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2010-2011 ANNUAL REPORT

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On the Cover
Ihsan Abdullah and Asia Magee, two Samuel J. Green Charter School students, enjoying the Edible Schoolyard, one of many JLNO community outreach projects in the historic Freret neighborhood.

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WELCOME TO THE WINTER ISSUE OF LAGNIAPPE, an issue of celebration in a season of celebration. This issue of our quarterly magazine features the Freret neighborhood and the 2010-2011 Annual Report of the Junior League of New Orleans.

I hope that reviewing the 2010-2011 Annual Report reminds you of the many successes achieved under the leadership of Jennifer Couvillon. It was truly a year of innovation and accomplishment for members and partners alike. The report reflects how JLNO leverages financial contributions with volunteer support in partnership with local nonprofits. The combination, as one community partner commented recently, can be transformational.

Another reason for celebration is the vibrant life on Freret Street. Bloomin’ Deals Thrift Shop has been a central part of this historic corridor for decades and over the years, Junior League community programming has embraced the neighborhood with Rebuilding Together, Freret Fest and projects at nearby Samuel J. Green Charter School in the classroom and the Edible Schoolyard. I am proud and humbled to drive down the thriving Freret Street today and consider the difference made by this consistent JLNO presence and the commitment past League leaders made to the neighborhood. Our commitment to the future of this corridor is reflected in our campaign to "Retire the Debt on Freret" and continued investment in Freret Street facilities and outreach.

During this season of celebration, I wish you happiness and good health and ask you to consider a visit to Freret Street among your resolutions for the new year. Browse the Saturday market, try out one of the many new restaurants, and of course, stop by Bloomin’ Deals to see why Gambit readers named it the best thrift store in the city!

Thank you for your service to this city and your support of the Junior League of New Orleans. Please share this magazine with a friend and visit our website at www.jlno.org to learn more about the Junior League.

Gratefully,
Blanche “Dee” McCloskey
2011-2012 President
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REBUILD, REBIRTH AND REJUVENATE is what we are celebrating in the Winter issue of Lagniappe. I couldn’t be more proud of the Junior League and our efforts of dedication, commitment and determination to revitalize Freret Street. We are not alone in this quest, as Freret Love is taking over the city. Just in the past year, many new businesses have sprouted on the new Freret Arts and Entertainment District, which is just eight blocks long, including Freret Street Yoga, Acora, Dat Dog and Company Burger just to name a few. A special thanks to JLNOs’ Bloomin’ Deals Thrift Shop for moving there in 1960 and starting the trend. Also visit www.thenewfreret.com for all the latest and greatest happenings on the new Freret Street.

Also in this issue, I had the pleasure of meeting Asia Magee and Ihsan Abdullah, two children who attend Samuel J. Green Charter School. Green is located on Valence Street just off of Freret. The school started a new learning program, The Edible Schoolyard, after Katrina, in an effort to rebuild the Freret neighborhood and community. JLNO and our Freret Street Neighborhood chairwomen work hard to support the school specifically working to maintain and sustain the Edible Schoolyard. The ladies also are heavily involved in activities all year long promoting the growth of Freret Street. Thank you Freret Neighborhood Committee as well as the Thrift Shop Committee for all of your hard work in strengthening and loving Freret.

I hope you enjoy our Winter Issue. It continues to amaze me how many hands go into making each issue a success. I want to thank my assistant editor Sarah Roy, as well as my photography Editor and Assistant Editor, Jessica Chin (formerly Cook) and Kellen Pirri. Our team is rock solid! We have exciting plans for the Spring and Summer issues. Stay Tuned.

Have a great holiday season,
Caitlin
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KEEPING WITH THIS ISSUE’S Freret-centric theme, Lagniappe recognizes four JLNO members, Melissa Eversmeyer, Adrienne Ehrensing, Liz Schafer and Maria Huete, for their commitments to the Freret Neighborhood.

Melissa Eversmeyer, a New Orleans native, is the chair of the Edible Schoolyard at Samuel J. Green School. “I love working side by side with students, parents, and fellow volunteers in the garden, kitchen or classroom while learning about the Edible Schoolyard program,” she says.

