

# folio

**PAST PRESIDENTS  
A MOMENT WITH  
JANÉE BONNER**

**LET'S CATCH UP!  
CHRISTMAS JUBILEE  
BLUE PASS  
MARDI GRAS  
& SO MUCH MORE...**

**LEADERSHIP: MOTIVATING AND  
SUPPORTING EACH OTHER AND  
OURSELVES WHILE ENRICHING THE  
COMMUNITIES AROUND US.**

***THIS IS JLM.***



## We love sharing your **birth** days!

Our modern Birthing Suites, the one-on-one nurse/patient care, and favorite OB/GYNs conveniently located on our campus are just a few reasons why families love The Birthing Suites at Springhill. Thank you, Mobile, for honoring The Birthing Suites at Springhill as the best place to have a baby.



The Birthing Suites  
at Springhill

[springhillmedicalcenter.com](http://springhillmedicalcenter.com)



VOTED BEST PLACE TO  
HAVE A BABY IN 2020 & 2021



# CONTENTS

*Women Building a Better Community*

**SPRING 2022**

## LEADERSHIP

**10**

### Board of Directors Spotlight

Reflecting on a wonderful year with JLM, let's get to know our Board of Directors.



**14**

### Past Presidents Janée Bonner

We've had so much talent who have led us in the past, we take a moment to speak with one of those leaders and what it was like during that era.

## FEATURES

**18**

### Women's Mental Health

Let's look at women's mental health and the impact it had through our life span.



## EDITORIALS

**28**

### Multi-generational workplace

How to adapt to each generation and their needs.



## IMPACT

**22**

### 2021-2022

#### Focus Areas

Let's take a look at all of the work we have done for the community and where we have been able to make an impact this year.

**24**

### Christmas Jubilee

Looking back at this year's event and the hard work that went into it.

## SOCIAL ENGAGEMENTS

**26**

### Membership Events

Social engagement and bringing in new faces.

**31**

### Congratulations and Acknowledgements

## IN EVERY ISSUE

**4**

From the Desk  
of the President

**7**

Letter from the Editor

**7**

Contributors

**32**

Save the Date



**Sarah Bumgarner**  
2021-2022 President  
Junior League of Mobile, Inc.

As I finish out my year as the 91st president of Junior League, I leave encouraged by what the future holds. I see women just starting out with such fire and passion to make a difference in the lives of those around them and bringing their fellow volunteers along with them on this journey. I see women mentoring each other to lead, volunteer, and impact. I see women becoming sustainers as they finish out their active years but leaving space for the future to grow.

You see, we all have our place in the story of Junior League. As my story turns to the next chapter, I am eagerly awaiting to read the chapters that await us in our future. Amy and her leadership will continue to grow JLM and fulfill the mission within our community.

Some of the things I am most proud of this year are the remarkable women who never gave up. No matter what obstacles they faced, or challenges thrown in their way, they made it work. Volunteering is something our members are passionate about and put their hearts into. So, as we began the year, we didn't give up on delivering over 20,000 diapers to community partners; supplying sports equipment for after school activities and providing 200 winter coats for our local Adopt-A-School; delivering excellent training opportunities in Finance, Women's Health and DE&I to women in our community; all while celebrating our amazing members. I am so proud of the women who led and fulfilled our annual fundraisers through countless hours of

hard work and perseverance. I feel as if the word of the last few years has been "pivot", as we have had to change our ordinary direction to meet the needs of those in our community relying on us - but I would like to also add the word "graceful." I am so proud of the women who showed up, worked hard, and never quit. What makes me proud is that these women are the backbone of this organization and what keeps it going strong 90 years later.

The love I have for volunteering in the community and the moments I have had with Junior League will hold a special place in my heart for the rest of my life. My prayer I leave with each of you within Junior League, and within our community, is to find your passion and use your talents to serve others. Find your journey and live it.

***"The servant-leader is a servant first. It begins with the natural feeling that one wants to serve... then the conscious choice brings one to aspire to lead."***

— Robert Greenleaf

**Sarah Baumgarner**  
2021-2022 President

***"A leader is not someone who loves to run others, but someone who carries water for his/her people so they can go on with their job."***

— Robert Townsend

As I reflect on the year and think back on all the ways our leadership team has "carried water" for the many volunteers of Junior League of Mobile, I am inspired. I know this year has had many challenges once again, yet I feel we have worked together to encourage and build each other up to continue with the JLM mission. I believe in the collective impact of women in our communities working together to change and build community with each other, and we have lived that through so many efforts this year. As you read the articles found on these pages, I know you will see this too.



# SATURDAYS WITH SARAH



Throughout the year Sarah worked hard to get to know as many members of JLM on a personal level as possible through Saturdays with Sarah. When there was an opportunity to provide a Saturday event, she was there getting to know her members with dates at Ashland Pub and a floral arrangement party. They were fun times to wind down from the serious work of our charitable efforts and take the opportunity to meet and chat about what we do outside the walls of JLM. Thank you for the memories, Sarah!



## It's not just your ride, it's your volunteer shuttle.

We know Junior League members spend a lot of time in their cars as they travel to improve our community. That's why our Unlimited Wash Club membership can be used at any of our 13 locations across the Gulf Coast to keep your vehicle clean, dry, and shiny!

**Unlimited Wash Clubs**  
Starting at \$20 a month

Find your nearest location at  
[www.richscarwash.com](http://www.richscarwash.com)



# folio

A community publication of Junior League of Mobile

## EDITOR

Crystal S. Jones

## CONTRIBUTORS

Amanda Jean Tulowitzki, Leanne Johnston, Chandra Brown,  
Sarah Bumgarner, Shellie Teague, Amy Groves

## PRODUCER

Interstate Printing & Graphics

## GRAPHIC DESIGNER

Smith Design, Courtney Harris

## AD SALES

Shellie Teague

## MISSION STATEMENT

Junior League of Mobile, 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. FOLIO is published twice a year. All rights are reserved. Reproduction, without permission, except by other Junior League publications, is prohibited. The office is located at 57 N. Sage Ave., Mobile, AL 36607, 251.471.3348.

Learn more at: [www.juniorleaguemobile.org](http://www.juniorleaguemobile.org)

## HOW TO ADVERTISE IN THE NEXT FOLIO

Please address all advertising inquiries to:

FOLIO Magazine

57 N. Sage Ave.

Mobile, AL 36607

P: 251.471.3348 F: 251.471.3340

E: [headquarters@juniorleaguemobile.org](mailto:headquarters@juniorleaguemobile.org)

For more information or to download an advertising rate sheet, visit us at: [www.juniorleaguemobile.org](http://www.juniorleaguemobile.org)



## Complete Care from the Neck Up.

Some of the best specialists in the region call Premier Medical home. From medical and surgical eye, ear, nose, and throat care to allergy testing and treatment, hearing aids, LASIK, contact lenses, and other optical services we have a specialist that can help you.

### For an Eye, Ear, Nose, & Throat Appointment Call:

East Office: 251.473.1900

West Office: 251.341.3300

Providence ENT: 251.633.2667

Daphne Office: 251.410.9000



Visit us online  
at [pmg.md](http://pmg.md)





Crystal S. Jones, 2022 Folio Editor

**T**his year has been inspiring on so many levels. Metaphorically, it was as if the windows were thrown opened, and streams of light and fresh air were let in after a long time away. So many activities that had been put on hold for the past few years came to life. It was great to see the women of JLM coming through the doors of our office to meetings, events and attending functions. It was nice to see faces outside of a camera screen for a change. As new life was breathed into our League it also brought along questions: How do we move forward? Will there be changes? What does the future hold? The brave women of the Board and Management team have truly worked hard this year to work through all these delicate issues, and with excitement, as they could see the life and vitality of this organization growing. I learned so much from watching how these women fearlessly led this group with grace and humility and I look forward to continuing to grow from their leadership.



*“There is always light. If only we’re brave enough to see it. If only we’re brave enough to be it.”*

—Amanda Gorman

In fact, this magazine’s theme is “leadership”, and it was inspired by the women I’ve been surrounded with on a weekly basis. John Quincy Adams once said, “If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” I agree, but I also believe that we are already leaders. There may be someone in your family that looks up to you or maybe it’s at your job. It’s a child watching your every move as they grow or it’s social media by sharing your truth and being a light to others. There is always someone watching, and you are a leader. So, let’s take the opportunity to reflect on leadership in all the ways we can be inspired by it and the lessons that can be learned from it.

Be the light.

