

# WOMEN ELEVATED

The official magazine of the Junior League of Salt Lake City



# CELEBRATING 90 YEARS!

### **DEDICATION**

We dedicate this first edition of Women Elevated to all the incredible and inspiring Junior League members who came before us;

To the women who worked tirelessly to build our League into the organization it is today, allowing us to continue building better communities;

To the efforts of the 2020-21 Communications Council for giving life to this project through interviews, long writing sessions and sincere dedication to creating what is surely to be a legacy of Women Elevated publications.

Finally, to all current Junior League of Salt Lake City members who continue to show that we can do hard things in light of a global pandemic. May this issue bring joy to your day and remind you all that we are

#BetterTogether.

#### COMMITTEE

Erin Jelmini Fischer, Communications VP • Katherine Torres, Communications Director

Jeni Fitzgibbon, Communications Co-Director • Amy Spencer, Publications Chair

Karmel Harper • Maggie Mitchell • Erin Smith • Sarah Waters, President

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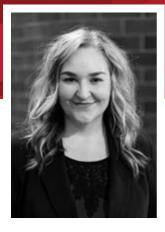
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# PRESIDENT'S MESSAGE



Welcome to the inaugural edition of Women Elevated, the official magazine of the Junior League of Salt Lake City. When we decided to create this annual publication nearly 18 months ago, no one could have imagined all that we would experience in 2020. The COVID-19 pandemic has disrupted life for everyone. It has disrupted business as usual, made us reimagine our work and daily lives, and reguired the Junior League to operate in ways that we might never have dreamed. As our cover image depicts, we have spent most of 2020 conducting the important work of the Junior League via Zoom. We have built strong and meaningful connections with each other virtually. Despite all the challenges, 2020 has been a year of perseverance and progress. It has demonstrated the amazing feats a group of women will achieve when working together towards a common goal. For the past 89 years, the women of the Junior League of Salt Lake City have joined together to achieve our mission — to develop the potential of women and improve communities through the effective action, education, and leadership of trained volunteers. Simply put, 2020 helped each of us at the Junior League to communicate creatively, to act innovatively, and to work harder than ever to serve our community.

In these pages, you will read the stories of the Junior League of past and present. You will be introduced to the current group of women leading the League into our 90th anniversary and into the next decade. You will read the stories of women who came before us and contributed so significantly to our League's legacy. You will hear about our headquarters, the meeting place, and the center of volunteerism for the Junior League over the past 20 years. You will learn about our two long-standing projects — the Community Assistance and Resource Event, known as CARE Fair, and the Women Helping Women clothing boutique. Together, these two projects have accounted for tens of thousands of volunteer hours by members and, in turn, have served thousands of women, children, and families in



the greater Salt Lake City community. These are just a few of the stories highlighted in our first issue, and many more inspiring stories are included here for you.

In a year unlike any other, I am proud of the tremendous work of the Junior League, including the publication of this magazine. I hope you enjoy reading the stories showcasing the impact of the Junior League in 2020 and beyond. I hope they inspire you and that you consider joining this amazing group of women or giving us your support through our community projects. I am forever grateful for the opportunity to be a part of this League. It is an honor to lead this organization and to serve alongside the hundreds of women volunteers who work tirelessly to improve our community.

As we head into 2021 and our 90th year, I look forward to all that we will accomplish on behalf of our community and our mission as we add to the important legacy of the League.

Thank you for your support.

Sarah Waters

JLSLC President 2020-21

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#### **SARAH WATERS**

#### President

Sarah has been a member of the Junior League of Salt Lake City since 2011 and she has loved all of the opportunities membership has given her over the years, from both a personal and professional development standpoint. As a member of the JLSLC, Sarah has been able to serve the League in a variety of placements and leadership positions, including the creation and publishing of the League's cookbook Salt to Honey, Vice President of Finance, Member Advocate, Nominating Director, Membership Vice President and now President. Professionally, Sarah is the Vice President of Strategy & Insights for Children's Miracle Network Hospitals, a nonprofit which raises funds for children's hospitals throughout North America. When not working and volunteering, Sarah loves to travel and do photography.



#### WHITNEY FENECH

#### President Elect

Whitney joined the League in the fall of 2014 after moving, with her family, back to Salt Lake from Las Vegas. Whitney had known several women who were part of the Las Vegas League and always wanted to join but did not have the opportunity to join in Las Vegas. During her time in the League, Whitney has served as a member of both projects and been the director of Women Helping Women. She has also been a member advocate, Nominating Director, and Membership VP, which led her to President-Elect. While she doesn't think she can pick a favorite project, she says the most fun was the done-in-a-day blanket making. "It was so fun getting to know the members who came and just sitting around making blankets with them all day."



#### **LINDSEY WHINNERY**

#### Finance VP

Lindsey joined the League in 2018 to become a part of the community and find opportunities to give back. During her first two years, Lindsey served on the CARE Fair committee and found that work to be absolutely rewarding. She felt so fortunate to be placed on the CARE Fair committee, and having the opportunity to be a part of something so remarkable exceeded her expectations. Wanting to dive a bit more into the League's operations, she is currently serving on the board as the Finance VP, which she says has been an eye-opening experience to see how much the League does.

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#### **ERIN JELMINI FISCHER**

#### Communications VP

Erin joined the Junior League of Salt Lake City in 2016 with her sister, Alyssa Bartlett. Both had family friends that were part of the League years prior and had been looking for a way to get involved in their community while getting to spend time together. Erin immediately joined the Communications Council because of her work professionally in marketing. Erin soon weaved her way up into director roles before landing as the Communications VP this year. Outside of the League Erin works as the Marketing Supervisor for a digital advertising agency, GCommerce. In her personal time, she enjoys reading, traveling, skiing, baking and dabbling in cake design, and spending time with her husband and their goldendoodle.



