could see the pride on the faces of these sweet ladies as we went through many of our community projects.”

The sustainers were thrilled that the JLM is still involved with helping schools through G.R.O.W. Current and former sustainer directors, Lisa Bobango, Elizabeth Martin and Didi Montgomery shared information about sustainer involvement. Trezevant residents, Dot Everett and Carol Jones, delighted in reminiscing about their participation in the Follies. They suggested that it may be time for another JLM Follies! Sustainer Anita Pharr, Thrift Shop Chair for two years, along with fellow sustainer Gloria Anderek and Eleanor Crawford, were very pleased that Repeat Boutique is having record sales. **JL**



Training Event Highlights

By: Lauran Stimac

The Junior League of Memphis (JLM) provides a variety of training events for its members to sharpen their skills or develop new ones. The Training Council takes member feedback very seriously, and they strive to plan training events that will fit well with the interests and schedules of JLM members. Highlights from popular training events include:

Aye for Memphis! Larry Jensen, President and CEO of Commercial Advisors, gave an engaging presentation before the August general Membership meeting to approximately 50 JLM members. Mr. Jensen discussed several nicknames the city of Memphis has accumulated over the years and how they are historically reflective of our community. He also explored the question of, if we are the Bluff City, the River City, or Grit and Grind, then why do we think and talk among ourselves as if we are constantly at the edge, on a precipice, of falling into yet another looming community chasm? Is that a fair assessment of our community? How do we change that? Mr. Jensen provided insight into identifying our strengths

and our opportunities, and he inspired a discussion about our city's strengths. Mr. Jensen's fondness for our city is evident in his passionate advocacy for its citizens, and our JLM members found it to be both infectious and inspiring.

Lean In Book Discussion Group. On October 20, 2013, JLM member, Amanda Eckersley, facilitated a discussion group based on Cheryl Sandberg's book, *Lean In*. Approximately 25 JLM members attended, and a thoughtful, insightful discussion ensued. Approximately 80% of JLM members work outside the home, yet we are also wives, mothers, daughters, sisters, friends, caregivers and community supporters. Our JLM membership provides us many opportunities to take on leadership roles, and this discussion group explored how we can translate that leadership experience into the workplace and other parts of our lives. Participants in this training session left feeling empowered to achieve their full potential and to inspire others to do the same. **J**



What is the Junior League of Memphis?

By: Ashley Bowles

“What is the Junior League of Memphis (JLM)?”

This is a question asked of our members on an almost daily basis from our family members, friends, co-workers, community leaders and potential new members. And you’ll likely hear a different answer from our 1,600 members. The JLM means different things to different women, from a way to volunteer in Memphis, to learn about Memphis or to learn new skills.

GINNA RAULS, External Community Director of JLM, is a Nashville-native where her mother was a member and president of the Junior League of Nashville. She has always had a heart for service.

“The JLM is an amazing group of women who can help get a job done quickly and efficiently,” said Ginna.

Amy Beth Dudley, Board Member at Large, joined the JLM in 2000 with a friend. She sees JLM as excelling at volunteer training, including hands-on leadership training that is second to none in the city.

“I appreciate the ability to volunteer in an organized capacity,” said Amy Beth.

Amy Beth also has had opportunities provided through the JLM that she didn’t have professionally at the time, such as running meetings, setting schedules, motivating volunteers, and learning how to communicate clearly, effectively and efficiently. She said that has prepared her for more leadership roles in her career. In fact, her role as Director of Volunteers and Special Events for the Salvation Army came from her JLM placement making connections for her.

Kimberly Grantham, Membership Director, joined JLM eight years ago with her good friend who is also serving on the JLM board with her. They wanted something to do together that would benefit the community. She said JLM helped give them focus and direction in their volunteer efforts and helped her get to know the city as she is not a native Memphian, though she ‘would absolutely call it home now’.

Kimberly praised the JLM boards of past and present, “their leadership allows us to make an impact in the community; they are always working and thinking about how to move the JLM forward.”

As a board member, Kimberly said she is always overwhelmed with the quantity and quality of work the JLM does.

“JLM is a group of women who can get things done. We have a heart for the city,” Kimberly said.