— *Crystal S. Jones, Folio Editor*

## CONTRIBUTING WRITERS

---



LEANNE JOHNSTON  
Contributing Writer



AMANDA JEAN  
TULOWITZKI  
Contributing Writer



CHANDRA BROWN  
Guest Writer

GET  
INVOLVED

## FIVE LEADERSHIP OPPORTUNITIES ON THE GULF COAST

Have you wanted to get involved locally but you don't know where to start? Do you have a teenager that is interested in doing something within the community? There are a lot of volunteer programs in Mobile and Baldwin County, but today we are providing information on just five of the most diverse local programs that give you an overall look at your community, plus a bonus for the older kids!

1

MEMBERSHIP IN THE JUNIOR  
LEAGUE OF MOBILE

[www.juniorleaguemobile.org/membership](http://www.juniorleaguemobile.org/membership)

Junior League of Mobile is one of a large group of leagues within the Association of Junior Leagues International. Our membership includes women from diverse backgrounds joined together for the mission of promoting voluntarism, developing the potential of women, and creating community impact through the effective leadership and action of trained volunteers.

Members have the opportunity to provide local communities in need with essential items and connect with the people they serve. Training includes finance, fundraising, leadership, public relations, marketing, advocacy and personal development. Admission opens in January, if interested please email [recruitmentchair@juniorleaguemobile.org](mailto:recruitmentchair@juniorleaguemobile.org).

2



## LEADERSHIP BALDWIN COUNTY

[leadershipbaldwincounty.com](http://leadershipbaldwincounty.com)

Leadership Baldwin County is designed to engage current and potential leaders in Baldwin County, Alabama. The program brings people from across the county together to address the issues of the county from all perspective viewpoints. The leadership program offers its members exclusive experiences and insights about the county, its citizens, their needs, services, the challenges that are faced and the opportunities they have as a collective unit.

Monthly sessions will be scheduled in different locations throughout Baldwin County. The 2021-2022 year is currently underway with graduation in May. At that time registration will be open as they look for new applications for the 22-23 year; consider applying today.

———— Bonus Opportunity! ————

## RED SHOE KREWE WITH RONALD MCDONALD

[rmhcmobile.org/volunteer/red-shoe-krewe/](http://rmhcmobile.org/volunteer/red-shoe-krewe/)

Ronald McDonald House Charities of Mobile offers high school students the opportunity to serve guest families through the Red Shoe KREWE Ambassador Program. This is a leadership group comprised of Junior and Senior

high school students who are interested in leadership development and volunteerism. This group helps serve local guest families through planning and implementation of events and activities for Ronald McDonald House.



3

## LEADERSHIP MOBILE

[www.mobileunited.org/programs/leadership-mobile](http://www.mobileunited.org/programs/leadership-mobile)

Leadership Mobile aspires to train and empower leaders of our community who are dedicated to local growth and progress through networking and group development. Their annual program seeks to identify new and emerging leaders within Mobile County, provide a training program that gives the opportunity to obtain knowledge of the ongoing issues, leadership development and group dynamics. It also gives the members decision making process and other skills required for leadership effectiveness. These classes provide the opportunity for communication between its members and is a vessel for shaping the outlook of community decision-making.

Some of the overall objectives of the Leadership Development Program are to:

- Define leadership and various leadership styles
- Analyze community needs and capacity
- Examine group dynamics, community diversity, and leadership networking.

See the nomination section of the Leadership Mobile website if interested in applying.

## YOUTH OPPORTUNITIES

4

## EASTERN SHORE YOUTH LEADERSHIP PROGRAM

[www.eschamber.com/youth-leadership/](http://www.eschamber.com/youth-leadership/)

The Youth Leadership Program is a seven-month program designed to provide Eastern Shore high school students with the opportunity to gain a greater knowledge about their community, develop strong leadership skills and gain more self and social awareness.

### Students Learn:

- History & Geography of Baldwin County
- Law & Government
- Business Smarts
- Health & Human Services
- Environment

Along with the class sessions, small group projects are all assigned to address special community needs. The Chamber's Youth Leadership program recognizes that the development of young leaders is the start of strong communities that provide higher values to their citizens including fairness, diversity, and integrity.

More than 600 students have participated in the program so far. The application process begins in late February, with applications available on their website, at the Chamber office or the school counselor's office.

5

## YOUTH LEADERSHIP OF MOBILE

[www.mobileunited.org/programs/youth-leadership-mobile/](http://www.mobileunited.org/programs/youth-leadership-mobile/)

Youth Leadership Mobile is a program for high school Sophomores, Juniors and Seniors from diverse backgrounds and schools in Mobile County. It's a nine-month program participants attend to enhance their leadership abilities, learn problem-solving skills and learn how their leadership assets can help their local communities.

- This program identifies high school students who have leadership potential and who have concern for the betterment of the community.

- It brings together a diverse group from various social, economic, racial, and geographic backgrounds to learn about each other and the issues they face.
- The program also increases awareness of community issues, problems, opportunities, and successes, along with much more.

Please see the website for information on applying. Each student that applies must also have a school staff member complete a survey of recommendation on their behalf, which is located on the website as well.

## THE SILENT AFTER THE STORM:

*Leadership Set for Growth*

You can find beauty in the hard moments, but you also find strength in those times. True leaders lead not by force, but by providing clear guidance and setting an example for others to follow. This year's Board of Directors and leadership team had a challenge. Coming out of a year and a half pandemic most people were set in their new ways—working from home, volunteering from afar, sitting behind screens for meetings and the occasional drop-off when needed. The biggest gathering for some came in the form of Christmas Jubilee when we needed the assistance for such a large event. Since this is not located at our main headquarters, some members had not crossed the threshold of the JLM office in nearly two years. How were the Board to bring members back into action

not only to awaken our charitable efforts, but to build upon the other values and mission of JLM?

The board not only looks at what's going on today as a league, but also what they are doing for the future of the organization; so, the transition from home to office had to be a slow, but feasible transition for all. Somehow these ladies handled it with grace and efficiency. We now see more in-person events than we did a year ago. We look forward to seeing each other, not only for the cavalier moment of enjoyment, but what that moment means. We are all working together to bring funding for the greater good of our community, to fund new ventures for the future and to grow. We look forward to what's to come.

*Let's get to know a little more of the Board of Directors and their insight into JLM.***SARAH BUMGARNER**

Placement — President  
Current Occupation — Marketing Director

***Is there a placement at JLM you haven't had that you admire or wish you had the opportunity to work with?***

"I am not sure I have a role in JLM I feel I didn't get. Most every year I

was placed in something Nominating needed me in and if I had another role I admired, I would double place. I think the only years I didn't hold two placements was President-Elect and President. I wanted to make the most of my time and talents and Junior League has always allowed me to do so. You really get out of your membership what you put into it."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"Last year I was sitting at the Sustainer Luncheon and the school counselor from George Hall Elementary spoke about

how much our Adopt-A-School partnership has meant to their school. How each need we were able to meet provided so much for the staff and the students. I started crying tears of joy knowing that not only was I indirectly a part of not only beginning this project but also raising the needed funds, and all the other steps of fulfilling these goals. It was just beautiful to hear from someone receiving our generosity the value of the work and time I have put into it through my various roles in JLM."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"My advice is to take the leap and do something outside of your comfort zone. Joining Junior League has bettered me as a woman, as a mom, a friend and as an employee. Through my time in Junior League, I have built a community of women I can lean on and do life with, shoulder to shoulder through not only my volunteer role but also motherhood, marriage, the workforce, and being a healthy community member that gives back to those in need."





### AMY GROVES

Placement — President-Elect

Current Occupation — Business Lead,  
Institute for Medical and Nursing  
Education, Inc.

***Is there a placement at JLM you haven't had that you admire or wish you had the opportunity to work with?***

"I have had the pleasure of volunteering with every council but Research. I love to analyze things and problem solve, so a research placement would have been fun for me!"

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"I always love hearing the impact we are making in our community. Every time I see an announcement about our Adopt-a-School program or Diaper Bank contributions, I fill with pride over what we have accomplished."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"Use the Junior League to do what it's intended to do - develop your potential. Choose a placement that's outside of your comfort zone. Volunteer somewhere that you wouldn't normally visit. Make it an experience that you are proud to be a part of!"



### TARA MCCOOK

Placement — Planning Director

Current Occupation — Learning  
Manager, CohnReznick LLP

***Is there a placement at JLM you haven't had that you admire or wish you had the opportunity to work with?***

"My work schedule in the fall limits the amount of time I can devote to Christmas Jubilee, but I absolutely admire the work our CJ committee puts in! That is such a huge event with a lot of visibility, and everything always works so well."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"I had that moment at the Mardi Gras event this year, watching members and their families smiling and spending time together. It felt like a ray of sunshine after some rough times,

and it also felt like the foundation of much better times to come."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"Having JLM in my life has helped me grow in every aspect of my life. It's made me more confident at work, given me some amazing friends, and shown me what I'm capable of when the chips are down. The benefits of a network of women to work, build, and play with start from the moment you join."