#### **JANINE BARTLING**

#### Community VP

Janine joined the JLSLC in 2017. Being new to Utah, Janine wanted to meet new people, learn more about the city and give back to the community. Janine's first placement was a member of the combined Strategic Outlook & Operations and State Political Affairs Committee (S00/SPAC). She spent most of her time working on the revival of the strategic plan. Janine enjoys governance and how the League works. While working on the strategic plan, Janine also worked on the creation of the current Legacy Project.



#### KRISTIN GELEGOTIS

#### Past President

Kristin originally joined the Junior League to volunteer and meet new people. For almost a decade, she says the League has given her so much more by providing an opportunity for personal growth. Through training, committee and board placements, and incredible relationships, Kristin has developed professional skills, personal connections, and gained a solid understanding of running a nonprofit. She says that seeing the impact our League has on our members and our community through volunteer-run projects such as CARE Fair is truly inspiring. Kristin think's it is incredible to see the impact volunteering has on our community.



#### **ALYSSA BARTLETT**

#### Fundraising VP

Alyssa has been a member of the JLSLC since 2016. She and her sister both wanted to join something that would let them volunteer in their community, and the Junior League fell into their laps. Alyssa started in Special Events/Fund Development and has been in that role ever since. One of her favorite projects is Touch-A-Truck. At first, she had no clue what the event was, but after the first year on the committee with planning and hard work, it soon became her favorite. Alyssa says, "seeing children young and old learning and exploring something new makes your heart melt, and you know you are doing something right."



#### LISA OWEN

#### Project VP

Lisa is a second-generation JLSLC member, following in her mom's footsteps. Growing up with a League mom, Lisa saw and experienced many of the projects and events. She was also the go-to babysitter for many League members. Seeing the friendships that her mom made (and has maintained) and the satisfaction and pride she felt being able to give back to the community, Lisa knew she would be a future member. Lisa joined the spring Provisional class in 2003, knowing her mom would transition to a sustaining member for the 2003-2004 year. She has spent the majority of her years in the League as a member and director in the Projects and Education Councils. Like her mom, Ann Owen, she too has made amazing friends over the years. Lisa says the experiences and skills she has gained have been amazing. The most rewarding part of her time in the League has been "the ability to give my time to the projects and see the impact and difference we make in the Salt Lake community."



#### **EMILEE SCHULZKE**

#### Membership VP

Emilee joined the Junior League of Salt Lake City in 2005 and has loved being involved in several different roles over the years. She has served as a member and leader on the Fundraising Council, worked closely with members as a Member Advocate, and is now thrilled to be serving as Membership VP. Professionally, she works as a Client Success Manager for a global software corporation. When not volunteering or working, she enjoys spending time outdoors, traveling, cooking, and reading. Emilee lives in West Valley City with her husband, Ben, and their 4-year-old black Lab, Kayla.

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#### **AMY LEININGER**

#### Recording Secretary

When Amy joined the League several years ago, she was looking for a way to make an impact in the community while creating new friendships. Since joining, she has gained valuable skills through training, especially while holding leadership positions. Amy has always enjoyed participating in our numerous community projects, particularly volunteering at the Women Helping Women boutique. Every time she leaves a project shift, she feels she has made a positive impact on a woman's life. From fundraising to community impact and onto her current role as recording secretary, she has learned the leadership skills needed to serve in various capacities within our community, all while forging lifelong friendships with fellow Junior League women.



#### **HEIDI MAKOWSKI**

#### Sustainer Advisor

Heidi joined the JLSLC in 1993 because she wanted to work on community projects. Heidi was fortunate to direct many committees, serve on the board several times, and become President in 2003-2004. Heidi remained in the League and went on to direct the committee that produced the last Junior League cookbook, Salt to Honey. Following that publication in 2012, Heidi became a sustainer and has now been a member for 25 years. Heidi joined for the projects, stayed for the training and leadership opportunities, and has been so rewarded and made lifelong friends.



#### **ALY GIESLER**

#### Training VP

Aly has been a member of the Junior League of Salt Lake City since 2016. She had recently moved to the area and was looking for a way to meet like-minded women and give back to her new community. She first joined the Communications Council where she learned all aspects of the League and was given the opportunity to learn a variety of new skills. She soon became director of the council and led the council as Vice President for two years. Aly then wanted to shift her focus to another area of the League and is currently serving as the VP of Training where she focuses on creating opportunities for members to learn and enhance their personal. professional, and volunteer abilities. Professionally, Aly is the Executive Assistant at Mercato Partners where her efforts are spent fundraising and nurturing relationships for the firm. On the weekends, you can find her playing with her two dogs, skiing, hiking or planning her upcoming nuptials!

# WHEN IT COMES TO AMAZING AND INSPIRING SUSTAINING MEMBERS, THE JUNIOR LEAGUE OF SALT LAKE CITY HAS NO SHORTAGE. MANY OF THESE WOMEN HAVE PROFOUNDLY IMPACTED THEIR COMMUNITIES IN WAYS THAT CAN'T BE MEASURED, WHETHER BIG OR SMALL.

In conjunction with our first ever JLSLC magazine, we highlight a few Sustaining Members who also conquered significant "firsts" in their League years. We start with a piece highlighting the gratitude and grace behind Connie Roller's narrative as she pioneered CARE Fair for the first time 28 years ago. Next, we dive into an inspiring sentiment from Janet Frasier, the director during Women Helping Women's opening year. Finally, we follow a remarkable journey from Katy Andrews, the JLSLC president, during the year we fundraised for and purchased our building.

# FOSTERING CHANGE IN OUR COMMUNITY WITH CARE FAIR

Connie Roller, CARE Fair Director 1992



"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

There are things that come into your life that profoundly change the way you see the world. CARE Fair was one of those events for me. It was purely my honor to be one of the guides of all the goodness that is CARE Fair.

There is no lack of inspiration and terror that comes with creating something new. Being honest about the moments of fear, such as that none of the agencies would commit to coming, is important for all those who will direct new projects in the future. The greatest thing about the Junior League of Salt Lake City is that you are never alone in these creations. My committee was filled with believers who were devoted to every idea, detail, and vision. The fear had no chance in that crowd.

