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From the Editor

It's hard to imagine that another volunteer year has gone by. Reflecting on the past year I want to encourage all our members in the League to attempt to do something you have never done before and for incoming VPs and Chairs to ask something bold from the people around you. Prior to becoming the Chair of the JLM Magazine the only experience I had with magazines was succumbing to impulse buying in the Publix check-out line. Yet I found myself bestowed the responsibility of being the Magazine Editor. Through the help of my designer, committee, contributing writers, and a lot of google searches I have managed to have this magazine delivered to your home.

For those of you that don't know how to become the Magazine Editor the conversation with our VP of Communications, Ivon Rodriguez, went like this:

Ivon: Hey, would you like to join my committee? I really need someone to Chair the Magazine.

Stephanie: You know I don't know how to do that.

Ivon: I really need your help.

Stephanie: Fine, I'll do it.

Ivon: Awesome, I already sent your name into Marcia this morning.

"I am truly humbled by the amount of time, energy, and resources that our members give week after week."

Two lessons that can be taken away from this interaction. The first being that if you ask for help from your fellow members, you will always find people that are willing to step up to the plate. The second is that if I had been too scared or intimidated and declined the position, I would have only deprived myself. This year because the Junior League needed me- I not only got to meet so many different women in the League by asking them to contribute articles I also learned a new professional skill that has been one of the most challenging and rewarding things I've taken on in the past year.

With this magazine issue, we took the opportunity to highlight our members and the work that we do in and outside of the Junior League. Many of us have full time jobs, family obligations, friends, and we still somehow find time to give back to our community. I am truly humbled by the amount of time, energy, and resources that our members give week after week. Thank you to everyone for everything that you have contributed this year and a special thank you to Ivon for believing that I could take on a challenge that I didn't even know I could have conquered.

Stephanie O'Barr Garcia
Editor



Volunteers at Rebuilding Together Miami-Dade, April 29, 2017

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From the President

“If you think you are too small to make a difference, try sleeping with a mosquito.” My friend and President Elect of the Junior League of Miami, Helen Picard, shared that quote from the Dalai Lama with me last summer during a particularly trying time for the League, and it has stuck with me throughout my term as President. When I sat down to write this one last Letter from the President, that quote once again wandered into my thoughts. I don’t know about all of you, but I certainly know the wrath of a single mosquito; and during the month of August (or a Junior League Showhouse at the Kampong), I have the very unpleasant experience of being covered in welts from many of those pesky little creatures.

One thing I have learned about the Junior League of Miami (JLM) over the past year is that much like a mosquito, people don’t always see us coming, but the mark we leave when we are finished, makes them know we were there; because whether we come with one woman or one-thousand women, JLM serves as a catalyst for change in Miami, particularly on the issues affecting families at risk in our community.

I started developing the notion that JLM was like a mosquito last May when we learned that two of our signature projects, Inn Transition North and South, facilities providing transitional housing and programming for survivors of domestic violence, lost nearly \$1 million



“(...)the efforts of a small group of individual members of the Junior League have a long impact.”

organization makes a huge different, and together we can accomplish anything. As we hosted a “burning of the mortgage” party in January to celebrate having paid off the mortgage on our headquarters building, I listened to the stories of the most amazing group of men and women, each of whom played a role in helping us secure the space and funding for our beautiful and historic headquarters in Coral Gables more than 20 years ago. Again, the efforts of a small group of individual members of the Junior League have a long impact.

Of course, as we honored three remarkable women in our community at our 16th Annual Women Who Make a Difference luncheon on April 28, 2017, I once again am reminded of the power we each have to affect change, and how working together we can and do make a big impact.

This issue of the JLM Magazine is full of stories about our contributions to the community as an organization, such as the work that we do through two of our signature projects – Done in a Day and Therapy Dogs. While our collective contributions make an impact, in this issue we also drilled down to bring you the more personal stories of some of our members, to illustrate how every individual in this organization makes a difference.

I hope you enjoy this final edition of the 2016-17 JLM Magazine. It has been our honor and privilege to spend the last 90 years building a better Miami, and we look forward to the next 90. We hope you will remain a part of our Junior League of Miami community – no contribution ever is too small. If you ever doubt that...take a nap with a mosquito!

All the Best,

Amanda Kessler
President

in funding from the federal government. Admittedly, we didn’t know exactly what to do, but we sprang into action quickly. It was as we appeared before the Board of Miami-Dade County Commissioners, all of us in the familiar Junior League of Miami red polo shirts, advocating for funding for those women and children, that I started to fully appreciate the League’s likeness to the mosquito. I don’t think anybody saw us coming to advocate for this vulnerable population on the critical issue of transitional housing, but they know to expect us now.

At the time, it seemed that few people including many of the County Commissioners knew who we were or why we were there. I felt somewhat disheartened and thought we were facing an uphill funding battle that we were too small to win. Fast forward to December when members of the League sat with Mayor Carlos Gimenez and his staff discussing the same issue. I smiled to myself as I realized that our small group of women was having a large impact on the issue of transitional housing for domestic violence victims.

Similarly, each month as the Board of Directors and Executive Management Team prepared for General Membership Meetings, I always was amazed to hear what we had accomplished over the past month, but also in awe as I read up on the 90-year history of JLM and its many contributions to this community. Each individual member of this

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From the President Elect

It is a privilege for me to have the opportunity to guide our organization and our hundreds of dedicated members as we move into our 91st year and build on the great work done over the past nine decades. What better way to carry the torch of passion that drives our JLM members than by reinforcing our commitment to and support for our Inn Transition projects and families at risk in our community?