### ASHLEY MCKEITHAN

Placement — Nominating Director

Current Occupation — Vice President of  
Human Resources

***Is there a placement at JLM you haven't had that you admire or wish you had the opportunity to work with?***

"I never held the communications manager position, but I always admired those that did that role."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"Being a part of packing backpacks for kids and including our children in Little Leaguer events made me feel this way. It allowed me the platform to extend the conversation on to my children and explain to them what we do and have them help with a tangible part of the JLM mission. Letting them know that kids who need food on the weekends have something to eat because of one of our programs!"

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"Just Do It! You can make your experience in JLM develop over time, and you can be as involved as you desire! Some years a placement that is more involved and takes more time makes sense and some years you need to step back and take roles that require less time and commitment, but all the roles make an impact in our community! I have met many talented, diverse, and unique women throughout my 10 years in JLM."

## 2021-2022 BOARD OF DIRECTORS

**SHELLIE TEAGUE**

Placement — Public Relation Director  
Current Occupation — Public Relations  
Consultant, Proxi Public Relations

***Is there a placement at JLM you haven't had that you admire or***

***wish you had the opportunity to work with?***

"Donor Development or Grant Writing"

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"The way we were able to continue to support our Adopt-A-School program in the face of a pandemic is remarkable. JLM ensured each child would still have access to learning by providing tablets for every student. We've really made a difference at the school and in the lives of the children there."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"There is no "right" time to join. Volunteer roles are a great way to learn about the organization, while also contributing to our impact."

**SASHA THATCHER**

Placement — Treasurer  
Current Occupation — Senior Analyst,  
Treasury.

***Is there a placement at JLM you haven't had that you admire or***

***wish you had the opportunity to work with?***

"One placement that I admire is Training Manager. I really value the training that I get from JLM and I think it is a very important placement."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"The Diaper bank and all it does to help our community as well as others. This year we facilitated a large transfer of diapers to a league in another state that was in need due to a natural disaster."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"One piece of advice I would give a potential member is if you are placed and don't end up liking your placement, don't quit! JLM offers so many opportunities and so many different placements. Each year you have the opportunity to do something different, you can find something you love to do and people you love doing it with!"

**CATHERINE WYNN**

Placement — Recording Secretary  
Current Occupation — CPA/Accounting  
Manager at Mobile Instrument

***Is there a placement at JLM you haven't had that you admire or***

***wish you had the opportunity to work with?***

"I admire the Fundraiser Chairs as they put their heart and soul into making each event a success."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"Years ago, we had the Jubilee Bargains fundraiser. It was a very labor-intensive event for volunteers. However, I remember interacting with community members and hearing their stories on how we met a need in their lives. While our fundraising events and community impact has evolved over the years, I realized the work JLM does in the community is important and the hard work is worth it."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"There are incredible women in JLM. I have been inspired by seeing these intelligent women work together to achieve goals. I would encourage a potential member to join and get to know the amazing women of our community."





## BRIDGET GOFF ARCHER

Placement — Governance Director  
Current Occupation — School Improvement Specialist with MCPSS

***Is there a placement at JLM you haven't had that you admire or wish you had the opportunity to work with?***

"I admire all the community placement positions. These volunteers are the face of Junior League of Mobile and the heart of our organization. The impact that these ladies have on the Mobile/Baldwin County community is immeasurable and I applaud all their hard work."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"We had a group of Distinguished Young Women help pack and distribute food boxes during Be Your Best Self Day several years ago. Afterwards, one of the girls said it was one of the most meaningful and touching experiences in her life. As a child her family struggled and had to receive assistance and she was grateful for the opportunity to serve others. To hear her story and watch her work with the children that day was a beautiful experience."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"Get involved and ask questions. When I came into the league, I knew very few people and didn't really know where I "fit in". I started going to the training opportunities, volunteer days, and even a few board meetings. There is a place for everyone in JLM."



## ANDREA MOORE

Placement — Sustaining Advisor to the Board of Directors  
Current Occupation — President and C.O.O. M2 Solutions, Inc.

***Is there a placement at JLM you haven't had that you admire or wish you had the opportunity to work with?***

"Transfer chair—I think it's so incredibly important to help fellow women who move to our great city to instantly meet new people, find valuable resources, and be able to form

new friendships through a shared love for the community. I met an amazing friend because I was invited to a transfer luncheon years ago and she had just moved to Mobile. I think this placement can really impact both our community and new members to our community."

***Looking at this past year or over the years you've been with JLM, what is the moment that made you stop and say, "it's all been worth it"?***

"This year the board voted to begin thoughtfully and conservatively using the endowment which has grown to over \$800,000 to fund the mission of JLM. I saw the work that went into the Endowment development by past boards. I saw the giving hearts of members who donated to it over the last several years. To see the growth and difference it will make now is just, well, worth it. I am so grateful to the leaders who had the vision to create it."

***You're currently on the Board of Directors but you were once a provisional and new member. What piece of advice would you give to a potential member who is hesitant to join?***

"Life is a series of choices. When you choose to be a member of JLM, you will meet extraordinary women who will make a difference in your life in ways you can't even imagine. I truly cannot imagine my life without the friendships and training I received at JLM. One of the trainings I attended specifically targeted skillsets and it gave me the confidence to start my own business with another JLM member. Talk about life changing!"



2021-2022 JLM Board of Directors

## PAST PRESIDENTS OF JLM:

*Janée Bonner*  
*The Making of a Leader*

By: Leanne Johnston

The Junior League of Mobile is full of untapped potential leaders. Janée Bonner's journey from provisional to President started with the most relatable of reasons. After she moved back to Mobile with her family, she joined Junior League to help her local community and connect with old and new friends. Janée became Junior League of Mobile President for the 2008-2009 term. Those years in between her provisional year in 1998 and becoming President in 2008 show a path of dedication to service, hard work, and how a little, albeit happenstance, can propel an everyday member from provisional to President.



Janée grew up in Mobile and attended St. Paul's Episcopal School. She attended the prestigious Rhodes College in Memphis, Tennessee majoring in History. Upon graduation, she moved to Washington D.C. where she worked on Capitol Hill. This is also where she would later meet her husband, Jo Bonner.

You know that Jo...Jo Bonner the former Alabama Congressman. Jo Bonner, the fourth President of the University of South Alabama and the USA Board of Trustees, but this article isn't about that President. This article is about Janée, a woman who managed to successfully balance career, family, and leading the Junior League of Mobile for the 2008-2009 term.

Janée spent years working on various committees including Christmas Jubilee as a volunteer and eventually serving the league as the Christmas Jubilee Chair. She also enjoyed helping serve on the Junior League of Mobile 75th anniversary

committee. After finding her stride in the organization as a volunteer, she looked to the future and was interested in joining the Board of Directors. Each position helped progress her knowledge and love for the organization by helping her learn new and different aspects of JLM. Although she didn't realize it at the time, these roles helped prepare her for the time-consuming, yet rewarding, task of serving as Junior League of Mobile President.

Being President came with its challenges including time away from family, but the task was equal parts rewarding. Janée learned her husband loved to cook during that year of service. When she had meetings or organizational related business to handle, Jo Bonner made sure the children had delicious meals to last the week. The support of her husband, family, and friends, made the work/life balance achievable.

Janée found a way to work smarter not harder by multitasking and utilizing her resources. She and Ashley Brown, the Christmas Jubilee Chair in 2008, turned daily walks into informal Christmas Jubilee meetings to hammer out details while still getting in those steps. Janée relied on her hard-



working and supportive board during her time as President. She also relied on her affectionately called “unofficial kitchen cabinet” of previous Presidents who provided invaluable support and advice during her term.

One of the most rewarding experiences she had year as President was being given the opportunity to attend “The Association of Junior Leagues International, Inc.” conference where she got to meet fellow Presidents from Leagues across the United States. The training sessions and opportunities to discuss how different Leagues were handling similar or dissimilar issues opened the door to new approaches. She didn’t wake up and join Junior League expecting to someday serve as President. When asked about what led to her time as President, she said “When I was first approached about putting my name in the hat to be considered, I laughed.” Thankfully for the Junior League of Mobile when that laughter subsided, she reconsidered. Janée initially didn’t see the potential for her Presidency, and if it had not been for a Junior League member asking her to consider the role, we might have

missed out on her memorable tenure. Her words of wisdom for any member considering a leadership role in the league, is to “go for it!”



Janée Bonner with her husband, Jo, and their two children.