Amy Stack, Membership Assistant Director, joined the JLM in 2006, looking for something purposeful to do after graduating from college. Her original intent was to make more friends, but Amy said the JLM experience has exceeded her expectations. As a native Memphian, JLM has made Amy love Memphis even more.



“Memphis has its challenges, but JLM gives its members the front-row seats to those trying to change it,” said Amy. “Our members are committed to finding solutions and making things better while being more informed about the city.”

Assumptions about the demographics of Junior Leagues across the country have existed for decades. JLM has approximately 1,600 members including more than 600 active members, 90% of whom are between the ages of 24 and 38. Of JLM active members, 87% work outside the home and more than 85% have children.

Ginna said our total membership puts in more than 30,000 volunteer hours each year and Amy Beth said the JLM has a \$1 million impact on the city of Memphis each year, all with volunteer work and fundraising hours.

“The face of Memphis would not be the same without the work of JLM,” said Amy Beth.

“JLM has always had a diverse population, diverse in age, background, race, et cetera,” said Amy.

The JLM works very hard to raise money to fund its projects. Fundraising is the only way the JLM is able to make such an impact in the city. With events like Junior League Gift Showcase (JLGS), Estate Sale and 5K for Kids along with fundraisers like Community Resource Center (CRC) rentals, Repeat Boutique, corporate grants and annual fund donations from members, JLM is able to support projects year after year. Such projects include Baptist Trinity Hospice and Kemmons Wilson Family Center for Good Grief and new projects like Church Health Center’s Plan to Get Healthy.

“Our fundraising efforts directly relate to how many projects we can support,” said Ginna. “The more money we raise, the more projects we can fund.”

Kimberly said the amount of work that goes into JLGS is almost another full-time job for its volunteers.

“I feel like JLM makes the most of its money, making the impact we want it to make,” said Kimberly.

“The JLM grows the potential of women, making them feel more empowered, educated and engaged,” said Amy. “Plus it’s fun!” JL

Pink Palace Hosts Exhibit

Exploring the History, Science and Culture of Race

By: Courtney Black

This spring, the Pink Palace Museum hosted to a powerful exhibit that challenged visitors to explore the complex topic of race. Developed by the American Anthropological Association, “Race: Are We So Different?” approaches the subject of race from a historical, cultural and biological perspective.

The Junior League of Memphis (JLM) was one of a number of community partners that provided support to bring this important exhibit to Memphis.

Shantih Smythe chaired the JLM’s involvement with the RACE exhibit, and she feels strongly about her committee’s role. “The JLM and its volunteers have the opportunity to be a leader in helping expand the world view of the city of Memphis as well as encourage individuals to engage in a broader conversation about how our personal beliefs about other people are formed,” said Shantih.

JLM members have served as docents for the exhibit, facilitating interactive stations in the gallery for school age groups and the general public.

On display in Memphis February 1 - May 4, 2014, “Race: Are We So Different?” featured historical artifacts, striking photographs, interactive displays and multi-media presentations that are sure to provoke both reflection and discussion among visitors of all backgrounds.

A free lecture series was also offered as a complement to the exhibit, and speakers have addressed a variety of topics including race relations in the Mid-South and the role of race and genetics in medicine.

2013-2014 JLM Pink Palace – “Race: Are We So Different?” committee members were Shantih Smythe (chair), Mikki Cobbins, Paula Geeter, Kitt Kirk, Lauren Lazar, Tameka Nelson, Krystle Savage, Elizabeth Scruggs and Joyce Turner. [JL](#)



From Opening Night to Homework Night: Collage Dance Collective

By: Carrie L. Strehlau

From the excitement of an opening night to a refresher course on the Pythagorean Theorem, about a dozen Junior League of Memphis (JLM) members have been hard at work during their placement with Collage Dance Collective.

Located in Midtown on Broad Avenue, Collage opened in Memphis in 2007. They offer ballet classes for toddlers to young adults and have a group of professional dancers who perform throughout the city.

Throughout the year, JLM members worked at Collage with young students on school homework outside of ballet class. They also assisted with dance recitals and hosted special programming with an emphasis on health, wellness, empowerment and confidence.