During the next JLM year, we will continue to focus on the critical funding needed for Inn Transition and improving the way we address the needs of the residents. The one-on-one mentoring program that was launched at Inn Transition this year is gaining traction and next year we will be adding “Opportunity Knocks.” This will be a moving day project to help the families moving on to independent living with setting up their new home. We will also continue to build on leadership development opportunities for all members. As part of this effort, we will be adding a “Poverty Simulation” as an educational experience to better understand the difficulties and frustrations that the population we serve faces every day. In our continuing advocacy efforts, we will be piloting a JLM Speakers Bureau to leverage the talents of our membership in an effort to expand the reach of our message and gain additional community support.

I am honored to be a part of this dynamic organization and look forward to another year of positive impact!

Helen Picard

Helen Picard
President Elect



fortunate enough to work on was Inn Transition. I experienced first-hand how this project is transforming the lives of women and children escaping domestic violence. This safe and nurturing environment combined with life skills training provided by JLM members allows these women to regain their self-confidence and puts them on a path back to a normal productive life.

What motivated you to want to be become the next JLM President?

After 90 successful and productive years, JLM is a well-established and highly regarded community organization with the opportunity to expand our influence on critical community issues

I was motivated by this challenge and by the support and encouragement of JLM leadership and members.

Do you have any women you can think of that have really impacted you professionally or personally?

I have had the good fortune of having many strong women in my life. Starting with my grandmother and mother who instilled a strong work ethic and including many female business colleagues who have inspired me with their leadership and drive. I also count my JLM peers as a source of inspiration to continue to carry the torch of women in leadership.

Do you have any advice for newer members that want to make the most out of their Junior League experience next year?

My best advice would be to take control of your own membership experience. Depending on your interests, there are plenty of options to develop your skills and make a contribution.

If you are interested in leadership, there are many opportunities to lead committees and there are plenty of mentors to help you get started. Be bold, don't wait to be asked. Jump in and get involved.

How long have you been involved with Junior League?

I joined JLM in 2005

Are you from Miami?

I am a Miami native. A rare breed!

What do you do professionally, and how do you spend your free time?


I am a project manager for an event production company. In my leisure time, I enjoy playing tennis and cooking.

Can you speak about a meaningful experience that you have had during your time with Junior League?

The first community project I was



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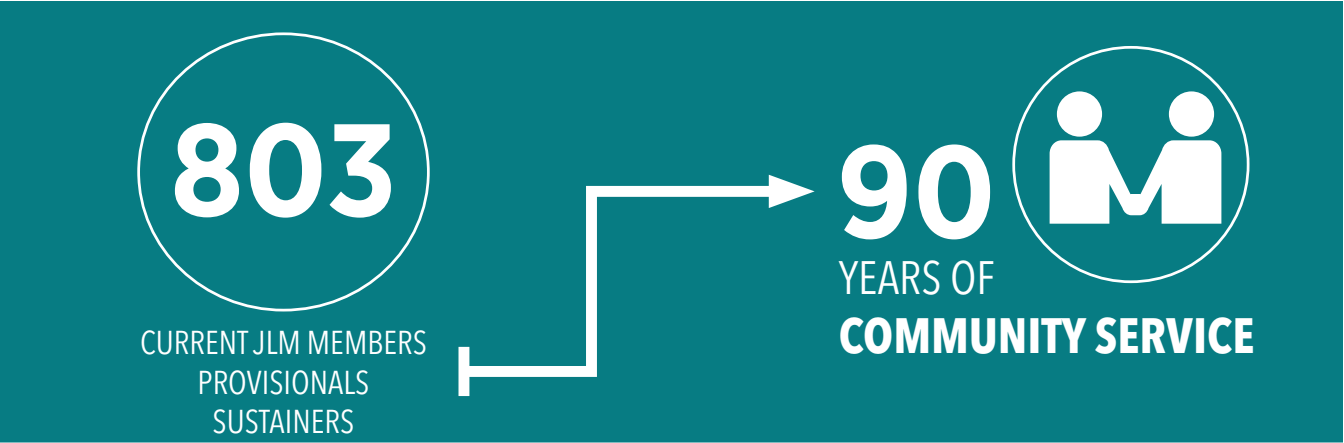
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A COMMUNITY SERVICE YEAR IN REVIEW

The Junior League of Miami is Proud
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OVER

- **\$2.5M** INVESTED BACK INTO COMMUNITY SINCE **1926**
- **\$41K** RAISED THIS YEAR ON **GIVE MIAMI DAY**

**6
COMMUNITY
PROJECTS**

- OVER **110** BASKETS MADE THROUGH **DONE IN A DAY**
- 9** MEMBERSHIP OUTREACH **EVENTS** HELD THIS YEAR
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Tasty Treats

RECIPES FOR CLEAN EATING

Monica Auslander, MS, RD, LD/N is the owner of Essence Nutrition, a concierge private nutrition practice in Midtown serving individuals, corporations, schools, and restaurants. A Miami native, she is the nutrition consultant for the Soho House, Ocean Reef Club and Resort, and is an adjunct professor in their graduate Nutrition program. She earned her B.A. from the University of Florida and earned her Master's in Dietetics and Nutrition from Florida International University. Before opening Essence, she was an inpatient clinical dietitian for pediatrics and adults at Jackson Memorial Hospital.

As busy as we all get with life's obligations we all strive to incorporate healthy choices into our daily lives. We asked one of our Members; Monica Auslander of Essence Nutrition, for some simple, healthy, and delicious recipes that we can try at home.