A large group of graduates in white gowns and caps are standing on a green field, throwing their caps into the air. The scene is set outdoors with trees and a clear blue sky in the background. The McGill-Toolen Catholic logo is prominently displayed in the upper left, featuring the letters 'MCT' with a cross integrated into the 'T'. To the right of the logo, the text 'McGILL-TOOLEN CATHOLIC' is written in a bold, sans-serif font. Below this, the tagline 'Strengthening the spirit. Inspiring the mind.' is written in a smaller, italicized font. At the bottom left, the website 'WWW.MCGILL-TOOLEN.ORG' is displayed in a white, sans-serif font. The overall atmosphere is celebratory and bright.

Photo courtesy of Elizabeth Gelineau

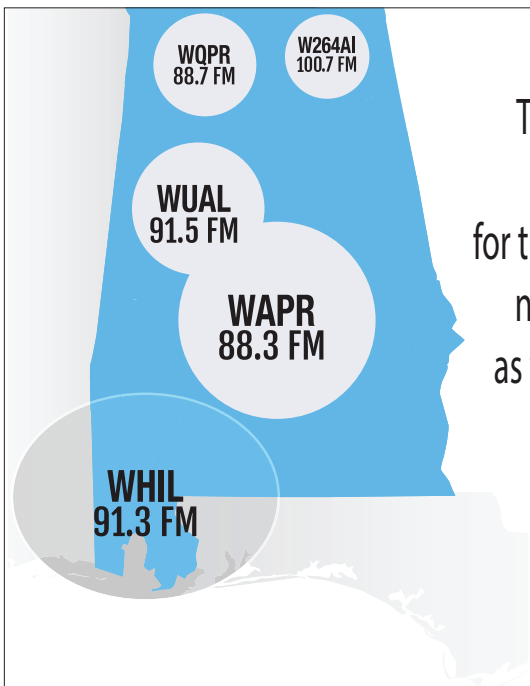
# WHERE GREAT CARE *is close to home*

FOOT & ANKLE • HAND & ELBOW  
JOINT REPLACEMENT  
PEDIATRIC • SPINE • SPORTS MEDICINE

251-476-5050 | [TheOrthoGroup.com](http://TheOrthoGroup.com)

FAIRHOPE • FOLEY • MOBILE  
SARALAND

@TheOrthoGroup | [f](#) [@](#) [t](#) [in](#) [v](#)



Tune in or stream from  
[www.apr.org](http://www.apr.org)  
for the best local, regional,  
national & global news  
as well as classical music.



From The Shoals to the shore  
**Alabama Public Radio**  
has you covered!



## AWARDS



Jeanie Guthans Wilkins with her mother, Barbara Ann Guthans.

## SUSTAINER OF THE YEAR: JEANIE GUTHANS WILKINS

## *Excitement from Friends and Family for Unsuspecting Nominee*

By: Crystal Jones

On December 7th, 2021, the Junior League of Mobile hosted the annual Sustainer Luncheon at the Country Club of Mobile. JLM President, Sarah Bumgarner, began the program with an introduction and the invocation was conducted by Public Relations Director, Shellie Teague. Sarah then introduced the 2021-2022 President-Elect, Amy Groves, for the presentation of the guest speaker, Marty Carrell, the Executive Director of the Women's Resource Center.

Marty spoke about the JLM diaper bank program and the blessing it has been to the mothers they serve. She discussed the programs of Women's Resource Center and how important partnerships in the community are to help continue their mission. Marty mentioned the story of Jesus healing the paralyzed man in the Bible—how his friends had carried him on a straw mat to see Jesus so he could be healed, but the crowd was so much they could not get to Jesus. So, they climbed on the roof, tore the roof open and lowered him into Jesus and he was healed. She compared it to how sometimes we must get creative and come up with new ways to help each other, by tearing the roof off.

After our wonderful guest speaker presentation, our 2020-2021 Sustainer of the Year, Ann Sirmon, was introduced to present this year's Sustainer of the Year winner. This year's winner was joined at the luncheon by family and friends who were aware of her nomination and excited for her, but she, herself, had no idea of the forthcoming gesture. Mrs. Jeanie Guthans Wilkins was a natural born volunteer, having learned by example from her parents. She gives 150% of her time to each and every project. She has a strong work ethic and a desire to improve the community. She started her provisional year with Junior League of Mobile in 1988 and over her many years of active service she served in a multitude of ways through both committee membership and in leadership roles. From committees such as Kids on the Block, Provisional, Nominating and Sustaining Liaison, she was an active force to work with and a strong leader. She served as a Placement chair and served on the Board of Directors in 1999-2000 as Membership Development Vice President.

In addition to volunteering with JLM, she has volunteered her time with the American Lung Association, the Arthritis Foundation, the Mobile Area

Chamber of Commerce and especially with Ascension Providence Foundation. She began her work with the Providence Foundation Board serving as a board member from 2007-2009. She was elected as Board Secretary from 2010-2014. While serving as Board Secretary, she also served as chair of the Foundation's major fundraiser, Festival of Flowers, in 2013. Starting in 2016, Jeanie served two consecutive 2-year terms as the Providence Foundation President from 2016-2020. Currently, she is serving as immediate past chair, a term that will expire next year. What a list of accomplishments!

At the close of the event, the President, Sarah Bumgarner, presented white roses to the women in attendance who have been members of JLM for over 50 years; these included Vaughan Morrisette (Past President 1967-1968), Skeeter Diehl and Barbara Ann Guthans, mother to Jeanie Wilkins this year's award winner. Congratulations to all these wonderful ladies and congratulations again to this year's Sustainer of the Year, Jeanie Guthans Wilkins.





# WOMEN & MENTAL HEALTH

## *A LIFELONG APPROACH*

BY: CHANDRA BROWN

Since COVID, the struggles with our mental health have taken center stage. Over the past two years, many of us (if not all) have coped with varying levels of anxiety and depression. It's imperative that we use this opportunity to holistically understand the impacts of our mental health and normalize receiving assistance and treatment.

This discussion on women's mental health across the lifespan is twofold. 1) Certain mental health issues only appear in women; and 2) Other mental health issues affect women differently.

### ADHD & Early Childhood

A common mental health diagnosis for children is attention deficit hyperactivity disorder (ADHD). ADHD is noted for the following symptoms - attention dysregulation, impulsivity, and sometimes hyperactivity. A core feature of ADHD includes difficulty controlling behavior, which includes problems with time management, organization, decision-making, working memory, planning, emotional regulation, and prioritization.

According to information published by the Centers for Disease Control and Prevention (CDC), boys are more than twice as likely to receive a diagnosis of ADHD as girls. This primarily occurs because ADHD presents differently in girls and can be harder to identify.

ADHD in boys appears as symptoms that are easier to see. Boys may tend to run around more, behave inappropriately, act physically aggressive, and be more outgoing. Girls may

have trouble paying attention in some situations or have low self-esteem. Since girls are more verbal than boys and show fewer behavior problems, it is often harder to identify girls with ADHD. Because of this, the difficulties that girls struggle with when it comes to ADHD are often overlooked. This can lead to more issues as they grow up.

Research has shown that undiagnosed or misdiagnosed ADHD can harm a girl's self-esteem. Since girls are more likely to internalize their frustrations, this can increase their risk of developing eating disorders, depression, and anxiety.

Girls with ADHD may overcompensate and trend toward perfectionism. This is due in part to shame around their executive function challenges. Often this leads to an under-identification and sometimes a dismissal of an ADHD diagnosis based simply on the outcome (e.g., good grades). Girls with undiagnosed ADHD can develop problems in social settings, at school, and even in their personal relationships.

We unfortunately don't recognize the symptoms of ADHD in girls because the symptoms we're used to seeing are most associated with boys.

#### **ADHD symptoms in girls can include:**

- Appearing more withdrawn
- Struggling with low confidence and low self-esteem
- Exhibiting higher degrees of anxiety
- Difficulty keeping up with their schoolwork and peers in the classroom
- Difficulty paying attention during class

- Exhibiting verbal aggressiveness and engaging in teasing or name-calling
- Appearing not to listen from time to time

ADHD rarely travels alone. Having ADHD can predispose girls to addictive or impulsive behavior, including bulimia, binge eating disorder, substance misuse, and self-harm. People with ADHD are more likely to also struggle with anxiety or depression.

Of kids with ADHD, 50-60% have a learning disability or difference, such as dyslexia or a non-verbal learning disability. It is very important to treat ADHD, since not doing so will undermine the treatment of any concurring conditions. The best treatment for ADHD is a combination of therapy and medication. Not every symptom of ADHD is controllable with medication alone.



## Depression, Anxiety & Eating Disorders—Teens and Young Adulthood

As we move into adolescence and young adulthood, it's common for many women to experience varying degrees of depression, anxiety and eating disorders.

### Depression

The most common mental health issue in women is depression. Research has shown that twice as many women experience depression during their lives as men. Because of its prevalence, it's important to understand it.