This experience genuinely changed me and opened my eyes to a world I thought I knew but had little insight into the real challenges some families face. The more I learned about how hard it was to do the basics, the things I did with my own children, the more I was propelled into action. I remember thinking, "my goodness, taking a bus to every appointment, records department, and agency all while working full time to support their children!" I wondered how these parents did it and knew it was vitally important for us to help in any way we could. These parents provided all the inspiration one will ever need.

Our first morning, when we opened our doors, I had no idea if anyone would show up. We held our collective breath, and then families, with their beautiful children, came in, allowing us to ease some of their burdens. The dentists, doctors, social service agencies, immunization van, and various other services stayed steadily busy. All that volunteer goodness filled my heart. Now, seeing what you have made of the CARE Fair is simply mind blowing! Thank you for your stewardship in seeing those that we can serve and making it all happen.

Our community is full of good souls, and the Junior League of Salt Lake City is the cream of the crop. My gratitude is endless for the opportunity to plant a tiny seed that you nurtured into so much goodness.

# SUSTAINING MEMB

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# CREATING A LASTING LEGACY WITH WOMEN HELPING WOMEN

Janet Frasier, WHW Director 1996-97



The discussion about adopting Women Helping Women as a League-owned project began in the fall of 1996. It was considered by the Community Research & Project Development Committee led by Janet Underwood along with committee members Cynthia Connor, Carrie Turner, and myself.

The 1996-97 League year was a tough one. The League had committed to hosting the 1999 U.S. Figure Skating Championships at what was then known as the Delta Center in February 1999. Even two years out, it demanded a lot of volunteers and committee work. The overall sentiment of members was that our plates were full and we shouldn't take on any new projects, much less one that was League-owned.

However, our committee was undeterred and wanted to propose Women Helping Women to the membership. Through our community research, we had discovered three key things to make our case.

- 1. The community need was real. When a former community-owned project went away, it created a significant gap in the Salt Lake Valley. We met with several agencies working with women who didn't have any resources to help clothe clients attempting to reenter the workforce and regain self-sufficiency.
- The social environment was under pressure. In 1996, the U.S. Congress

had passed the Personal Responsibility and Work Opportunity Restoration Act. This bipartisan welfare reform program created timelines by which welfare recipients needed to return to work along with a five-year lifetime cap on receiving benefits. This created significant pressure on agencies and other nonprofits working with families to meet these deadlines. These agencies were clamoring for all the support they could get, including work-appropriate clothing to assist in giving clients a professional demeanor when interviewing for jobs.

3. There was a specific gap in the work-appropriate clothing donation system that we believed we could fill. The greatest need for providing clothing was warehousing and distribution. The community-led project ended when a local warehouse donor sold the space to another business that made different choices about using the property. And while people are generous with donating used clothing, these donations were more than the organizations' staff could handle.

In the old JLSLC's office, we had a little space that we believed could help fill the gap and contribute to the larger need. The League had recently focused volunteer efforts on women and children specifically, so the Community Research & Project Development Committee put together a proposal:

- We would only focus on women's clothing.
- We would stick to things that were work-appropriate, which at the time, was much more formal than it is today.
- We acknowledged that we weren't in a position to evaluate which clients were in need, so we would work with agencies and nonprofits who were providing social services and have them refer clients to us. This also positioned us as collaborative partners versus "competitors" to the other organizations, making more sense for our community.
- Finally, we would start slowly with a small committee to get ourselves organized.
   The League fulfilled its commitment to the U.S. Figure Skating Championships and



My greatest joy is the opportunity to be at the forefront of a continuum of women (and men) who have built WHW into the known and reliable resource it is today.

CARE Fair, our other League-owned project. If this project didn't seem sustainable after the first full two years, we'd adjust.

The board was still skeptical, however, so our committee called a meeting. I will never forget meeting with President Maureen Bennett, President-elect Carol Firmage, and President-elect Katy Andrews to plead our case. And, I will be eternally grateful that they were the type of leaders who were willing to take a risk. They agreed to let us present the proposal to the membership.

That presentation took place at a General Membership Meeting held in the Salt Lake County Council Chambers. We were prepared to sell our hearts out, convinced as we were that The League needed to act on this project. Over the years, several members who were there that night have recalled that we used PowerPoint slides to make the case and how unusual that was for a League meeting. Today that makes me laugh because it's hard to remember a day when PowerPoints were novel.

Fortunately, the membership was also willing to take a leap of faith. They voted to adopt this new League-owned project. I can't believe that was almost 24 years ago!

We began accepting donations in early 1998. Our first indication that the passionate pleas and hard work could bring forth transformational change was one Saturday morning when Lavine Shapiro accompanied her recently widowed father-in-law, Joel, to donate many boxes of his dear wife's clothing. As the volunteers who were working so hard to make WHW a reality began to unpack these boxes, Mr. Shapiro and Lavine stayed around awhile. One by one, as we unpacked gorgeous vintage dresses and suits, he told us about the different items and his wife. We realized that we were bearing witness to his grief and his love. This donation was ceremonial, an important passage. I was so honored to be present, so grateful that JLSLC was providing this type of community need that we hadn't even anticipated, and proud to be a member of our chapter who took risks to make this happen.

Since then, so many members, committee directors, and board leaders, and donors have continued to take a risk for WHW. The team that led the design and fundraising for our current building took a risk to dedicate more space for WHW, including adding a separate entrance. Two dozen volunteer directors have taken a risk by saying "yes" to leading the project each year, from Alison Swillinger to Kelly La Due to Marianne Guelker to Anne Nebeker to Kristin Kraus and so many more. When Kristin was directing, the late Peter Kraus faithfully supported the closet by tirelessly hunting down deals for new, unused clothing items he knew the closet always needed. Lisa Owens followed in her mother's footsteps as a second-generation WHW director. Under Annie Evan's leadership, the WHW Closet got a makeover to create an exclusive boutique atmosphere, further demonstrating the JLSLC commitment to respect and dignity for our sisters seeking clothing.