Spiced Chickpea Croutons n' Cashews

INGREDIENTS

- 1 can unsalted chickpeas
- 1 TBSP fresh lemon juice
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ teaspoon cayenne pepper
- ½ teaspoon turmeric
- ¼ teaspoon Himalayan sea salt.
- ¼ cup cashews, for serving.
- Avocado oil, for coating.

PREPARATION

Rinse chickpeas; coat with oil and spices. Place on aluminum foil and bake at 390 degrees x 30-35 minutes. Let cool and toss with raw cashews.

NICE Cream

INGREDIENTS

- 1 very ripe banana
- ½ cup raw hazelnuts
- 1 TBSP cacao powder
- 1 TBSP Manuka honey
- 1 teaspoon vanilla extract
- 1 teaspoon goji berries
- Dash cinnamon

PREPARATION

Blend and freeze all ingredients. Serve with fresh mint leaf and cacao nib shavings plus one teaspoon of goji berries. ■

By Monica Auslander, Therapy Dogs and WWMD Committee Member

mrsiraphol/freepik



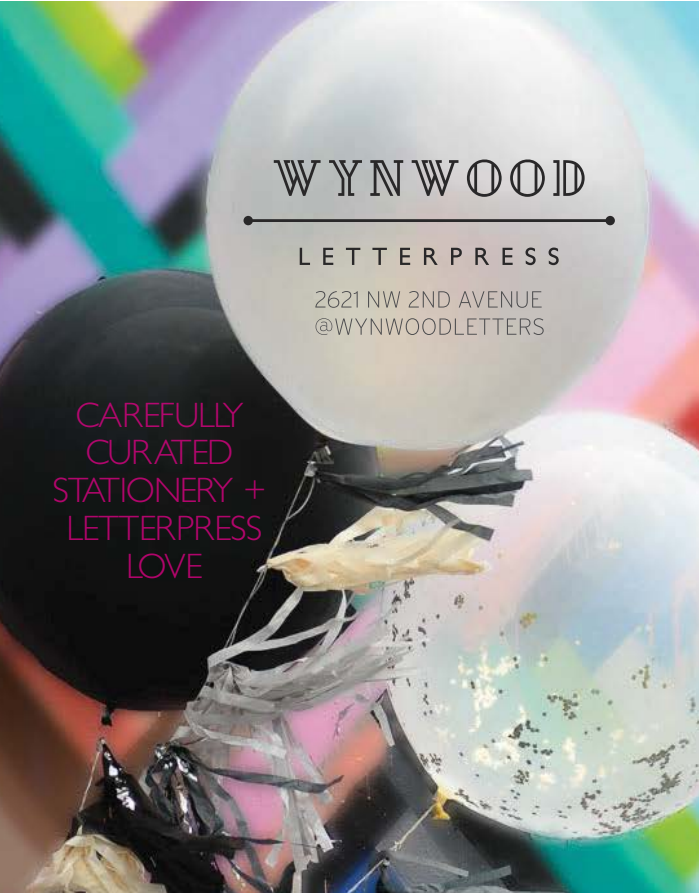
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A Place to Call Home



By Julia Bianchi, Sustainer, and Stephanie O'Barr Garcia

During our 90th Anniversary we have had many accomplishments that are cause for celebration; one being that we paid off the mortgage of the JLM Headquarters. It is because of this that we wanted to share some of the history of our “Miniature Venetian Palace”.

Throughout the years 713 Biltmore Way housed a haberdashery, a liquor store, a restaurant, a hotel and a rumored brothel. From 1963 to 1965, the building was closed and said to have been a “haven for hippies.” In 1975, interior designer David Trout purchased the building and created two first class apartments. In 1980, funeral parlor owner W.L. Philbrick acquired the property for the development of his historical library. Philbrick deeded the building to the Miami Chapter of the Sons of the American Revolution in 1981; the SAR used the building as their headquarters until 1995.

Phase I- PURCHASE OF A HISTORIC STRUCTURE

Like all good projects in the Junior League, in 1993-1994 a search committee was

assembled to narrow down a location. Due to JLM's commitment to historic preservation they had the goal of securing a historically significant building. Through seed money secured by years of saving by the JLM Board of Directors in 1994 we purchased the building at 713 Biltmore Way and what is fondly referred to as the “Miniature Venetian Palace”.

Phase II & III - PURCHASE AND BEGINNING OF REBUILDING BASIC FUNCTIONS

Because the existing building was almost condemned there was a lot of basic structural work that needed to be done. The renovation project costs estimates were \$720,000, which included our \$290,000 mortgage. Some basic projects like the cleaning and painting of the exterior were completed by JLM Members.

The first and second floors of the building were completely reinforced and reconfigured to maximize space. During these phases, we identified key historic features of the building. The historic front door was found on-site during demolition, the pine flooring was painstakingly restored to cover the entire reception area, the second-floor original porch was reclaimed and the historic iron

railing around the stairway was preserved. Even the League's historic furniture was refinished and reupholstered.

Phase IV- RENOVATIONS AND IMPROVEMENTS CONTINUED

Waters issues are always a challenge in South Florida and our building is no different. The scope of this phase's renovations costed about \$200,000 and included the replacement of all existing windows in the building (except for the glass windows at the front of the building) with impact resistant glass aluminum clad windows. The exterior of the building had all cracks, fissures and holes repaired then the building was sealed and repainted.

The beautiful headquarters that we call home today was all made possible by the on-going generosity of hundreds of donors, and the thousands of hours of our volunteers time throughout the years. Today we finally have a place that is all ours- deed included. ■

Julia Rea Bianchi was the Junior League of Miami Foundation President from 2014 to 2015, and Junior League of Miami President from 2001 to 2002.