### Some of the most common signs of depression in women include:

- Significant changes in sleep habits, such as sleeping too much or not enough
- Changes in eating habits, such as eating more often or not at all
- A total loss of enjoyment in activities that used to bring pleasure
- Extreme mood swings, moving quickly from happiness to anger and sadness
- Thoughts of suicide, self-harm, or attempts of self-harm or suicide

There are a lot of factors that play a role in the development of depression in teenagers, particularly teenage girls. Weight issues, problems with friends, long-term bullying, and academic problems can make it more likely for a teenage girl to struggle with depression. Also, witnessing or experiencing an act of violence, such as physical or sexual abuse or being involved with an abusive partner, can contribute to levels of depression in teens.

Suicide attempts can look different in women and girls. Though women are more likely to attempt suicide, men are more likely to be successful, largely based on the violent methods often used by men in their attempts.

### Anxiety

Anxiety is another common mental health disorder in adolescent girls and young women. According to the American Psychiatric Association, women are twice as likely as men to experience generalized anxiety disorder or panic disorder. Anxiety is often characterized by feeling tense or worried. People with anxiety disorders usually have recurring, intrusive thoughts or worries, which may lead them to avoid certain situations. There are multiple reasons why teenage girls might develop anxiety.

### Pressure

Today, teenagers are under a tremendous amount of pressure to perform not only in the classroom but also outside of the classroom. This high bar can contribute to the development of anxiety disorders.

### Physical and Biological Changes

Hormone fluctuations can contribute to the development of anxiety. Because hormone production can ebb and flow, this can impact brain chemistry, leading to the development

of anxiety. Testosterone has been found to help with easing symptoms of anxiety, and girls and women have much less testosterone than men. Also, the frontal lobes of teenagers are still developing, which can contribute to the onset of anxiety.

### Presence of Other Mental Health Conditions

Anxiety often occurs hand-in-hand with other mental health conditions, including substance misuse and depression. Anxiety can manifest differently in boys and girls, and symptoms in girls may not be as obvious.

#### Some of the most common ways that anxiety may appear in teenage girls include:

- Feeling physically ill, like an upset stomach, nausea, or frequent headaches
- Worrying about things that are outside of their control
- Poor sleeping habits, including sleeping too much or too little
- Pointing to vague symptoms to stay home from school

Anxiety can be treated in a few ways, including medication, therapy, or a combination of the two. Caring for anxiety includes continued management of the condition to keep it from interfering with or disrupting daily activities.

## Eating Disorders

Eating disorders can be devastating. While eating disorders can develop in anyone at any time, they are more common in teenage girls and young women. A majority of people diagnosed with anorexia or bulimia, and close to two-thirds of individuals with binge eating disorder, are female.

These disorders are more common in women for several reasons. Teen girls and young women are held to unrealistic beauty standards. Social media, movies, and billboards paint an unrealistic picture of what beauty looks like. Genetics and biochemistry may play a part in the onset of eating disorders as well.

The most common eating disorders involve too much focus on body weight, shape, and food, which spurs dangerous eating behaviors. These behaviors include but are not limited to self-induced vomiting, eating restriction, overeating, and the use of laxatives.

Disordered eating can significantly impact the body's ability to get nutrition and can harm the heart, major organs, bones, and teeth and lead to other diseases.

#### Some of the common physical and behavioral signs of eating disorders include:

- Sudden changes in mood
- Exercising excessively
- Extreme amounts of weight loss in a short amount of time
- Very involved food rituals
- The degradation of teeth and fingernails due to constant exposure to stomach acid
- An unhealthy obsession with body image, weight, and calorie counting
- The development of very thin hair, usually referred to as lanugo
- Feeling cold all the time due to changes in internal temperature regulation

In many cases, teenage girls who are diagnosed with an eating disorder spend time in inpatient therapy to ensure these issues are treated completely. Recovery typically is not linear, as stress and anxiety can aggravate symptoms of an eating disorder—but eating disorders are treatable.



## Reproductive-Related Mental Health Issues in Women

Genetics, biochemistry, and naturally fluctuating hormones during reproductive years can contribute to the onset of mental health issues that may only appear in women. Some of these conditions include:

### Premenstrual Syndrome (PMS)

Thanks to fluctuations in hormones, most women experience symptoms during the week before their period. In many situations, this is referred to as PMS. Though PMS can show



up differently from person to person, the most common symptoms include fluctuating emotions, headaches, and bloating. In particular, women who have been diagnosed with depression or anxiety may experience symptoms of PMS that are worse than women who do not have depression or anxiety.

Importantly, the symptoms of depression and anxiety can overlap with PMS. It might even get worse before or during menstruation. Women should see their primary care doctor regularly if they would like to address PMS. In some situations, medications used to control periods, such as birth control, can help treat the symptoms of PMS as well.

## Premenstrual Dysphoric Disorder (PMDD)

If PMS symptoms are extreme, women may be diagnosed with premenstrual dysphoric disorder. This is a condition that is similar to PMS. However, the symptoms are significantly worse. PMDD may have worse physical symptoms than PMS' cramps, tenderness, and bloating, but its biggest difference lies in its emotional impacts. This can include extreme mood swings, tension, irritability, and severe depression.

In many situations, the symptoms of PMDD might be so severe that they harm a woman's everyday life. PMDD may impact not only personal relationships but professional relationships as well. In women who are diagnosed with depression or anxiety, PMDD is more common. Women with PMDD should coordinate with their primary care clinician, as well as mental health specialist, to make sure they understand the treatment options available to them. Like PMS, the symptoms of PMDD will get worse around the time of menstruation.

## Postpartum Depression

When a woman gives birth, it is normal to have some degree of emotional letdown afterward from hormonal fluctuations. This is often referred to as postpartum blues or baby blues.

If symptoms of postpartum blues continue to persist for more than two weeks, the mother is usually diagnosed with postpartum depression. Some of the most common symptoms include mood swings, anxiety, crying fits, appetite problems, trouble sleeping, and feelings of being overwhelmed.

These symptoms may continue to get worse and could include difficulty bonding with a child and overwhelming loss of energy, reduced interest in the child, and feelings of hopelessness. Some women may even feel guilty. It is important for women experiencing these symptoms to get treatment as quickly as possible.

## Postpartum Psychosis

A rare condition that can show up in women who have recently given birth is called postpartum psychosis. This is a rare condition that usually shows up during the first days or weeks after delivery.

The signs and symptoms tend to show up suddenly and with a tremendous amount of force. The most common symptoms of postpartum psychosis include confusion, disorientation, hallucinations, sleep disturbances, and paranoia. The mother could even attempt to harm the child. Postpartum psychosis should be treated quickly by trained mental health professionals.

## Menopause

Toward the end of a woman's reproductive years, her hormones start to shift. In some cases, if a woman is prone to depression or anxiety, this change in hormone levels may reignite symptoms of mental health conditions around the time of menopause.

Often midlife has other stressors associated with aging or caring for both children and parents. These stressors can exacerbate even mild mental health symptoms, but any changes in mood or behaviors should be addressed with a medical professional.

Throughout our lives, it's important that we recognize how life stressors, along with internal factors (our physical health, family history, and genetics) impact our mental health. Just as we will go to the doctor for our children, our annual pap smear/mammogram, we need to normalize seeking assistance when faced with bouts of anxiety, depression, hormonal fluctuations and other mental health challenges. It's important to forgive, let go, know that we are enough AND know that there are trained professionals to help you gain new coping skills, through all stages of your life.

## To find a therapist

- If you have health insurance, you can reach out to your insurance provider for a list of therapists in your area.
- If you are uninsured, you can reach out to Open Path Collective ([www.openpathcollective.org](http://www.openpathcollective.org)), Psychology Today ([www.psychologytoday.com/us](http://www.psychologytoday.com/us)) and/or Lifelines Counseling Services ([www.lifelinesmobile.org](http://www.lifelinesmobile.org)).

# IMPACT AREAS

## FOR JUNIOR LEAGUE IN 2021-2022

BY: AMANDA JEAN TULOWITZKI

Junior League of Mobile has been blessed to continue to have funds flowing in from our members and our fundraising efforts. Those who support JLM trust us to use those funds to give back to the community.

The JLM mission is to make a measurable impact by enriching our community through supporting children and education.

Below highlights important focus areas of where our dollars are going in fulfillment of our mission.



### DIAPER BANK

Our Diaper Bank continues to provide diapers to organizations regularly. Our goal this year was to distribute at least 30,000 diapers, and to date we have distributed over 33,000!

Partner organizations this year were Prodissee Pantry, Women's Resource Center, Saraland UMC, Dumas Wesley, the Salvation Army, and Central Presbyterian. In fact, CEO Marty Carrell of the Women's Resource Center was the speaker at our sustainer luncheon this Winter.