I had many great experiences in The League and developed life-long friendships during my time as an active member. My greatest joy is the opportunity to be at the forefront of a continuum of women (and men) who have built WHW into the known and reliable resource it is today. It is one of the things that makes League membership truly unique from other experiences and so valuable in my life journey.

When I look back to that first proposal, I wonder why we tried so hard and why it was personally so important to me that WHW be given a chance that spring. At the risk of oversharing, there is a backstory that, in the following years, I became more aware of than I was at the time. You see, in September 1996, I gave birth to a stillborn daughter, my first child. I was barely into my third trimester, and many League members probably didn't even know I was pregnant. The Community Research & Project Development Committee and our work together was great support for me. But that fall and into the next year, I was so adrift. I functioned in my professional job and stayed active in the community, but as a mother, without a child, I carried so much pain that I didn't know what to do with it. Years later, I realized that the birth of WHW became a place and a cause that all that loss and grief could be directed. At a personal level, WHW is a demonstration of what can come from incomprehensible pain and loss. I am grateful for and proud of that every time I drive by headquarters. In subsequent years, I completed a volunteer shift with another daughter, born later, counting and organizing clothing items, and the healing wasn't lost on me.

We are living in a season of uncertainty, confusion, pain, and loss. I'm not sure how the pandemic has impacted WHW, and I can only imagine how it impacts our sisters that the closet serves. What I do know is that remarkable, long-lasting, and impactful things can emerge from times like ours if only we are willing to take a risk. ...

# **SUSTAINING MEMBERS**



# The Adventures of Purchasing the JLSLC Headquarters

By Katy Andrews JLSLC President 1999-00 The year I served as the president of The League was one of the most challenging, collaborative and rewarding experiences of my life. In 12 months, we purchased a building, did a total remodel, and raised over a million dollars to fund the whole thing. Lisa Mietchen (Past President), Carol Firmage (President-elect), Joanie Shupe (Board Member) and I led the purchase and construction part of the project, but it was our gracious and generous Sustainer Capital Campaign Committee members who made it all possible.

The League membership voted in 1998 to start looking for a property to purchase; our lease was expiring on our office space next to Phillips Gallery in Downtown Salt Lake City. We wanted to find a building that would be large enough for our members to gather together and to offer space for Women Helping Women. Our vision was to share our meeting spaces with other nonprofits in our city, embracing the Junior League's role as a community support agent.

In the summer of 1999, we toured our building — the "Squire Hair for Men" headquarters (a men's hair transplant company!). It was ugly, rundown, and just the right price. When it really sunk in, my heart sank in that this project is what I would

be working on my entire volunteer year; it felt insurmountable and totally out of my wheelhouse. But Lisa Mietchen cheerfully said, "Now we just need to raise the money!" This made my heart sink even lower; I knew a little bit about fundraising but had never written a grant before.

Lisa, Carol and I made a list of Sustaining Members in The League who had been generous community friends and began inviting them to come tour our sad, ugly building and listen to our pitch to join our Capital Campaign Committee. On one of those early tours, the late, wonderful Sue Ellis looked around at the falling ceiling and crumbling walls and said, "I think you girls are crazy, but I'll help you." Shortly after that the incredible Nancy Giles joined Sue to become the Co-Chairs of the campaign. It was when Cleone Eccles became our Honorary Chair that we knew our project had taken a huge leap forward.

One huge challenge was that we needed to purchase and remodel the building WHILE we were raising the money to pay for it, so we needed a bridge loan. Lisa and I went to The League's bank at the time, the former First Security Bank (now Wells Fargo), and made our case. The bankers were initially dubious: "How do we know you (girls!) can actually raise all that money in a short period of time?" I secretly had the same question, but the bankers were obviously reassured by Lisa's answer, "We are confident we will be successful. Mrs. Eccles is the Honorary Chair of our Campaign."

We were granted the bridge loan of \$800,000, which we never actually had to use. Our Capital Campaign Committee (coached and encouraged by Scott Hansen of Fundraising Counsel, Inc.) raised an incredible \$1.2 million in only 12 months! A lead gift from the George S. and Dolores Dore Eccles foundation made all the difference, lending legitimacy to the project. Lisa and I wrote multiple grants to Foundations, and our incredible campaign committee made personal gifts and asked others to join them. Other notable women on the committee included Patty Biederman, Lisa Burbidge, Terrell Dougan,

Sue Ellis, Carol Filmage, Allene Fowler, Melinda Fowler, Holly Henriod, Jeanne Jardine, Terry Landa, Lisa Mietchen, Nancy Reuling Hardy and Linda Smith along with Nancy Giles and Julie Barrett serving as the Capital Campaign Co-Chairs.



There are many people in our community willing to help, they just need to be asked; that true collaboration happens when people allow their special skill set to complement others' in pursuit of a common goal.

Now we just had to remodel the building. Carol Firmage and Joanie Shupe led this charge. Carol's professional background as a designer and Joanie's deep connections as an HVAC Contractor within the construction industry served us well. We selected Big-D Construction and Gillies Stransky Brems Smith architects for the design-build process. Joanie functioned as our project manager and ruled the crew with an iron fist and a pink hard hat. We started the project in February and held our grand opening in late May: it was a whirlwind schedule, and we moved our things in about 12 hours before the ribbon cutting!

The things I learned that year continue to serve me to this day: you don't know what you can do until you try; there are many people in our community willing to help, they just need to be asked; that true collaboration happens when people allow their special skill set to complement others in pursuit of a common goal.

It was an exhausting but exhilarating year, and I will always be grateful for the experience.

Since 1999, the Junior League of Salt Lake City headquarters has been the heart of the League. Thanks to the forethought of the members who voted to establish a permanent place for the League to operate from, and the dedication of the women who led the efforts to purchase and remodel the building, for the last two decades members have been privileged to have a place to call home and to gather and carry out their important volunteer work on behalf of the Salt Lake Community.