Illustration designed by Freepik

What's in a Kiss?

By Ivon Rodriguez, VP of Communications



Are you a Miami native or did you recently make the move to South Florida? Either way, chances are you have come across the kiss as a form of salutation. It's also highly probable you have found yourself in a slightly less-than-comfortable situation due to “el beso.” Perhaps you have leaned in for the kiss and the person has looked at you awkwardly... as in, “what are you doing?” Maybe you've even rather assertively given a handshake and pulled the person in for a kiss. Perhaps you have even run across someone of Spanish origin and gone in for one kiss (clearly the norm in Miami, right?... you've got this!) and the person lingers with body inclined waiting for one more kiss... on the other cheek. What?! Two?! Where was that in the *How to Live Like a Native - The Official Miami Manual*? Don't worry... I've got you. Let's walk through some customary 305 greetings so that you might be better prepared to brave the Miami scene, both socially and professionally.

THE MIAMI KISS - EL BESO MIAMENSE

Regardless of ethnicity and culture, giving one kiss on the cheek is customary in Miami. Try to lean in slightly toward the other person and lightly touch your right cheek to their right cheek while you sound out a light kiss. Do not put your wet lips on the person's face because although a kiss may be appropriate, leaving a trail of saliva on a person's face is not. It is also appropriate to shake someone's hand (I'll leave the details of a proper handshake for another date) although you shouldn't be surprised if they in turn lean in for the infamous kiss.

WHAT MORE SHOULD I EXPECT...

For added awareness of the lipped-greeting, as the M-I-A is richly diverse, you should also be aware of using “the kiss” in pairs if you plan on doing business with the Spanish chamber or someone of Spanish origin. For these salutations be prepared

to plant two kisses, one on each cheek. This greeting will start with a kiss on the right followed by a kiss on the left cheek. Now I must apologize for not diving into the specificity of when, with whom, and how many for other regions of Europe and the rest of the world when it comes to the kiss as this will further complicate things (beyond twos into threes and fours and even none). My goal is for you to feel confident about your relationship with the kiss here in Miami. When in doubt, just give one.

NEVER PANIC... INSTEAD PUCKER

If you are now more confused about how to properly use your lips in a greeting than when you started reading, and are not sure who to kiss, when to kiss, or how to kiss, then politely extend your right hand and go in for a good old-fashioned handshake. Just don't be surprised if the greeter leans in and plants one on you! ■



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Provisionals at the Kristi House
Beautification Project,
January 7, 2017

Beautification of Kristi House

By Cristabel Uribe and Tanya Perez

Approximately 17,500 to 20,000 victims are trafficked into the US annually. Miami, Florida is ranked as one of the top entry points in the US for foreign human trafficking victims. Kristi House is a private, non-profit organization dedicated to healing and eradicating child sexual abuse. Kristi House provides support and therapy which has allowed creation of a family support system.

Our mission was to beautify the yard of one of their safe houses. Our goal was to provide a scenic space to roam the garden and allow the residences to participate in more outdoor activities. For many of these young ladies Kristi House is not just a safe house but their home.

Planting a garden is no small task and weather was not on our side during our first two attempts. We were finally able to

accomplish this task on January 7, 2017 where we planted perennials in the empty flower beds, raked up old weeds and vines that surrounded the bushes, and recycled unused flower pots we had found scattered in the main entrance.

We could not have completed the project without the contribution of time and effort from each one of our Provisional group members. This experience not only created a more welcoming environment for these young ladies, but it also brought our Provisionals closer together and helped us learn a thing or two about gardening. Despite the various rainstorms and setbacks, we completed the beautification project and are so grateful that we were given the opportunity to contributing to a place to help people feel more at home.

WHO: Melissa Anais, Jessica Pena, Maryam Pena, Tanya Perez, Lasonya Rogers, Cristabel Uribe, and Danielle Williamson-Benjamin. A special thank you to our Provisional Mentor, Tonya Wilson.



Asier Relampago studio/Freepik

The Gift that Keeps on Giving!

By Carolina Perticari and Kelly Kesner

“A book is a gift you can open again and again.” On February 11, 2017, provisional members from the Junior League of Miami’s Literacy Project experienced giving this gift. Through the generosity of the community and efforts of the Junior League Miami, over 1,200 books were collected for the children of Inn Transition North (ITN) and Inn Transition South (ITS). Far exceeding the initial goal of stocking the library at ITS, the amount of books collected provided a new selection of reading materials for both libraries and enabled each child to select up to five books to call their own.

The impact of the Literacy Project did not stop there– from reading to the children, and even assisting them in decorating their own bookmarks, each Provisional Member experienced the gift of contagious joy spread by the mothers’ gaze at watching their children engage in literary activities.

Having the opportunity to witness the children’s excitement, as they selected their books, was one of the most moving experiences for these volunteers thus far in their first year with the League. This was a very successful start to a project that the Junior League of Miami hopes to continue next year to spread even more literary joy. This Provisional Group truly catalyzed the children’s love for reading for years to come thanks to the generosity of our community!

WHO: Vanessa Blanco-Banos, Rebecca Casamayor, Kelly Kesner, Michelle Morenza, Carolina Perticari, Danielle Ranson, and Kaylin Wilkey. Thank you to our Provisional Mentor for everything; Monique Lavender Greenberg.



Chapman House Provisional
Group, October, 2016

Workforce Workshop

By Adriana Hoak

Starting or applying for a new job can be intimidating- especially if you have been out of the job market for some time. This past October, we led the first of three Chapman projects with two other provisional groups that focused on preparing and guiding individuals with the tools they need to get back into the workforce.