The diaper bank is funded by the JLM budget. Additionally, we collect donations during our member events, through diaper drives and local businesses.

For several years, the provisional class has planned a diaper drive that will take place throughout the month of April to help involve the community in providing diapers for our Diaper Bank, allowing us to reach more members of the community.

This year we focused on the correlation of how much inventory we have and how much we planned to distribute. This set up JLM to support even more community partners while maintaining our inventory.

The Community Council has completed a partner application process for next year, and it is now online for current and potential partners to reapply yearly. The online format will also allow partners to request diapers as they need them, streamlining the process and ensuring that they get their diapers in a timely manner. This will also help with the sustainability of the project and help to continue diaper deliveries without delays, even in the summer months.

### ADOPT-A-SCHOOL

Our Adopt-A-School program continues to impact George Hall Elementary as we complete our partnership with them, prior to beginning our next partnership at the beginning of the new school year. JLM is also moving forward with opening this program to middle school students.



In past years we donated backpacks filled with school supplies, touchless water bottle fill stations, and art supply kits. We also bought books for every child at Christmas in partnership with The Haunted Bookshop, one of our BluePass merchants.

## *THE JOSEPH PROJECT AND PRODISSEE PANTRY*

Through our hunger initiatives, we provide funding and volunteers to the Joseph Project Food Pantry and Prodissee Pantry, covering food insecurity in Mobile and Baldwin counties. Our help through The Joseph Project has assisted Central Presbyterian in continuing to feed those in most need throughout the last few years of the COVID pandemic at a time when they needed it the most. As The Joseph Project had to temporarily close its doors, JLM was able to pivot and still meet the needs of our less fortunate community members. Through volunteer shifts of food packing and distribution days, as well as the monetary donations made by the Junior League, our members are able to help those in need of food and diapers in Baldwin County as well.

## *DUMAS WESLEY AFTER-SCHOOL PROGRAM*

Dumas Wesley is one of our longtime Community Partners. Due to the pandemic, we have been restricted in what we can do with the ASAP Kids (After School Achievement Program). Pre-COVID, volunteers would go to the ASAP program and provide fun activities for the kids, such as yoga or crafts.

JLM purchased new sports equipment for their gym, and also gave them bigger versions of games such as Cornhole and Connect Four. We had a book drive in March and have donated bookshelves, bean bags, and an area rug.

## *EXPLOREUM WHARF OF WONDER*

The Exploreum Wharf of Wonder is a 75th Anniversary Legacy Project that we continue today by providing new supplies and upkeep. JLM paid for repainting the area in 2020, and most recently purchased new fish and creatures for the "ocean."

This is a favorite area of the Exploreum for children, who enjoy playing on the boat and wharf and fishing for creatures to "sell" at the market.

## *LITTLE LEAGUERS*

Little Leaguers is a fun, mostly hands-on way for children and grandchildren of JLM members to involve their little ones in JLM activities, community projects, and membership appreciation events. Although there is not an official age range, usually events attract children from 4 to 12 years old.

Due to COVID, Little Leaguers have been limited in what they can do, but JLM is working hard to revive this program. This year, Little Leaguers met in person for a December Home Meeting with an Adopt-A-School project. They also had fun together at the Carnival Museum on February 21st creating fun Mardi Gras crafts and watching the parades.







# *Reflecting on the Past:* CHRISTMAS JUBILEE

BY: AMANDA JEAN TULOWITZKI

**T**his November 12th-14th, 2021, Junior League of Mobile held its 37th year of Christmas Jubilee. Combined with subsequent years, it has raised more than \$6,000,000 for JLM's mission.

Even through the ongoing pandemic, JLM was able to hold Christmas Jubilee safely without any outbreaks, and it was the only League in the southeast able to hold the market in-person. Still, coming out of COVID in 2021, Christmas Jubilee Chair, Paige Reed, led the charge to continue making the market a success. Her team really pulled together to do an amazing job with scaled back volunteers, 90 merchants participating and thousands of tickets sold.

"Shoppers genuinely enjoyed this year's event. It felt like a return to normalcy. We were able to host a successful event without as many restrictions. People could participate and be with each other. One of our biggest challenges was we had to scramble a bit for volunteers, but everything went well, and it was a great experience for everyone," said Paige Reed. "Ticket sales were strong but there were fewer merchants due to supply chain and staffing issues. Next year, we anticipate even more merchants."

Paige also said, "We showed the merchants we could pull it off in a world still struggling with the impact of COVID. Consistency is key for these traveling merchants—consistency of having the market on our calendar. We already have merchants signed up to participate in November 2022!"

Attendees of Christmas Jubilee entered the market through a hall of trees trimmed with sparkling silver decorations, pearls, and twinkling lights. High up above dangled "crystal" chandeliers that reflected the sunlight. Presents were piled

high under each tree with silver and gold wrapping paper and bows.

Once attendees reached the bottom of the escalator to enter the market, you could view the Grand Center Aisle Tree decked in gold and silver pearls, white tulle, and pearl shade balloons. Selfie spots with trees in the background were also scattered across the marketplace. Southern Lit Events staged our Santa area and a wall of greenery behind our hall of trees.

Christmas Jubilee 2021 was a great success after all we have been through with the pandemic and JLM is looking forward to another exciting year as we approach Fall 2022!





# THANK YOU BluePass

**By: Amanda Jean Tulowitzki**

Junior League of Mobile celebrated its 13th year of hosting the BluePass fundraiser this past October. The shopping pass provided purchasers with a 20% discount on purchases at more than 100 participating merchants in Mobile & Baldwin counties, including online retail options throughout the state.

Merchants registered to participate in BluePass and in return provided a discount to shoppers who purchased a pass. JLM promoted the businesses throughout the BluePass timeframe on our website, social media, and print marketing. Merchants who wanted to sponsor but were unable to offer a discount signed up to be a “Friend of BluePass,” which was a \$100 sponsorship which listed them on print and digital materials.

Due to the prevailing effect of COVID, BluePass continued to do a full month of shopping with the pass as opposed to only two weeks, giving shoppers more opportunities to find suitable times to enjoy the benefits of using the pass without being rushed to shop.

The BluePass Fundraiser has raised over \$150,000 for community initiatives in its 13 years of existence. As much as we value the hard work of the committee and our local merchants, the JLM Board made the difficult decision to end this fundraiser and continue with other efforts.

All fundraisers are evaluated on an annual basis with a report card by the Board of Directors. The board did not make this decision lightly. Some factors influencing this decision included the volunteer time hours, merchants having a hard time with capacity and mask restrictions as well as increased online shopping. 267 people purchased the BluePass this year, down from 340 supporters in 2020 and 372 in 2019. The capabilities of a shopping card fundraiser are limited. It was not an easy decision to make but they felt it was the time to sunset this fundraiser and explore other ventures to continue raising funds for the mission of JLM.

Collectively and individually, we want to make sure we are utilizing our members’ time as efficiently as possible. Members are busier than ever, and currently 90% of our membership works outside the home, as opposed to 50% only a few years ago.

JLM wants to recognize the outstanding work of the 2021 BluePass Chair, Jessica Weaver, and her team. We also want to recognize our BluePass Chairs from all previous years. Finally, we also want to recognize our wonderful merchants who supported us over the years. We are continuing to look at ways to support local retailers in the future.

## BluePass Chairs

2021-2022 – Jessica Weaver	2015-2016 – Lucy Pryor Slaton
2020-2021 – Shellie Teague	2014-2015 – Amy McCoy
2019-2020 – Jennifer Humphreys	2013-2014 – Melissa Hughes
2018-2019 – Whitley Norman	2012-2013 – Amanda Gonzales
2017-2018 – Jessica James	2011-2012 – Maria Williams
2016-2017 – Abigail Slaton	2010-2011 – Natasha Kendall

# COMMUNITY OUTREACH & SOCIAL EVENTS



## TIP FLIP

September 30, 2021, our Junior League ladies participated in a Tip Flip at the Braided River Brewing Co. in Mobile to raise money and bring awareness to the upcoming BluePass event. It was a great time to have fun and get together and mingle after the long quarantine. 100% of the tips from this event went to our charitable efforts.

## WINE ON THE RIVER

Once again iHeart Radio chose JLM as the recipient of this year's Wine on the River for Mobile event on October 16, 2021. With their generosity a large group of members volunteered to help at different tents throughout the event. It was a beautiful day in the city and a great time to have fun in the name of charity.







## MARDI GRAS—MEMBER APPRECIATION EVENT

Laissez les bon temps rouler! Mardi Gras 2022 was no less than what we come to expect it to be: fun, family, revelry, and a bit of mischief. On February 21st the members and family gathered at The Mobile Carnival Museum for our annual Member Appreciation Event. We had food, an event for the Little Leaguers, an opportunity to look around the museum and of course, the parade that followed.