Over the past 20 years, the building has been the central meeting place of our members. It is where countless relationships have been formed and fostered. It is the hub of the work the Junior League does in support of the development of women as civic leaders lending their time and talents to the projects of the League. In addition, the building has also been the home of our Women Helping Women boutique where over the years, more than 10 thousand women have been able to visit and receive work appropriate clothing, free of charge, thanks to the generous donations by the public and the dedication of JLSLC member volunteers who staff the boutique.

While the building has undergone some changes over the years, what has not changed is its importance to the League. Its walls tell the story of past projects and display photos of the women members who have come before us. Its rooms provide a place to gather and collaborate. And through its doors, members find belonging and opportunity to come together to create lasting impact in their community.

Sarah Waters 2020-21 President

# Community Impact



In a normal year without the disruption of COVID-19, our League days are filled with projects and volunteerism to help build better communities. With the absence of what would have been our 28th year of CARE Fair, the closure of our Women Helping Women Boutique, and not being able to meet in-person for a variety of smaller, mini-projects, the League had to make a major pivot. This required the Project and Community Councils to brainstorm and think of new ways to stay involved in our local community and identify possible needs we might be able to fulfill.

What has come to life in 2020 are imaginative and beautiful new projects which serve women and children in our community.

# CHRISTMAS BOXES FOR PRIMARY CHILDREN'S HOSPITAL

By Sara Hymas Community Council Member, 2020-21

In October, the Community Council reached out to Primary Children's Hospital for volunteer opportunities in which the League could safely participate. One of the suggested options was Christmas in a Box; these boxes would include decorations, crafts, stuffed animals, books, movies, and pillowcases. These are given to the children to decorate their hospital rooms to normalize their hospital experience, especially during the holiday season.

We created 60 bags that included trees, lights, ornaments, stuffed animals, different holiday-themed movies, and books. More than half of the items were donated by League members. The original plan for the project was to hold a drive for the items via Amazon and to fill the bags in two separate in-person events, but due to new coronavirus restrictions, we had to pivot and come up with a backup plan. The Community Council set up an assembly line in my garage, and with the help of a few committee members, we were able to get bags filled and prepared for delivery.

Despite the changes in the middle of the project, we successfully delivered 60 Christmas bags to Primary Children's Hospital at the beginning of December. During the drop-off, we were able to show the contents of the bags to the volunteer coordinator and her team, and they were ecstatic with what we were able to give to the children! Thank you so much to everyone who donated; it was a very successful event!

## HYGIENE KITS WITH WOMEN HELPING WOMEN

By June Steely Women Helping Women, Director 2020-21

The Women Helping Women project's mission is to provide work-appropriate attire to women entering the workforce who are in transition to self-sufficiency. The COVID-19 pandemic significantly impeded our progress as finding an outfit that fits one's body, and personal style is difficult to achieve from a remote location. Since it was unclear when we would return to the boutique in person, we considered ways to continue to support our clients without the need for face-to-face interaction.

In September 2020, we began offering hygiene kits to women referred by our partner agencies. The kits are filled on Saturdays and delivered to the requesting agency on Tuesdays. The kits include 12 personal hygiene items such as shampoo, soap, and conditioner. Each client also receives three pairs of underwear, a bra, and a hair styling tool. By December 2020, we have assembled and distributed an amazing 134 kits.

The kits have been extremely well received. The Odyssey House of Utah residential treatment staff were delighted to give women these kits for Christmas this year. The volume of their donations was much lower than usual, and they were pleased to have something for the women. A traveling nurse from the Salt Lake County Health Department shared a story from one of her clients: One of my clients is nearing homelessness starting next month. She has been on temporary housing, and it will end soon. COVID-19 has made it difficult to reach her goals. She is always trying, but with a small child and so many barriers, it has really set her back. It took much longer to get her driver's license, and jobs have been more difficult to find. Frequent child care closures have made it worse, and the client lost a job she just started when the child care center closed. Being able to offer needed hygiene items has helped this client during a great time of need. L



The kits have been extremely well received. The Odyssey House of Utah residential treatment staff were delighted to give women these kits for Christmas this year. The volume of their donations was much lower than usual, and they were pleased to have something for the women.

# **FASHION FULL CIRCLE**

By Amy Spencer

Women Helping Women provides clothing to women entering the workforce and transitioning towards self-sufficiency. The Junior League has served more than 17,000 women since 1996 by collecting, preparing and distributing professional attire.



As she dresses for work, Marie adds the finishing touches to her business casual attire. She puts on a gold necklace, an accessory that is special to the 52-year-old. It is a reminder of a time when she was between jobs and was in need of professional business attire for a job interview.

Born and raised in South Carolina, Marie (who does not want to use her last name), moved to Utah in 1998 for the promising job market and the opportunity to apply the skills she had learned from the marketing degree she earned at Winthrop University. Upon her arrival, she landed a job working in human resources at the University of Utah.

In 2014, when Marie was between jobs, she found herself searching for employment through Workforce Services in Salt Lake City. Worried about what to wear to an interview, she learned about the Junior League of Salt Lake City and the Women Helping Women clothing boutique.

"Clothes can be costly," Marie says, "One of the counselors [at DWS] told me about the JLSLC." She received her voucher to visit the clothing boutique and found comfort knowing that she had a place to find an outfit for this interview.

Upon walking through the doors, Marie was impressed with how organized everything was. Her interactions with the volunteers made it even better. "Everyone made me feel at ease," she says enthusiastically about her visit where she found something to wear to her upcoming interview. "They were all so helpful in selecting the outfits and helping me select things to match. It turned out to be a fun shopping experience."

At one of her two visits at the boutique, she discovered a beautiful gold necklace that has often been incorporated into her wardrobe. Gratitude exudes from her warm voice during our phone conversation, and she adds, "I was very satisfied; you are all very generous."

The confidence she gained from this experience translated to a positive experience as she interviewed, "When you wear something that looks good on you, it makes you feel good on the inside, and it helps you project a positive image."

Marie was inspired to give back to the organization that helped her and has since volunteered at Women Helping Women and even organized a clothing drive at her office where more than eight bags of clothing were donated.