Our Provisional Group was responsible for a resume building workshop. The goals of this workshop were focused on resume writing guidance, highlighting strengths to help each woman during the interview process, and helping them find a suitable career track. We not only enjoyed getting to know the Chapman women who were eager to get back into the workforce but it was also incredibly rewarding getting to see the impact that we could make in their lives by assisting them in making that first step toward finding a life track and avoiding future homelessness.

WHO: Monica Gonzalez-Piriz, Adriana Hoak, Hallie Janson, Kelley King, Sydney Malackowski, Ana Rodriguez, and Abby Sigrid. Thank you to our Provisional Mentor; Ellie Luca, for all your hard work and guidance this past year. ■



To our Friends in the
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Operation: Opportunity Knocks

WHEN WOMEN AND THEIR CHILDREN START A NEW BEGINNING AT A HOME OF THEIR OWN, AFTER BEING A RESIDENT AT INN TRANSITION NORTH, WE SAW THAT THIS WAS NOT ONLY A TIME OF CELEBRATION BUT AN OPPORTUNITY FOR THE JUNIOR LEAGUE TO PROVIDE A HELPING HAND.

By: Kimberly Laughlin, CVAC Committee and Magazine Committee Member



Asier Romero/FreePik

The Opportunity Knocks project will not only aid with the Inn Transition family's move day, but will also help the family feel welcome in their new home by covering the cost and communing over their first meal in their brand new home.

The new committee, proposed to have 10 members, one chair, and one chair elect, will serve to coordinate the collection and storing of all donated items. They will be asked to maintain an inventory in order to later allocate needed items to Inn Transition residents.

These items, ranging from furniture to baby goods, will be provided to the residents during the joyous event of phasing out of transitional housing. Moving day marks the start of independent living for our residents. "It's a celebration day!" president-elect, Helen Picard exclaims.

The Opportunity Knocks project will not only aid with the Inn Transition family's move day, but will also help the family feel welcome in their new home by covering the cost and communing over their first meal in their brand new home.

Keep your eyes peeled for the chance to be a part of this amazing new committee. ■

"My very close friend has loads of stuff to donate to ITN/ITS. She wants to donate to women in distress. She has children and women's items—her Escalade is full! Who should I put her in touch with?" posts Kendall Brown.

"I have some folks that would like to donate items. Let me know if there is a family at ITN/ITS that can use these items." adds Raquel Zuniga.

"Hi guys, I have a bunch of clothes and toys from my baby that has grown. Where can I take them to donate to ITN?" Tes Mi writes.

Posts like these pour in regularly through our designated member Facebook page. Two overwhelming facts stand out in comments like these. First, we have an amazing community of generous ladies happily parting

with their goods in order to better the lives of those recovering from the wounds of domestic violence. Second, nobody really knows who to contact when donation opportunities arise. With the best of intentions in mind, not knowing imperative details can make a simple process rather exhausting.

ENTER: OPPORTUNITY KNOCKS

This brand new project, proposed for the following 2017-2018 Junior League year, corrects any confusion. But to fully understand the upcoming project we need to first explain the supporting committee.

For the past two years, Susan Lerner, past President and ITN Board President, have been handling donation offers and disbursements on an *ad hoc* basis, but the need goes far beyond one person.

Pressfoto/FreePik



A Novel Companion

IN PARTNERSHIP WITH THE MIAMI-DADE PUBLIC LIBRARY SYSTEM, JUNIOR LEAGUE OF MIAMI MEMBERS ALONG WITH THEIR FOUR LEGGED COMPANIONS VISIT LIBRARIES THROUGHOUT OUR COMMUNITY.

By Amanda Bilodeau, Magazine Committee Member, and Samantha Galbo, Chair Therapy Dogs

Illustration designed using images from Freepik

“My most important mission is to make everyone smile (...)My mom and I go to libraries every Saturday, and children read to me and my friends as part of the Paws to Read program”

Albert, Therapy Dog



- STAY INVOLVED**
- WHAT** Have your dog certified to be a Therapy Dog
 - WHEN** Start the process now to be ready for the Fall volunteer calendar
 - WHERE** Volunteer library locations throughout Miami-Dade
 - WHO** Therapy Dogs
 - HOW** therapydogs.com



Paws to Read program allows young readers to boost their reading confidence by having them read to our Therapy Dogs. The dogs provide the children a sense of calm in a judgment-free zone. We wanted to learn more about this program so we sat down with one of our favorite Therapy Dogs and asked him about his volunteer experience this past year, and some of his favorite things to do.

Hi, start by telling us who you are.

My name is Albert Weber Galbo, and I am a therapy dog. I can frequently be seen at the GMM meetings with my mom, Samantha.

What does it mean to be a therapy dog?

My most important mission is to make everyone smile, of course! My mom and I go to libraries every Saturday, and children read to me and my friends as part of the Paws to Read program. They tell me it is a

therapeutic experience for kids who are first learning how to read and for those that need a little bit of confidence. When the children read to us, we are not intimidating nor are we judgmental, so it gives them confidence. We lay there, they pet us, and we enjoy each other's company! We promote literacy in the community and associate the library with a positive experience.

How do you help improve literacy in the community?

My mom tells me it can be quite scary for kids when they are first learning how to read. I just try to lay there and encourage them to do their best. They always do a great job and we have fun together.

What is your favorite part of being a therapy dog?