Working with the Freret Neighborhood is special to Melissa because of the role the League plays in helping the neighborhood revive and grow, and the Edible Schoolyard is a source of pride for Freret students, parents and neighbors. Melissa hopes to share the success of the Edible Schoolyard with the entire New Orleans community.

“I think that ESY has been a hidden little gem of the city. I’ve taken it upon myself to spread the word to whomever I can, whenever I can,” she says.

The exciting changes afoot in the Freret Neighborhood influenced Adrienne Ehrensing, Freret Neighborhood Outreach chair, to be part of the revitalization of the neighborhood. Adrienne’s committee has already successfully hosted and organized two of three scheduled special events for the Freret Neighborhood this year. The committee worked hard to organize Night Out Against Crime, a Halloween Party and Freret Fest. Adrienne provided each of the approximately 500 children who attended the Halloween party with a costume donated by the League.

For Liz Schafer, the Freret neighborhood is a perfect example of how the people of New Orleans have banded together to improve our city since the storm. Liz comments, “I drive along Freret Street on the way to work after dropping my son off at school, and it’s been so exciting to watch the growth and development on the street.”

Liz has been a League member since 2008 and spends her time as a mother of two, 6 year-old-son and a new baby daughter. She is also the director of fraternity and sorority programs at Tulane.

The residents and business owners along the Freret corridor saw an opportunity to revitalize the area, and Liz wanted to help support their efforts. Liz has a goal this year to oversee events that provide fun activities for children in the Freret neighborhood. She hopes
those events will help the children and their families understand what the Junior League is about and remind them we believe in the neighborhood and its future.

Our last, but certainly not least, League member is Maria Huete, who is the chair of the Bloomin’ Deals Thrift Shop. Maria joined the League because her parents, who emigrated to the United States, “believed that the United States was the land of plenty and if you were blessed with much you should pay it forward.” Maria takes pride in the League’s role of providing a nice and positive shopping experience with quality items. She adds, “We are fulfilling people’s desires for the ‘best’ that they can afford.”

Her goal this year is to get the word out about the wonderful selection of clothing, housewares and furniture found on Freret Street by using creative marketing. Maria and the Thrift Shop were featured on a segment of WGNO’s morning program, and the reusable Bloomin’ Deals shopping bags can be seen around town. Maria and her committee want everyone in the community to know that Bloomin’ Deals is the place to be for the frugal fashionista!  

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Front and center for Freret Street rebirth:
Bloomin’ Deals anchors the neighborhood

By Danielle Sutton

IT IS THE DAWN of a new era on Freret Street. New restaurants and businesses are opening weekly and as one drives down the street, the energy in the neighborhood is obvious. As a longstanding anchor on historic Freret, Bloomin’ Deals is in the heart of the rebirth and has received a new lease on life along with the surrounding neighborhood.

The Junior League of New Orleans first opened a thrift shop as a fundraising project in 1927 on Royal Street in the French Quarter. Bloomin’ Deals moved to Freret Street in 1960 and was located in the building now called “The Annex” and currently used for merchandise sorting, storage and special events. After success and growth, JLNO rented the current location (a former drug store) on the corner of Freret and Valence. In 2010, JLNO purchased the building to ensure that the League’s No. 1 source of community project revenue would remain to serve the community.

“When we were renting the thrift shop space, the owners were only required to give us 30 days notice if they wanted the building back,” says Maria Huete, Thrift Shop chair. “Buying the building was the best investment JLNO could have made.”

And the timing couldn’t have been better for the purchase. With the neighborhood suddenly booming, it stands to reason that the former owners could have reclaimed the building as retail space to capture some of the new business coming to the street.

Team Bag Day does one last huddle before opening the doors to a record breaking bag day.

Maria Huete, Thrift Shop chair, rings people up during the Fall Bag Day.
With the purchase of the building two years ago came the opportunity and responsibility to make improvements at Bloomin’ Deals. A new paint job completely changed the look of the building to reflect the neighborhood’s new feel, and new ideas have taken shape online as well, starting with the Bloomin’ Deals Facebook page. Anyone who ‘likes’ the page will get regular updates of what is going on there and elsewhere in the JLNO.