One of the group’s major community projects was partnering with Carpenter Art Garden and Lester Community Center. Collage families helped paint murals, plant bulbs, and clean up leaves and trash. One JLM member taught the group how to make handmade stepping stones, which are now being used to decorate the center.

“We’ve been inspired by this group of smart, talented kids,” says project chair Pooja Shah. “From helping them with homework to presenting workshops on bullying, diversity and nutrition, I feel like this placement has created an opportunity not only for the kids to learn from us, but for us to also learn from them.” [JL](#)

The Junior League of Memphis would like to extend sincere thanks to our generous Annual Fund donors. This list below includes donations from February 1, 2013 through February 28, 2014. If you are listed incorrectly or omitted, please contact Pat Pope via email at pat@jlmemphis.org.

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Leading the City's Finest Group of Volunteers

By: Kathleen Armour Walker

As the Junior League of Memphis' incoming President, Carolyn Danley has many years of JLM experience and is well-equipped for the job. It's not easy leading any volunteer organization, much less one with more than 1,600 highly-qualified women most of whom in their day jobs are already leading our city. As the JLM looks toward the future as a whole, it is the individual leaders that help us along our journey.

Carolyn received her bachelor of science degree in psychology and a master of science degree in counseling from the University of Memphis. Throughout her career she has worked in numerous positions in the field of higher education administration at Christian Brothers University, University of Tennessee Health Sciences Center and is currently at Baptist College of Health Sciences. Most recently, she was the administrator of a grant from the Department of Education for \$1 million dollars to open a learning center for math and science. She was recognized by Baptist College of Health Sciences with the Service First Award for going above and beyond in service.

Her community involvement started during college with volunteer work for Memphis Literacy Council, Memphis Humane Society and the Crisis Center. Other volunteer opportunities through the years have included TWIGS of Le Bonheur, marketing director of the Enchanted Forrest Steering Committee, United Cerebral Palsy, hospice volunteer for Baptist Trinity Hospice, and past board member of the American Diabetes Association. She has been involved with Baptist Kemmons Wilson Center for Good Grief as a Camp Good Grief and Teen Camp Good Grief leader for 11 years. She also served on Baptist's Capital Campaign Committee to raise money to build the first residential hospice house in Memphis.

Our 2014-2015 President has been a member of the JLM for 15 years, where she has been engaged in many committees and leadership positions that focus on her love for the Memphis community including, Community Research, Extra Hands Chair, Headquarters Chair, Vice chair and Chair of the Leadership Certification program (now known as LEAD), Community Director and Grant Writer. One of the highlights of her JLM career was to serve on the Education Initiative Committee that developed the proposal for what is now G.R.O.W. Past JLM recognitions include Training Volunteer of the Year, Committee of the Year Award for the Education Initiative Committee and most recently she was named one of our 90 women of achievement in celebration of the JLM's 90th anniversary.

"I do have a vision for the Junior League of Memphis, but most importantly we have a shared vision from our members, Board of Directors, and our staff. I am here for a short time to lead the way but we have a roadmap, a strategic plan that



guides us and ensures that the Junior League of Memphis is moving forward in the right direction each year regardless of who is at the helm. If I do my job correctly, we will move forward on the same path with some milestones along the way," said Carolyn.

"We have big work to do over the next year... We will be moving forward with Issue Based Community Impact by continuing our research and development of how the JLM could impact one area of need, we will define an issue and some tactics and strategies to effect positive change. We will be looking at the structures and the processes in the JLM to make it work for today's member, making it member friendly to serve in a leadership role and persevere to become a sustaining member. We will be looking at focused efforts to reach out to the community to increase awareness of JLM's mission and create intentional collaborations with organizations and individuals that share our mission," Carolyn said.

She is married to Lee and has four adult step-children and three grandchildren. Her interests include attending all the Memphis Tiger basketball games, traveling with her husband, playing tennis, gardening, and anything she can do to improve the life of her fellow Memphians.

Carolyn said, "As one of my best friends said, 'I just grew into the position'. My work life experiences and other volunteer experiences as well as 15 years of JLM experiences combined to bring me to this point. I am so honored to serve as President and help facilitate the great work that the Junior League of Memphis is known for in the community." **JL**

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