In the summer of 2019, Marie's team at UTA was planning a community service project, and she shared her experience and desire to pay it forward and give back to the boutique that had a profound impact on her. What started as a small project within her department grew to incorporate every employee at UTA. "Quite a few people were unaware of the organization," she says, surprised to learn that many people at her office were unfamiliar with the Junior League and its boutique. She was proud to introduce them to the organization and see their drive to support this need in the community.

As a volunteer, Marie was in awe of what happens behind the scenes. "Everybody is so generous with how they give to the organization." She was also moved by the women visiting the boutique, "I noticed the excitement and the joy and how it made other people feel — I felt how excited they were." It takes her back to the time when she was in the boutique herself and found the professional wear that she needed and the gold necklace that she is wearing today. More than an accessory, it is a reminder to Marie of the gratitude she felt when she was in need of a job. "It reminds me of what I went through and the people who helped me along the way."



#### By Jeni Fitzgibbon and Katherine Torres

As the Junior League of Salt Lake City turns 90, our members continue to follow in their mother's footsteps.

The Junior League of Salt Lake City has been serving the Salt Lake community since 1931. It began as the Salt Lake Junior Aid and was accepted into membership of the Association of Junior Leagues in 1934 after a probationary period of training and education.

As we celebrate our 90th anniversary, we would like to look back at the women of this great organization whose

Junior League membership runs in the family. These lovely women have made The League a family affair. We have mothers, daughters, and sisters who have joined after admiring the work the older has done.

What better way to bond with the ones you love than to share the joy of volunteering? These women have been giving their time and talents to building better communities. Here is a spotlight of the women who have grown up with The Junior League.

CONTINUED ON PAGE 18

#### **ELAINE ELLIS**

Current Sustainer - League President in 2002-2003



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Here is a spotlight of
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Elaine and her sister Mary Ann grew up watching their mother, Sue Ellis, volunteer first with the Junior League and then with a multitude of other non-profits. Sue joined The Junior League of Salt Lake City JLSLC in the late '60s and was president in 1972-1973.

"As children, we helped taste test recipes for the Heritage Cookbook; explored the Museum of Natural History while Sue helped create the curriculum

for the Junior Science Academy, a JL project; and ran around Wheeler Farm in its infancy, another League project," says Elaine.

Elaine's sister, Mary Ann Ellis, joined The Junior League of Los Angeles in the '90s and transferred to the JLSLC when she moved back in 2001. She's the families go-to fundraising expert.

Their mother encouraged them to join JLSLC to get broad training as volunteers but, more importantly, to engage in the community.

Elaine says, "The main thing we learned was having compassion for those in need and to be part of our community by volunteering in social services, educational and arts organizations. No matter what our current project is, we know we can always rely on family to help out in whatever capacity is needed at the time. Never underestimate the impact your volunteering has not only for the nonprofit but also for the family and friends who are watching; the example you're setting is very powerful."





#### JENNIFER KELSEY

#### Current Sustainer - League President in 2011-12



Jennifer always wanted to be a member of the League.

"Ever since I remember, my mom was taking my sister and me along with her to Junior League things. Specifically, I remember the pumpkin patch at Wheeler Farm and the Thrift store near 9th and 9th. I was not always

happy about going along with her, but I somehow picked up on that she, and the other women, were doing something that was important and was helping other people," says Jennifer.

Her mother, two aunts, many of her mother's friends, and her own friends' mothers were involved in the League.

"I really always just thought that you grew up and became a member just as I was to go to college. Sounds silly, but true," she says.



Jennifer's aunt, Daryl Barrett, and her mother's mom, Susan Cameron, created a program through the JLSLC and then continued with it for years after called 'You're in Charge.' It was a sexual abuse prevention program. They wrote a curriculum, took it to elementary schools (eventually in other states), and taught the teachers and parent volunteers.

Jennifer went active in 1997-1998, was president in 2011-2012, went sustainer in 2014-2015, and was the sustaining advisor in 2019-2020.

Growing up and having parents, relatives, and friends who were active within the city positively impacted Jennifer. As a family, they were always volunteering for something, and it came very naturally.

#### LISA OWEN

#### Current Project VP

Lisa is a second-generation JLSLC member; her mother joined in the late 80s. After growing up with a mother in the League and seeing and experiencing the projects and events, Lisa decided to follow in her footsteps, which included being the director of the Women Helping Women committee.



"I was also the go-to babysitter for many League members. In the early 90s, when the JLSLC moved into the new building, the WHW closet was dismantled and stored in our living room. In 1992, I experienced the Car-a-Van immunization van, which was the beginning of CARE Fair. I spent multiple summers at CARE Fair assembling car seats and setting up alongside my mom. Seeing the friendships that were made and the satisfaction of being able to give back to the community, I knew I'd be a future member."

After Lisa completed college and started teaching, she was positive she was going to be a member. After her mother decided to sustain for the 2003-2004 year, Lisa signed up for the spring Provisional class in 2003.



Seeing the friendships that were made and the satisfaction of being able to give back to the community, I knew I'd be a future member.





# The Benefits of Volunteerism on Mental Health





The rate of depression has been on the rise for several years, even before COVID-19. A 2018 Blue Cross Blue Shield study found that diagnoses of major depression have risen dramatically by 33% between 2013 - 2016. This rate is growing even faster among millennials (up 47%) and adolescents (up 47% for boys and 65% for girls). Since the pandemic began in early 2020, a JAMA Network study published in September 2020 revealed that the rate of depression tripled among all demographic groups.

Much like our frontline medical workers battling the physical tolls of COVID-19 in emergency rooms and ICUs, mental health professionals are battling the emotional

and mental tolls of the pandemic. These professionals incorporate a variety of strategies to help their patients, including appropriate medication and regular therapy. In addition to these procedures, one extremely effective method to battle depression is volunteerism.

While we at the Junior League experience the value of service and how uplifting it is on a regular basis, JLSLC member Andy Dilanchian, MSW, explains why volunteerism is such an effective modality for treatment.