The majority of Bloomin’ Deals merchandise are gently used items. However, the store often receives new, “tags on” clothing and housewares. These items are set aside from the general general merchandise as “boutique” items.

“People get excited to get something brand new when they come in to shop,” says Maria. “When they find a little treasure it keeps them coming back every week to see what new merchandise we have. I would still like to see more high end items coming in because that gets shoppers really excited and helps us compete with consignment stores.”

And it’s not just new items getting shoppers excited. There is also a new rack dedicated to hot trends, which includes a trend board showcasing the looks in fashion magazines. Thrift Shop volunteers pull the trendy items from the racks and put together the looks for shoppers to buy off the rack. According to Maria, the best days to come in are immediately following one of the Bag Days, during the first week in March and October, when the whole store is emptied and then replenished with new inventory.

A weekly stop for neighborhood shoppers, Bloomin’ Deals has become one of the first stops on any costume hunter’s route. With its close proximity to Tulane and Loyola, the Thrift Shop gets a steady stream of students coming in looking for elements to put together costumes for tacky Christmas parties, Halloween, VooDoo festival, Red Dress Run, Mardi Gras and any other costuming occasion.

And as it gets closer to Mardi Gras, members of the Krewe of Muses are often seen scouring the shoe section for the perfect shoe to adorn with glitter and ribbon.

Bloomin’ Deals is often a stop for men and women looking for professional clothing, from men’s suits and ties to women’s dresses, pantsuits and blazers. The Thrift Shop has partnered with the Human Resources staff at Ochsner to create a Career Clothing Style Show in the spring. All of the professional looks used in the show will come from Bloomin’ Deals and showcase what a wide variety of merchandise the Thrift Shop carries. Also in the spring, a group of JLNO Provisionals will be putting on a fashion show with Dress for Success to take place at JLNO headquarters.

The newest initiative at Bloomin’ Deals, launched by Maria and JLNO President Dee McCloskey, is Mighty Men, a once a month pick-up service for large donated items. The Mighty Men, consisting of JLNO husbands, boyfriends, sons and friends, go to homes where a pick-up has been scheduled and bring treasures back to the Thrift Shop. Merchandise includes sofas, recliners, armoires, entertainment centers and tables. There was already a demand for furniture at the Thrift Shop, and now there is more than enough supply to justify the service.

Every member of JLNO works at the Thrift Shop at one time or another in her League life.

“It is the tie that binds us — projects and events come and go — Bloomin’ Deals is the constant,” says Dee McCloskey.

And members know it is the talented staff who makes it all happen and implements the exciting changes being made. They are the backbone of the Thrift Shop and if it weren’t for the hard work of Marc, Stella, Audrey, Carolyn, Margie, Willie and Lawrence, it wouldn’t be the institution it is today.

“We have customers who come in week in and week out without fail,” says Maria. “The staff knows them and their families and everyone looks out for each other. They had this place cleaned out and up and running only two months after the storm. They are truly amazing.”

According to Maria, the numbers at Bloomin’ Deals are looking really good for the year. With rebirth happening all around it, the newly revitalized Bloomin’ Deals Thrift shop will continue to anchor the Freret neighborhood for many years to come.
What Freret businesses near our Bloomin’ Deals Thrift Shop are saying about being a part of Freret Street and its resurgence in popularity...