First, seeing the kids get excited; I get to see all of their smiles as we arrive at the

library. Then, when I hear a child struggling with a certain word and they finally say it, it makes me really happy and I lick their faces to congratulate them. I also love it when they pet my belly and give me treats. Another great part is I get to see all of my friends at the libraries! There is Sadie and Max (they live together), Thug, Maddy, Hank, and Maddie, just to name a few. We truly are the best of friends.

What is your favorite book?

Any book where the dog is the hero, but especially “Clifford the Big Red Dog” books, or “Spot the Dog” books. I hope to one day have a book about me and my adventures at the library. ■

Want to get your dog certified? Visit therapydogs.com/Public/Home.aspx.

Rediscover Your *Joie* de Vivre:

FIVE EVERYDAY HABITS TO HELP YOU LIVE WITH MORE JOY

By Shannon Egan, Provisional Co-Chair



Jcomp/FreePik (2)

Joie de Vivre literally means ‘joy of life,’ and research shows that the more you’re able to enjoy life, the longer you’ll live. No doubt you’ve heard about the perks of living with greater enjoyment – reduced stress, anxiety, and tension – but how do you cultivate more joy when faced with a never-ending ‘to do’ list, unexpected curve balls, and a nagging feeling that you’re never doing enough? Here are 5 everyday habits to help you infuse your days with more pleasure and amplify your *joie de vivre*. Consider this a pick-and-choose list; incorporating just a few will help you boost your joy!

1 GIVE THANKS.

Expressing appreciation allows you to be grateful for what you DO have instead of waiting for some undetermined future outcome to bring you happiness. Begin by

appreciating all the small things that might normally go unnoticed and create a gratitude practice that makes sense for you – a daily journal about specific things you are grateful for or giving back by volunteering your time in the community. Consistency is key!

2 CUT BACK ON DISTRACTIONS.

Now, more than ever, endless distractions readily exist at our fingertips. Whether it’s mindless social media scrolling, binge watching TV series, or living in a constant state of busyness – we allow ourselves to get sucked into these mindless routines because they distract us from what’s really going on in our lives. The terrible side effect is that we are stifling our capacity for joy by ignoring the underlying drivers of our stress and discontent. Next time your instinct kicks in to binge watch the latest Netflix series, check

One of my favorite quotes by Louise Hay is “You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens”. Being kind to yourself isn’t about letting yourself off the hook (...).

in with yourself about what it is you’re really avoiding by escaping into a fictional reality. When you find yourself aimlessly scrolling through social media, pause and get curious about the motivation behind your desire for distraction. Don’t be your own killjoy. Cutting back on distractions is a great way to get clear about what really matters to you and create space for more joyful activities.

3 PERSONAL ACCOUNTABILITY.

Freeing yourself from anger, envy, cynicism, and frustration is one of the most reliable ways to boost your joy. And choosing to take responsibility for your actions and reactions through personal accountability is the single best way to give yourself that freedom. It’s worth mentioning that this can be easier said than done. After all, finding fault in others, playing the victim, and making excuses tend to be the go-to default response when things don’t go our way. But believing that everything would be better if others changed is setting yourself up for disappointment and unmet expectations. Next time a situation or person triggers you, remember that you’re more likely to be happier and successful when you stop stressing over the things you can’t control and shift the focus to assessing your own behavior.

4 AVOID COMPARISON LIKE THE PLAGUE.

It’s impossible to not feel like there’s something wrong with you when you look around and compare your career, your



As a Career Fulfillment Coach and CEO of Ishiki Insights, Shannon helps successful, professional women get unstuck and move forward toward important goals using the Core Energy™ Coaching process and the Energy Leadership™ Index assessment. Shannon works with clients around the world via one-on-one coaching sessions and in-person group workshops. ishikinsights.com.

relationships, and/or your accomplishments to others. We all know that comparison is the thief of joy but living in today’s digitally connected world where people document their daily lives on social media makes it easy to forget this age-old wisdom. Next time you fall into the comparison trap, remember that true joy comes from knowing that you’re on your own path. Instead of comparing yourself to someone else, reflect back on what you’ve accomplished. Compare yourself to where you were a few years ago. Own what you’ve accomplished so far and celebrate your successes so that you can continue learning, growing, and pursuing your own goals, not someone else’s.

5 BE AS KIND AND COMPASSIONATE TO YOURSELF AS YOU ARE TO EVERYONE ELSE.

When we’re kind to ourselves, it puts us in a happier and more pleasant mindset which allows us to have deeper, more genuine connections with others. One of my favorite quotes by Louise Hay is “You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens”. Being kind to yourself isn’t about letting yourself off the hook and becoming the Queen of Low Expectations. You can have standards and goals but always remember to treat yourself with the same level of compassion you extend to others. Start by giving yourself permission to explore, experience, and discover new things without judging yourself harshly if things don’t turn out the way you’d hoped. ■



A Deed of Love and Laughs

**DONE IN A DAY VOLUNTEERS PARTNERED WITH RONALD
MCDONALD HOUSE CHARITIES® IN A VARIETY OF PROJECTS**

By Jennifer Williams, Co-Chair of Done In A Day

Illustration by Freepik



Done In A Day (DIAD) is one of The Junior League of Miami's signature community projects that assists local organizations within the League's focus areas with short-term events, typically completed within one day. Each DIAD community project provides volunteers with a unique experience that varies month to month. You can find us cooking a giant spaghetti lunch for families staying at the Ronald McDonald House one month, and the next month we are wrapping hundreds of holiday presents for foster care children. We love the variety projects and impact each has on the community.