#### Reasons include:

- Volunteerism gives us a sense of purpose as people depend on us
- When we show up (for example, at an animal shelter or a food bank), we immediately see an impact on those we help — reinforcing our value in the world
- Isolated individuals gain a sense of community with others with the same values and interests as you
- Service gives us physical activity, getting us out of bed, and moving our bodies

When Andy was a case worker for a nonprofit helping elderly widowed women, she worked with a 70-year-old lady who was alone and had no family close by. Andy set her up to volunteer at a local animal shelter two days a week, where she would walk the dogs and keep them company. Andy states, "It gave her a sense of purpose and community and self-worth." Andy could tell during her home visits that she was brighter and happier.

Research has shown that service results in various physical health benefits as well.

A Carnegie Mellon study published in June 2013 revealed that 200 hours of volunteering per year correlated to lower blood pressure. Other studies have found a health benefit from as little as 100 hours of volunteering a year. The Mayo Clinic even refers to the positive feeling one experiences while volunteering as the "Helper's High," citing that it results in increased trust in others and increased social interaction.

JLSLC has had to pivot in the way we serve our community this past year, but we continue to do so in a time where help is needed more than ever. There are many organizations with virtual volunteer opportunities, including these:

- justserve.org
- volunteermatch.org
- pointsoflight.org
- onlinevolunteering.org
- crisistextline.org
- bookshare.org

Volunteering can be a source of joy as well as healing. In the words of Buddha, "If you light a lamp for someone else, it will also brighten your path."

# 3 Soups for the Soul

Recipes from Salt To Honey, Recipes For Great Gatherings by Junior League of Salt Lake City



#### Grilled Tomato Soup

#### **INGREDIENTS**

4 pounds Roma tomatoes and grape tomatoes

1/4 cup olive oil

4 garlic cloves, minced

2 tablespoons olive oil

1 large yellow onion

1 fennel bulb

½ cup red wine

4 cups chicken broth

3 tablespoons tomato paste

1 tablespoon balsamic vinegar

2 cups packed fresh basil leaves

1 teaspoon fresh thyme leaves

#### **DIRECTIONS**

Preheat the grill. Combine the tomatoes, ¼ cup olive oil, one-half of the garlic, salt, and pepper in a bowl and toss to coat. Place in a grill basket. Grill over medium heat for 10 to 15 minutes or until the tomatoes are splitting open and slightly blackened, stirring occasionally.

Heat 2 tablespoons olive oil in a Dutch oven. Add the remaining garlic, onion, and fennel. Cook until the vegetables are tender. Add the grilled tomatoes, wine, broth, and tomato paste. Bring to a boil. Reduce the heat and simmer for 30 to 45 minutes. Add the vinegar, basil, thyme, salt, and pepper. Remove from the heat. Blend with an immersion blender until the soup is of the desired consistency. Ladle into soup bowls. Garnish with chopped fresh basil and Parmesan cheese.

Note: The tomatoes may be roasted instead of grilled. To roast, preheat the oven to 400 degrees. Place tomato mixture in a single layer on a large baking sheet lined with foil. Roast for 45 minutes.

Serves 8



#### Potato Kale Soup

#### **INGREDIENTS**

1 bunch kale

2 pounds potatoes

1 onion, chopped

4 garlic cloves, chopped

2 teaspoons olive oil

2 quarts (8 cups) chicken stock or vegetable stock

1 tablespoon stone-ground mustard

1/2 cup dry white wine

1 teaspoon salt

Pepper to taste

1/4 cup heavy cream (optional)

#### **DIRECTIONS**

Rinse the kale and chop the leaves and stems. Scrub and chop the potatoes. Sauté the onion and garlic in the olive oil in a large saucepan until the onion is translucent. Add the potatoes and stock. Bring to a boil. Reduce the heat and simmer for 15 minutes or until the potatoes are soft. Add the kale, mustard, wine, salt, and pepper. Simmer, covered, for 10 minutes or until the kale is tender. Purée a portion of the soup in a food processor or blender and return to the saucepan, if desired. Stir in the cream. Ladle into soup bowls. Garnish with freshly cracked pepper.

#### Serves 6

\* Add 1 pound bulk sausage if desired as represented in photo.

#### Tortilla Soup

#### **INGREDIENTS**

2 tablespoons olive oil

4 small corn tortillas, cut into pieces

1 large onion, chopped

2 tablespoons jalapeño chiles, seeded and minced

5 garlic cloves, minced

2 tablespoons tomato paste

4 (14-ounce) cans chicken broth

1 tablespoon ground cumin

2 cups chopped cooked chicken

Salt and pepper to taste

1 cup chopped avocado

½ cup (2 ounces) shredded sharp Cheddar cheese

½ cup chopped fresh cilantro

#### **DIRECTIONS**

Heat the olive oil in a large Dutch oven. Add the tortillas. Cook for 2 minutes or until soft. Add the onion, jalapeño chiles, and garlic and sauté for 3 minutes. Add the tomato paste and undrained tomatoes. Bring to a simmer. Cook for 10 minutes. Add the cumin, broth, and chicken. Bring to a boil. Reduce the heat to medium and simmer for 30 minutes. Add salt and pepper. Process with an immersion blender until smooth. Ladle into soup bowls. Top with avocado, cheese, and cilantro.

Note: Instead of using an immersion blender, process the soup in three batches in a food processor or blender until smooth.

Serves 12



## Member Impact

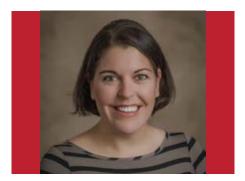
The Junior League of Salt Lake City is filled with incredible women from all walks of life who all joined for different reasons. When asked about their "why" we learn how much the League truly means to all members and how it holds a special place in all our hearts.