## REAL TALK FOR WOMEN

How many times do you have the opportunity to have open and inviting conversations with multiple specialists or physicians on women's health in one place? Not many, and if you did, you would probably feel intimidated by the situation. The JLM Real Talk for Women event is an annual presentation of local physicians and area health providers that can give you a private and comfortable environment to discuss real health issues of women today. It was our honor to present this event on March 22, 2022, with local health affiliates, screenings, and Q&A from a panel of doctors across the health spectrum.

## REALTALK FORWOMEN

*Presented by* Junior League of Mobile



## DIVERSITY & INCLUSION

On April 6, 2022, our Diversity & Inclusion Chair moderated a phenomenal panel discussion with a variety of panelists with backgrounds that provided a broad spectrum of insight for all who were in attendance. It was the first Diversity and Inclusion event that we have had at JLM and was a great jumping off point for future events.

# 5 GENERATIONS OF EMPLOYEES IN THE WORKPLACE & *how to communicate with them*

By: Crystal Jones

In the year 2022, stop and look around your office. If you work in an environment privy to more than a few employees, then you are witness to something that hasn't occurred before in recorded history. Currently five generations of individuals are out in the work force and are still participating in local organizations as the "traditional" retirement age has lengthened. All of us are having to learn how to work side by side with five different generations. You are looking at five different views on economy, values, structure, benefits, drive and so much information that I could write a dissertation on generational differences in the working field. In researching this topic and trying to narrow down the subject it ended up simply coming down to communication; how each generation communicates and how to motivate them best.

Each generation has its own personality, whether that be in how they perceive personal values, view social norms or what their career paths should look like. Every generation has been influenced by what's around them and one of these influences they all have in common, though in different ways, is communication.

We can't work with our fellow peers if we are unable to understand them and vice versa, so communication is the most reliable tool we have in understanding each other and where we come from in the foundations of our lives. There is no denying that over time we have

transitioned from more traditional communication forms such as, face-to-face conversations to the now preferred text, social media world we live in. With that transition comes a difference in how the generations communicate at work and play.



## ***Baby Boomers (1946-1964)***

This generation has embraced technology while holding on to their personal go to form of communication, face-to-face conversations. They have picked up on smartphones and social media and are embracing new opportunities that remote work brings. They may be more likely to apply for a remote position than other generations as this can provide them the opportunity to continue working past their retirement. Baby Boomers may be more concerned about the risks of in-person work during a pandemic, or they're just more likely to be in roles that can be done remotely.

Most Baby Boomers that are still in the office are in higher positions within an organization and can be competitive against younger generations competing for the same positions as them. Baby

Boomers do love a challenge, though, and will play to win. So, consider this when developing a team for a tough project. They also like to be a part of the decision-making process, so putting them in charge of teams or projects will motivate them to work harder. Make sure that when they meet your expectations, you give them the public recognition they deserve and responsibilities that signify a higher authority level.



## ***Generation X (1965-1980)***

Generation X, now in their 40s and 50s, make up a large portion of a company's knowledgeable and skillful workforce. They are relied upon for managing projects due to their dependability. With the expectation that they will remain on staff for the next few decades, they are preparing for leadership positions within their companies. As mentioned, sometimes this is delayed due to older generations staying on the job. This may cause Gen Xers to become frustrated, so it's essential to keep them motivated. When the time does come for a Baby Boomer to retire and a Gen Xer to potentially fill that role, they need to be ready and willing.

Gen X cares about company culture, and they like to engage in opportunities for personal growth. To them, employee training and development is the most important workplace policy. Encourage your company to invest in leadership programs, offer mentorship, or provide other opportunities to develop a Gen Xer's expertise. These opportunities will help build relationships that can pave the way to leadership positions, as well as aid in successful role transition. The attention on their development shows Gen Xers that they matter and are vital to the company, which motivates them to perform at a higher level.

Since Gen Xers value a work-life balance, items such as the ability to work from home and a flexible work schedule rank high on their list of priorities. They will appreciate it when you reward them with time off, which taps into their need for freedom.

While some kind of recognition at work motivates all generations, Gen Xers tend to respond better in intimate settings. Managers might want to present a certificate in front of a smaller team rather than the entire office or deliver positive feedback during a one-on-one session.



### ***Millennials (1981-1996)***

Generation Y or Millennials, as we know them, is considered the first "fully digital" generation. Growing up with cellphones means texting and other forms of messaging is part of who they are culturally and how they communicate.

Many grew up texting friends and family instead of calling them on the phone. They still prefer text communication because they can send and receive short messages that get to the point. As a result, they dislike talking on the phone. They feel that talking is less efficient than written communication.

Millennials also value feedback on their work and performances more frequently than prior generations. They want to feel like you value and approve of the work they are providing to the company. Much like Gen Xers, Millennials value a healthy work-life balance, which can drive their career decisions. A hardworking Millennial may be very goal-oriented and success-driven, but if a work promotion has the potential to throw their personal life out of balance, then they may not accept it. This is not to say that Millennials shouldn't receive promotions, but it paints the picture of how valuable a healthy balance in life is for them. To support this balance, these employees are likely to respond positively to receiving a raise or paid time off as a means of work acknowledgment and motivation.

This generation grew up feeling valued and positive about themselves, and they thrive off respectful, encouraging language. Since they prefer electronic communication, consider this when offering praises.



### ***Generation Z (1997-2012)***

While Gen Z may not be a considerable portion of the workforce yet, they are

growing in numbers each year. Like Millennials they grew up with screen time and internet connections, but they also grew up with fast internet speeds, so they are used to fast response times. Expect this group to be incredibly self-motivated, Gen-Zers will work hard for you but expect a lot in return. They are accustomed to real-time updates on all aspects of their life and will anticipate regular feedback from their supervisors, not annual or quarterly reviews. Their desire for structure and predictability leads them to look to their managers for ongoing training, both formal and informal and to have a plan for their growth. Despite their reliance on technology, Gen Zers also thrive on in-person interaction, contrary to the assumption that this group would lack the social interaction skills of prior generations.

Consider leaning on older workers to help with skill development of Gen Zers, who are known to seek out mentors actively. As mentioned previously, Baby Boomers and even Gen Xers are willing to jump at the chance to show their value and offer insight, so this is a win-win. And, without this one-on-one guidance, Gen Zers may then look to other employers who will charge a clearer path for their future.

Effective communication is essential not just for work, but for life. While each generation may have their preferred communication method, that doesn't mean that cross-generation communication won't occur. A little bit of extra communication, can go a long way toward the bigger picture of a successful coexistent relationship.



# DEVELOPING MEMBERS, *Developing Lasting Relationships* HERE AT JLM

*By: Leanne Johnston*



Catherine Cochran is passionate about new members and growing leadership potential in the women of Junior League of Mobile. She is our membership Development Manager for 2021-2022, and she is taking on the important task of generating new member interest and helping young women through the application process. Catherine wants the Junior League to be aware that “without members, the Junior League of Mobile does not exist.” Every provisional, active and sustaining member helps propel the Junior League of Mobile forward allowing for future years of success and community outreach to continue. The League is constantly growing, changing, and progressing with the times to ensure our mission continues for years to come. This requires a concerted effort by all current active members and sustainers to help promote the league to potential members as a wonderful opportunity to get active in community outreach and make connections in the community.

Membership Development has worked tirelessly to encourage women in Mobile to consider joining the Junior League of Mobile to further the mission. The Virtual Open House was

well attended with an estimate of 50 women in attendance. The second open house was a great success with a Mix & Mingle event on April 28, 2022, from 6:00 to 8:00 pm. This event gave guests the opportunity to speak with different league members and get a feel for their experiences within the organization. It also gave everyone the opportunity to get to know each other and have a better understanding of what all of our roles are within the organization.

While Covid-19 has reduced provisional class sizes overall, this has not reduced the league's goals for membership. If you know anyone who would be interested in joining Junior League of Mobile, pass the information on to the Membership Board or help your friend apply. Without members sharing the benefits of their league experience, the Junior League of Mobile will not grow and continue to reach the desired impact on our community. You can get involved in New member events even if you do not have someone to recommend. Active members can sign up for the sponsor pool to help guide potential new members through the application and provisional process.



# Congratulations & Acknowledgements

JLM member Tanekkya King (TK) and Jayson Walker became engaged on December 23, 2021 at the Roosevelt Hotel in New Orleans, Louisiana. Congratulations to you both!

JLM member Kayla Mowdy and husband David welcomed their daughter Adalyn on April 4th, 2022. Congratulations on the new addition and we know big brother Noah is proud!