Ronald McDonald House Charities is a project closely aligned with the mission and philosophy of The Junior League of Miami which focuses on empowering Miami's women, children, and families. The

Ronald McDonald House is a "home-away-from-home" for families needing to stay close to their hospitalized child at little or no cost. The Junior League recently had an opportunity to partner with this great organization.

DIAD volunteers prepared a delicious lunch for the families staying at Ronald McDonald House through the charity's Adopt-A-Meal program. Our Junior League members provided this meal to families who might not have the resources, time, or energy to prepare a home-cooked meal while caring for their sick children. After lunch, our volunteers also planned an arts and crafts activity for the children to enjoy.

Our members enjoyed comradery of working together in the kitchen to make a special meal that supports the families of Ronald McDonald House. ■

You can find us cooking a giant spaghetti lunch for families staying at the Ronald McDonald House one month, and the next month we are wrapping hundreds of holiday presents for foster care children.



Volunteers at Ronald McDonald House Charities, March 25, 2017



A SUCCESSFUL YEAR

Congratulations to all our volunteers for their completion of DIAD projects:

- See Her Vote Campaign
- Whispering Manes Project
- Thanksgiving Basket Making
- Gift Wrapping to Benefit Foster Care
- Premie Pack Making Day
- Valentine's Cookie Decorating
- Ronald McDonald House Partnership
- PB&Js for Camillus House
- National Rebuilding Day

Throughout the year Junior League of Miami is getting great press coverage that shares our contribution to the community and acknowledges accomplishments of our members.

Here we highlight an article that appeared in the *Miami Herald* back in October 31, 2016, that shared some of the history of the League in celebration of our 90th Anniversary.



IF YOU FIND US ON THE NEWS...

Let us know so we can spread the word. Send your articles, newspaper clips and photos to

magazine@jlmiami.org

H1

JUNIOR LEAGUE OF MIAMI

Junior League grows legacy of service

■ The Junior League of Miami is celebrating its 90th birthday. Since its founding in 1926, the League has supported hundreds of agencies in the Greater Miami area, focusing on families at risk.

BY SUE ARROWSMITH
Special to the Miami Herald

It's a big year for the Junior League of Miami, an organization composed of hundreds of women volunteers who give their time and resources to support local community programs with a focus on families at risk. Now celebrating its 90th anniversary, the League recently secured funding from Miami-Dade County to keep its shelters for victims of domestic violence, Inn Transition North and South, open through September 2017.

"Our most significant accomplishment has been staying relevant for 90 years," said Mary Lynch, one of the League's oldest members.

Lynch, a Miami native who served as president from 1987-88, was instrumental in raising the seed money for the original Miami Science Museum. She first joined the League in 1973, inspired by her mother's philanthropic work.

"My mother had a history of giving back to the community," Lynch said. "To me, it was the natural thing to do."

Since its founding in 1926, the League has quietly supported hundreds of agencies in the Greater

Miami area, including awarding more than \$2.5 million to programs. Some of those programs have grown into major institutions, including the Children's Home Society and the Patricia and Phillip Frost Museum of Science.

Recent projects include the Paws 2 Read, a program that uses therapy dogs to help children feel comfortable reading aloud; Done in a Day, assisting local organizations with short-term events; awarding annual scholarships to high school students; and collaborations with Breakthrough Miami and Coordinated Victims Assistance, among other nonprofits in the community.

"If you look at any of the nonprofits here, the Junior League has made some contribution," said League member Deidre Krause.

Inn Transition North and South is the League's signature project conceived with Miami-Dade County and has been in operation for more than 30 years. The facilities provide shelter, counseling and child care for up to 24 months for victims of domestic violence and their children. They also help the residents find work and permanent housing after they exit the program.

Junior League leaders were thrust into a county-wide scramble in early

2016 when Miami-Dade's homeless agency lost roughly \$6 million in federal aid for shelters across the county. But Miami-Dade officials tapped reserves to cover funding shortfalls through the fall of 2017 as they pursue a more long-term solution.

The League's body of work is diverse. Each project is a historical notch in Miami's timeline, reflecting the issues and challenges of the times. As part of the war effort in the 1940s, members made surgical dressings for victims of Nazi raids. In the 1930s, they opened a thrift shop, which thrived until the early 1990s, when demand dipped.

"Throughout the decades, we have been constantly changing and evolving to meet whatever the needs are," said current League President Amanda Altman Kessler.

The League has also adapted over time to women's evolving roles in society. In the beginning, most members were stay-at-home wives and mothers. Today, many members balance work and family life.

Altman Kessler, an attorney, said women's lives have changed dramatically and that one of their biggest challenges today is finding members who have the time to volunteer. She joined the League eight years ago when she moved to Miami from Cleveland and worked her way up to president.



PATRICK FARRELL pfarrell@miamiherald.com

Junior League President Amanda Altman Kessler, left, and Mary Lynch at the League's Coral Gables offices.



Junior League of Miami

A 1925 photo from the Junior League of Miami. They are attending a benefit dance at the Coral Gables County Club.

"Joining the Junior League is the best thing I ever did," she said.

Many members have gone on to serve in leadership roles, such as Dorothy Weaver, former chair of the Greater Miami Chamber of Commerce.

The Junior League of

Miami is a branch of The Junior League, an international network that is one of the oldest and largest women's volunteer organizations in the world, with more than 150,000 members in 291 chapters in four countries.

The Miami chapter ob-

How to get involved

Junior League of Miami:
713 Biltmore Way, Coral Gables; 305-443-0160; Jlmiami.org

tains its funding through fundraising and annual member fees.