“I think it’s an excitement, a joy. When we first came here, we were the only ones open besides Bloomin’ Deals and the Tire Shop (in the immediate area). And I think it’s really coming up and it’s great seeing other businesses want to locate to his area.”
— Terri Turner, Freret Po-Boy and Donut Shop supervisor

“We love being on Freret. We’ve had good business since we’ve been here. We are a bicycle shop for the people.”
— Aaron Newsome, The Bike Shop owner

“It’s cool to see a street that was pretty much dead a year ago and now there are so many restaurants. Six months ago there was nobody here and now there are always people walking up and down the street.”
— Jeremy Wolgamott, High Hat Café chef

“We have the best neighbors in the city. That comes from the heart. We are so happy to see the neighbors come out. People come in from all over town, too, but it’s the neighbors that have been paying our light bills.”
— Ben Sherman, The Midway Pizza co-owner

“I think the strong support of Councilmember Head has given Freret Street a push in the right direction. We still face a number of challenges with blight on the corridor and hope to turn that chapter and get the buildings back into commerce. The dedicated neighbors and investors on the corridor have committed time and resources leading to this renaissance. The monthly Freret Market brings a great deal of foot traffic to the corridor, which is very important to the small locally owned businesses. Once the corridor is stabilized, the surrounding neighborhood will flourish.”
— Kellie Grengs, The New Freret volunteer board member

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See what's new at Bloomin' Deals!

Get the scoop on Thrift Shop specials and events at jlno.org/thriftshop

Freret Street is thriving again!

Check out our neighborhood projects at jlno.org/projects.

Missed an issue of Lagniappe?

Find past issues in our archives at jlno.org/lagniappe.
Taking it to the Streets

The Freret Neighborhood Outreach Committee hits the ground running for another successful year of fun, family events

By Margaret Zainey Roux

SINCE HURRICANE KATRINA, one of the League’s many goals has been to help bring New Orleans back – one neighborhood at a time. Under the leadership of Co-Chairs Adrienne Ehrensing and Liz Schafer, the Freret Neighborhood Committee is doing just that.

The nine-lady team recently hosted a successful event and has many more in the works.

In late August, the committee plus nearly 20 volunteers clad in JLNO attire participated in a crime walk to raise awareness and offer support for the neighborhood. On Oct. 11, they participated in the annual citywide “Night Out Against Crime” event and had volunteers at the neighborhood event hosting a variety of children’s activities including arts and crafts and a visit from an official city fire truck. The fun on Freret continued on Oct. 29 with a neighborhood Halloween party! Close to 500 children are expected to attend, each of whom received a free costume courtesy of the hundreds of generous donors who participated in the League’s Costume Drive. In the past, safety has been an issue for this event so this year the committee planned to have the street closed down to offer a safe “block party” ambiance where guests can spread out and enjoy themselves. In addition to the party planning, League volunteers were on hand to decorate Halloween candy bags, make Halloween-themed necklaces and play games with the children in attendance. And the entertainment didn’t stop there! Guests enjoyed visits from Jo Jo the Clown, a princess and even the Pirate Ink airbrush tattoo artists.

“The Junior League played a roll in these same events for the past few years and was vital to their continuation,” says Adrienne. “I am amazed by the support given by the Junior League and am happy to see the area’s many children benefit from this support. I would encourage anyone who

Meet Collin...

Collin attended St. Martin’s Episcopal School from Pre-Kindergarten until he graduated in 2011. He scored a perfect 36 on his ACT. He was accepted by 9 top tier universities and colleges across the country and is majoring in aerospace engineering at Princeton University.

Collin is St. Martin’s Episcopal School.

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enjoys working with kids and who really wants to impact a neighborhood in a hands-on way to join us! I am so proud to chair the Freret Neighborhood Committee this year. It is giving me the opportunity to affect the community on a personal level. I am excited about all of the new things happening along Freret, and the revitalization efforts like new restaurants and fitness outlets. People are really starting to pay attention to this neighborhood. “•
TEN YEARS AGO, when a person thought of “media” she thought mainly of books, newspapers, television and radio. Communication was very one-sided, allowing only for one party to communicate to its audience. Feedback was limited at best. Even most websites were limited to presenting information to viewers without a quick method for reply. In the past few years, however, the world has seen the development of numerous web-based and mobile technologies that turn media into an interactive dialogue now known as “social media.”
Social media has given the average user the ability to quickly and efficiently create and exchange user-generated content. Sites such as Twitter and Facebook have facilitated substantial and pervasive changes to communication between organizations, communities and individuals.