We would like to acknowledge and congratulate two of our very own Junior League of Mobile members who were chosen for this year's Mobile Bay 40 Under 40 issue. Gray Ingle is an active member who currently is Director of Qualified Retirement Plans, Mitchell McLeod Pugh & Williams Inc.

Patricia Parnell Powe is a sustainer with JLM and is currently the Business Manager, University of South Alabama College of Medicine. Congratulations to both of these women for their continued success!



Top Left: Tanekkya King (TK) and Jayson Walker Engagement.  
Photo Credits: Jikhan Haynes of J. Haynes Photography

Top Right: Mobile Bay Monthly 40 Under 40 Cover

Left: Mowdy Family

The Provisional Class was able to meet a need for the Salvation Army recently by dropping off 3,050 diapers to their facility. Thank you for your continued work with the Diaper Bank and distribution efforts around the community.

**THANKS**



Dear JLM,  
Thank you so much for the beautiful flowers that you sent to celebrate Maty Elly's birth. They are the perfect pink and really brightened up our house! It means the world to me to have you all thinking about us at this special time. Looking forward to a wonderful 2022 with JLM!  
Melissa Hunter  
Pious the Minister



Sarah + Junior League of Mobile,  
Thank you for going above & beyond for us during a time of great need. In a time of emergency after the devastation of a hurricane, when our partner agencies needed more diapers than ever, you stepped in & helped us meet that need. You tirelessly coordinated and made it happen. Junior League of Baton Rouge, our diaper bank, our 24 partner agencies, & the families of babies & toddlers in the Baton Rouge community appreciate your gift & delivery of 3,050 diapers, wipes, & hand sanitizers. You truly went the extra mile for us - 199 to be exact. From the bottom of our hearts, thank you for your willingness to extend an outstretched hand to your fellow league & unwavering support & effort to help us in our time of great need. You are truly amazing, & it will never be forgotten!

Thank you,  
Jodie Moland  
JLM Diaper Chair  
2021-2022

Shelle League,  
Thank you for going above & beyond for us during a time of great need. In a time of emergency after the devastation of a hurricane, when our partner agencies needed more diapers than ever, you stepped in & helped us meet that need by organizing transportation & bringing us diapers, wipes, & hand sanitizers. You tirelessly coordinated & made it happen. You truly went the extra mile for us - 199 to be exact. From the bottom of our hearts, thank you for your willingness to extend an outstretched hand to your fellow league & for your unwavering support. You are truly amazing, & it will never be forgotten!  
Thank you,  
Jodie Moland  
JLM Diaper Chair  
2021-2022





# SAVE THE DATE

JUNE 16

Distinguished Young Women  
Be Your Best Self

JUNE 19

Juneteenth Day

JULY 4

Independence Day

JULY 23

Provisional Super Saturday

JULY 26

Member Roundtable

SEPTEMBER 5

Labor Day

NOVEMBER 11-13

Christmas Jubilee



**DIVORCE IS HARD.  
WE CAN HELP.**



50 St. Emmanuel Street  
Mobile, AL

**251-445-0891**

**[gulfcoastfamilylawyer.com](http://gulfcoastfamilylawyer.com)**



*China, Gifts & Home Accessories*

**(251) 345.1731**



*Linens, Gifts & Home Accessories*

**(251) 348.7479**

**Located in Legacy Village - 9 Du Rhu Drive • Mobile, AL**

**[www.ivycottageonline.com](http://www.ivycottageonline.com)**



## Memoriam

There are some who bring  
a light so great to the world,  
that even after they have gone  
the light remains.

*Let's remember the JLM members  
who have gone before us this  
past year.*

Sister Adams  
Mary Baker  
Margaret Brown  
Hilary Cabaniss  
Glynn Case  
Evelyn Cooksey  
Ruth Ezell  
Millie Gaillard

Cecile Gardner  
Elizabeth Gottlieb  
Lynn Green  
Ladye Drake Gwynn  
Mary Deer Hill  
Becky Johnson  
Frances Baker Lauten  
Anne Layfield

Betty Gray Lyon  
Lucille Rencher Murray  
Jean Murray O'Neill  
Appie Murray Sharp  
Bradley Smith  
Laurel Wilson  
Jane Yance

## THE PACT THEATRE COMPANY

JOIN US FOR  
SUMMER CAMP!



JUNE 6-17  
1ST - 12TH GRADE



JUNE 20 - JULY 1  
1ST - 12TH GRADE



JULY 11-22  
KINDERGARTEN - 12TH GRADE



JULY 24 - AUGUST 3  
KINDERGARTEN - 12TH GRADE

REGISTER NOW!

OUR 2021-2022 MAINSTAGE  
PERFORMANCE SEASON

## ROALD DAHL'S Matilda THE MUSICAL

April 29-May 15, 2022

## LEGALLY BLONDE THE MUSICAL THAT NEVER GOES OUT OF STYLE!

JULY 24-31, 2022



JOIN THE IMPACT! SIGN UP FOR CLASSES,  
AUDITION FOR A SHOW OR BUY TICKETS ONLINE!  
**WWW.THEPACTMOBILE.COM**

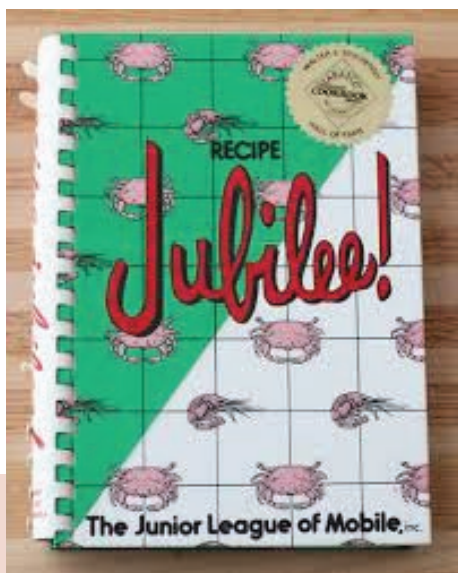
## DECEMBER HOME MEETINGS

After Christmas Jubilee, BluePass and many  
ongoing charitable efforts during the Fall,  
the ladies of JLM took time to celebrate with  
their annual Christmas gatherings and enjoy  
the festivities.





# — History of the Junior League Cookbook —



## CHOCOLATE NUT TORTE

Recipe by Mrs. J. W. Hartman  
Released in the 1983 Recipe  
Jubilee (Ninth Printing)

The first recorded Junior League cookbook was printed in 1930. It was titled “The Junior League Recipe Book” and was privately printed by the Junior League of Los Angeles. The oldest Junior League cookbook still in print was published initially in 1950! Since their inception, any profits from cookbook sales were used to support community projects and programs—which is still happening today.

The Junior League of Mobile has enjoyed a rich history of cookbook publishing since the 1964 publication of Recipe Jubilee and the many editions and additional cookbooks that followed. We have a Southern culture enriched with foods from all walks of life and continue to enjoy the recipes that have been passed down for generations today and we hope you do too!

1 sponge cake (baked in two layers)  
2 cups milk  
½ cup sugar  
½ cup flour  
¼ cup cocoa

1/3 cup cold milk  
1 cup butter or margarine  
1 cup confectioner's sugar  
2 teaspoons vanilla  
1 ½ cups chopped walnuts or pecans

Split each sponge cake layer in half, resulting in four layers. Heat two cups of milk. Combine sugar, flour, cocoa and 1/3 cup cold milk. Add to cold milk and cook over hot water until thick, stirring consistently. Remove from heat. Cover and cool at room temperature. Thoroughly cream butter and confectioner's sugar. Add to cooked mixture, beat smooth. Spread frosting generously between layers, on top and sides of cake and decorate with nuts.  
Serves 16.

For over 128 years, UMS-Wright has been the CLEAR PATH for POTENTIAL, and this is only the beginning.



UMS-Wright

PREPARATORY SCHOOL

251-479-6551 | ums-wright.org





# If you think character is more important than charisma, you might just be a Saint.

**At St. Paul's, it's what's on the inside that counts.** True to our Episcopal tradition, St. Paul's is grounded in Christian beliefs yet welcomes students of all backgrounds. Students and teachers gather weekly to attend chapel, and monthly for church services. These moments provide welcome shelter from the whirlwind of daily life, offering time to look inward and to focus on what we have done and left undone.

**Know What Matters.**





folio

**Junior League of Mobile, Inc.**

57 N Sage Ave  
Mobile, AL 36607

(251) 471-3348 | [juniorleaguemobile.org](http://juniorleaguemobile.org)

Nonprofit Org  
U.S. Postage  
PAID  
Mobile, AL  
Permit No. 217

*Promoting*  
**VOLUNTEERISM**



*Developing*  
**WOMEN**



*Helping*  
**COMMUNITIES**