"As a League, we have to pay dues to the Association of Junior Leagues International, which is where a portion of the member dues go. Additionally, part of the member dues is allotted for the Junior League of Miami's operating expenses and administrative costs, and other expenses, such as sending members to international leadership training conferences. We use dues for all of those purposes so that all the money we raise as an organization can be put toward our community programs and projects, such as Inn Transition North and South," Altman Kessler said.

Upcoming events include a 90th anniversary cocktail party Nov. 10 and fundraising campaign on Give Miami Day, Nov. 17, with a goal of raising \$90,000.

In 1995, the League purchased its current headquarters, a historic two-story Venetian-style building built by George Merrick's Coral Gables Construction and Supply Company in 1925. In its early years, the building housed several businesses, including a haberdashery, a liquor store, a restaurant and a hotel.

Next month, the League will make the final mortgage payment on the property. Not a bad way to commemorate nearly a century of service.

PAST PRESIDENT DEBBIE KORGE FEATURED IN MIAMI TODAY

By Deborah Koch, Executive Vice President

Debbie is the Executive Director of the Women's Fund; their mission is to improve the quality of life for women and girls in our community. She is driving a shift in how the Women's Fund engages with the community, moving from a grant-making organization to a collective impact model where they focus on a small number of issues that they can bring about both grassroots and systemic change. The Women's Fund has zeroed in on economic stability and is currently researching the areas of greatest need in Miami-Dade County. One of her other priorities is to promote dialogue among the organizations that share focus areas particularly those that work with women and girls in the areas of economic stability, human trafficking and domestic violence.

She is a Junior League past-president and has stayed involved as a mentor and advisor to many current League leaders.



Active Members



Marcia Koo
 “What can I say, she is Wonder Woman! Marcia is someone who you can rely on 100%. Her dedication and commitment to the League is second to none. It is evident in her current role as placement chair, which she has taken to a new level and has made it even harder to fill her shoes!”

Angela Carrillo
 “Angela has worked tremendously to provide this year’s Provisionals an amazing experience; one in which they will receive a well-rounded education about the Junior League of Miami and preparing them to become productive active members.”

Sustaining Members



As a JLM Past President, and JLM Foundation Past President, Julia has an astonishingly long list of accomplishments by serving on multiple non-profit boards and having chaired numerous charitable galas and fund raising events. She is currently the Board Chair for the Greater Miami & The Keys American Red Cross Chapter, the Vice President of Blue Chip Kids, Inc. (that focuses on promoting financial literacy and awareness to kids and parents), a Board Member of Summa Health System Foundation; Founding Chair of Circle of Women's Health Philanthropists.

A Junior League of Miami Sustainer, Mimi, is chairing this year's Centennial Red Cross Ball for the Greater Miami and the Keys Chapter. "This Ball honors Centennial Humanitarians Swanee and Paul DiMare, as well as the past Ball chairs," explains Shafey. This will be the 35th consecutive Red Cross Ball in the history of the organization. In addition to the American Red Cross and the Junior League of Miami, Mimi also involves herself in the medical programs inside of Good Shepherd Health Center, where she kindly volunteers her time and skills twice a week. ■

SERVICE THROUGH MEMBER SUPPORT

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Junior League of Miami

Established in 1926



Members at Leadership training

Members on the Move

Our members are engaged in a variety of volunteer projects, training, and social gatherings throughout the year. We do everything from financial literacy seminars, to cookie baking for the residents of ITN and ITS. There are so many different ways to stay engaged if you have a friend that would like to get involved in all that we do please be sure to invite them to the Member Outreach events we have planned in June.



Sustainers at the February General Membership Meeting



Fundraising shopping event at Lilly Pulitzer



Cookie baking for ITN and ITS Valentine's Day party



Volunteers at the ITS Wellness Project



Members here are making care packs for preemie babies



Our early bird volunteers at the Saturday morning Breakthrough Miami session

**TAKE NOTE**

The Magazine Committee needs your memorable Junior League photos. Send your picture, tell your story: magazine@jlmiami.org



Provisional enjoying at cocktail at Happy Hour



Meet your new leadership team for the 2017-2018 Year!

We are proud to present the Junior League of Miami's New **Slate 2017-2018**

Board



Deborah Koch,
President-Elect



Carla Crossno,
Exec. Vice-President



Jennifer Salman,
Recording Secretary



Connie Tirse,
Treasurer



Angela Carrillo,
Director-at-Large



Amber Seidle-Lazo,
Director-at-Large



Beth Lang, *Bylaws
Parliamentarian*

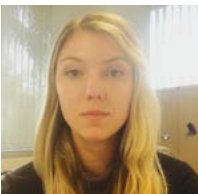
**Executive
Management**



Michele Pino,
VP of Communications



Fernande Saintilis,
VP of Community



Megan McIntosh,
VP of Development



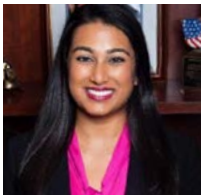
Grisel Diaz,
VP of Finance



Corinne Guerra,
VP of Membership



Laura Van Gorden,
VP of Planning



Faequa Khan,
VP of Technology

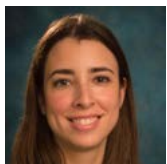


Jenny Williams,
Sustainer Liaison



Cristina Bedoya,
Placement Chair

**Nominating
Committee**



Gabby Portela,
Chair



**Alana Sullivan
Garcia, Chair-Elect**



Monica Ausländer



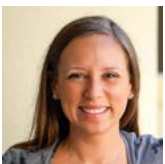
Jenny Cohen



**Monique Lavender
Greenberg**



Tammy Reed



Elyssa Bloom



Lauren Franklin



Rose Huber



Rachel Vargo



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