Of course, the interactive nature of social media has not been lost on the Junior League of New Orleans. As many members may have noticed, the Junior League of New Orleans has a Facebook page and a Twitter account. Even Bloomin’ Deals has its own Facebook page and Twitter account.

To manage its social media presence, the League has a Social Media Committee headed by Jessie Haynes. Haynes and her committee, along with the Website Committee headed by Ashley Bond, work to enhance the online presence of the League in the community and to maintain connections with both League members and the community. Haynes sees social media as a way to not only communicate with League members but also a way to interact and connect with League members so they are aware of what is going on in the League and can provide feedback about League events.

Social media allows members to share League activities through their own social media so the League can quickly, efficiently and effectively advance its programs and initiatives.

Social media has also provided the League with a way to engage the business community. Jessie gives an example of the Buy, Save & Serve Card. “Because of our online presence,” she notes, “a merchant contacted the League and asked to be one of the vendors included in the program.”

In addition to advancing its initiatives, the League’s social media efforts also provide League members with education about social media and how to effectively use it. Jessie feels that, with the large amount of working members and members who own or run businesses, this will help to empower League members to use social media to enhance their business lives.

Ashley Bond notes that the League’s online work will not end at Facebook and Twitter. Her committee is developing a new, more interactive, League website that should launch sometime in early 2012. Along with the new website, Jessie and the Social Media Committee are working on creating a JLNO blog to discuss League events and programs.

It’s no secret — we love babies! And after a century spent delivering more babies than any other single private hospital in New Orleans, it’s clear that moms love Touro. After all, with private rooms and friendly staff providing custom birthing plans, water birthing and sibling classes, what’s not to love? Mom always knows best. And more moms across New Orleans love Touro. To learn more about the place where babies come from, visit www.touro.com/fbc.
EVER WONDERED how to become involved in a nonprofit organization? Well, Get on Board with JLNO’s program to help gain the skills and training to do just that.

Get on Board is a course available for any member of the greater New Orleans community who is interested in learning about all aspects of nonprofit leadership and board service. The program strives to recruit a wide variety of adults who are motivated to make a difference in their community by serving on a board or committee of a local nonprofit, and train them to be effective leaders who will increase their functionality and productivity of a nonprofit organization.

After the training sessions, Get on Board works to match trainees with a local board or committee that has requested new members. The program accepts a variety of participants from young professionals who have never served on a board to current nonprofit board leaders looking to improve their knowledge and better serve their organization. Staff members of nonprofit organizations also attend the course to learn how to be a better resource for their board members.

Get On Board was developed as a resurrection of a similar program initially sponsored by the Junior League of New Orleans 25 years ago, Boardswork!, which had been spun off into an independent program but was unfortunately discontinued a couple of years before Hurricane Katrina. League members spent the year immediately after Katrina exploring community needs by interviewing community leaders, schools, health care providers, elected officials and business leaders to determine new community needs post-storm. Much-needed general nonprofit board training was going unprovided in the community and the League began to emerge as a leader in bringing this resource back to New Orleans.

The Get on Board course has produced hundreds of graduates since its inception, with more than 200 in the last year alone. A
recent survey revealed that about 75 percent of the graduates are still serving on the board they originally matched with through the Get on Board program.

Trainees involved in the course participate in a series of lectures over several days on various aspects of board duties including legal and fiduciary responsibilities, strategic planning, fundraising and board meeting tactics. Lectures are given by both former graduates of the program and experienced nonprofit leaders in the community. For the last two years, the lectures have been spearheaded by Nancy Burris Perret, a professional trainer with many years of nonprofit experience; Charlie Heim, owner of his consulting firm who has served as a development officer for more than 35 years, with his most recent position as Vice President of Philanthropy for Ochsner Clinic Foundation; and Kathleen Zuniga, a director in the audit practice of Deloitte & Touche LLP.

Dr. Sameer Syed, 28, a second-year anesthesiology resident at Ochsner Clinic Foundation, was one of the program’s graduates this fall. Dr. Syed of Houston received his bachelor’s degree from Duke University, and subsequently attended Tulane University School of Medicine. Dr. Syed was looking for a way to become more involved within the community. After hearing about the program through 504Ward, Dr. Syed decided to Get on Board.