KRISTEN GELEGOTIS

"My 10-year run in the league has really given me incredible skills to launch and grow my career. I graduated from college during the recession and had a hard time finding employment when I moved back to SLC. I was also very uncertain knowing which field I wanted to go into. I joined the league, and my first placement was CARE Fair. Through serving on this committee, I was able to gain more real-life experience to develop various communication and organization skills. When I found and applied for a job at my current place of employment, the CF director provided me a reference. In my first week of my new job, I attended a community event to promote the CARE Fair and my supervisor and other directors were also there. It was a good coincidence. From there, and thanks to different training experiences provided by the league, I've been able to transition into different positions and into a job that I love."

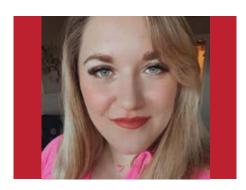
#### - Kristen Gelegotis Past President 2019-20



**LINDSEY P. WHINNERY** 

"I have obtained invaluable experience while serving on the Board as Finance VP and have been able to apply insights gained to my career. As Partner of a CPA firm that primarily serves nonprofits, I'm currently enhancing the firm's presentation of financial data to boards now that I have seen firsthand the information that boards require for financial stewardship."

#### - Lindsey P. Whinnery Finance VP



**AMY GIULIANO** 

"The Junior League gave me a network of women to support me professionally and personally. When I first joined the league, I was working in the service industry and through my experience with JLSLC, I realized I wanted to do more with my career and enter the nonprofit sector. Luckily, two of my closest friends in the League work for the American Cancer Society and an opening happened just as I was looking for a career change. Through those connections I was able

to get an interview and eventually land the job at the American Cancer Society leading the Making Strides Against Breast Cancer, Real Men Wear Pink, and Relay for Life events for the entire state of Utah."

#### - Amy Giuliano New Member Director



**CARA DZIUDA** 

"I moved to Salt Lake City over the Christmas holiday in 2014. When I moved here, I did not know anyone. I quickly transferred my membership to the Junior League of Salt Lake City and started attending GMMs and volunteering at Women Helping Women. I am so fortunate to have had this opportunity because now six years later when I look at my call or text list, so many of my close friends are gals I met volunteering with at the Junior League. Fast forward a couple of years after being involved in The Junior League and I got the opportunity to go to Florida for ODI training. I learned the "art of the ask." Not only from a donation standpoint for the league, but it also helped me in my current career. I learned that I needed to not sell myself short and that I needed to ask for a raise at work. I learned the basics on how to craft the conversation and well, I got the raise! I owe so much of my love for living in Salt Lake City to the women and experiences at the Junior League of Salt Lake City. I am forever grateful to surround myself with women who challenge me and make me a better person."

#### - Cara Dziuda

Membership Outreach Director



#### **DEVON CLARK CALLENS**

"I have been deeply impacted by the opportunity to lead within our chapter of the Junior League. I have been constantly inspired by the drive and motivation of the women that I lead, and, although it sounds cliché, I find that I learn from them on a daily basis. I am blessed by the friendships that I have formed, and find it inspiring that we all work together so effortlessly. Whether in leadership, or an enthusiastic committee member, each member plays a role and we all work toward a common goal together."

#### - Devon Clark Callens Community Director



**ERICA DAHL** 

"When I moved to Salt Lake City from San Francisco in 2004, I didn't know anyone and didn't have a job. A friend of my husband's was in the League and we went to dinner and she gave me a brochure on the League. I didn't do anything, but my husband pushed me to go to one meeting and I was hooked and joined. That same friend introduced me to a League member at the annual dinner in 2005 who told me about a job where she worked and helped me apply. I got the job and worked there for 10 years. So I owe my career in Salt Lake City, my volunteer experience and so many wonderful and lasting friendships to the

League. I can't imagine making my life in Salt Lake City without the League."

- Erica Dahl Sustaining Member



#### **BARBARA ZIMONJA**

Barbara Zimonja joined the Junior League in Salt Lake City as a Chicago transplant and served as President in 1983-1984. Below, she recalls the impact the Junior League has had on her life and career:

"I joined the JL in Chicago, IL when the organization was still considered "white glove ladies." My first assignment was in the projects on the west side of the city, helping people understand how to find the free social services that were available to them. This was my introduction into what life on the other side is like, and how I could truly make a difference.

I moved to Salt Lake City and transferred my membership and quickly was answering the phone in off hours for the rape crises center. My first call was from a boy ... an emotional experience for me, and also a lesson in humility and compassion.

After that I was recruited to help with a big fundraiser for the League, doing a golf tournament. I knew absolutely nothing about golf, and this was my first introduction into the art of quick learning and relying on your intuition. It was a large business transaction, for a bunch of volunteers, and we successfully raised funds to help the community as well as save for future use. I learned so much about business negotiations, about banking funds for the best use, and about handling "important people" properly, i.e.: Jack Nicklaus and Arnold Palmer.

I served for years in several capacities, as a single working mother, which forced me to prioritize my time as a mom, an income producer, as well as a volunteer. This time in my life helped me understand the ability to make time for what is important, and then the rest of one's needs will fall in place.

And then I was tapped to be the President — such an honor that brought me back to that humility lesson. There were so many wonderful women in the organization, as there are today, and it was humbling to know that they trusted me with their wisdom. My board was brilliant, the volunteers always ready, and the organization was beginning to find a path into the new century.

Back in the days when I first joined the League, I started my first business in Chicago. I didn't know what was up, really, but I got my courage from that experience on the west side of Chicago. And when I moved to Salt Lake City, I started my second business, knowing that I could do some quick learning and rely on my intuition, and built a small property management business into a multi-million dollar endeavor. And I met a great man, with three wonderful children, who we blended together with me and my fabulous son. We are now a family of four kids with loving spouses, and six grandchildren to dote over. Life is wonderful, and I owe many lessons to the Junior League.

With love and thanks for giving me this opportunity to go down memory lane ...

PS: I still gather with some of my Western Region Presidents from 83-84. We get together somewhere in this hemisphere, once a year (although the pandemic has cancelled this year), and reminisce about great times in the Junior League. This experience, too, has given me the opportunity to continue to grow."

#### - Barbara Zimonja

Sustaining Member,
President 1983-1984

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