“At the lectures, I learned about the basic structure of a board, and its subcommittees, as well as the legal responsibilities and financial aspects of being a board member. We were also taught how to conduct an effective meeting and how to successfully fundraise,” said Dr. Syed.

He also stated that he originally became interested in serving on a board not only to actively improve the community but also to help enrich the lives of the individuals who comprise it. He thought attending Get on Board would help him with his communication and organizational skills to achieve his goal of nonprofit service now and in the future.

“I definitely acquired the skills necessary to become an effective nonprofit board member,” Dr. Syed stated.

The spring session of Get on Board will take place beginning Feb. 29 from 5:30-8:30pm for five consecutive Wednesdays. Visit http://www.jlno.org/?nd=getonboard for further details.
MISSION STATEMENT
The Junior League of New Orleans is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

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The Junior League of New Orleans is committed to:
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Collaboration... Being a coalition builder, convener and a collaborative partner is community groups.
Diversity... The synergy of different perspectives.
Training... Educating and developing effective volunteers and leaders.
Respect... For our members’ time, energy and skill.

Junior League of New Orleans
2010-2011 Annual Report

President’s Message
On behalf of the Board of Directors and membership of JLNO, we are proud to present the 2010-2011 Annual Report. Founded in 1924 by ten women devoted to volunteer service, JLNO has grown to a membership of over 2,100 Provisional, Active and Sustaining members dedicated to the League’s mission of “promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.” The spirit of the league continues to live within each member.

The highlights, project and fundraiser descriptions, and financial statements included in this Annual Report show the significant impact JLNO volunteer work has had in Greater New Orleans. These accomplishments were possible because of the commitment and generosity of our members, community partners, preferred partners and donors. These relationships are the foundation of our organization.

As always, the Junior League of New Orleans looks forward to a bright future of continued service by building on the significant efforts and accomplishments of those who have come before us.

Jennifer Surgala Couvillon  Blanche “Dee” McCloskey
President 2010-2011  President 2011-2012

Celebrating over 87 Years of Service to the Community
Highlights from the 2010-2011 League year:

- JLNO committed over $842,364 to its community projects and initiatives.
- JLNO granted in excess of $30,000 to area non-profits serving community needs through the Community Assistance Fund.
- JLNO Get on Board! Non-Profit Board Training offered both a fall and spring training program to support non-profit board service in the New Orleans area.
- JLNO continued to provide significant support of students, parents, and teachers at two identified charter schools, Lafayette Academy Charter School and Samuel J. Green Charter School.
- JLNO received a National Safe Sitter Award in partnership with Children's Hospital to honor our commitment to Safe Sitter Training.
- JLNO joined forces with PRC to rebuild two homes in honor of the 5th Anniversary of Katrina as well as three homes in partnership with Shell and in conjunction with the Rebuilding Together Program. JLNO was awarded an honor for long standing service to this program.
- JLNO trained 137 Provisional members who became active members in May 2011 and trained 647 active members. We had member-directed training opportunities in October and April.
- JLNO membership activities, such as monthly Front Porch Friday social hours, were enjoyed by all categories of JLNO membership.
- JLNO welcomed the largest Provisional class for the third consecutive year in JLNO's history. 163 new Provisional applied for the 2010-2011 League year.
- JLNO renewed Preferred Partnerships with Ochsner Health System and Capital One.
- JLNO strategic planning continues on an ongoing basis with a Tri-Board of Directors annual meeting.
- JLNO, along with other prominent women's groups, sponsored a political forum for candidates in Louisiana.
- JLNO hosted 600 Junior League leaders at the Association of Junior Leagues International Winter Leadership Conference and the Regional Area 5 Conference.
- As a new owner of the Thrift Shop building, JLNO addressed building repairs and renovations at Bloomin’ Deals. Repairs addressed roof, siding, drainage, handicap accessibility and more.
- JLNO continued to sell cookbooks and enjoyed featuring the JLNO’s fourth cookbook, Crescent City Moons, Dishes and Spoons, at the New Orleans Home and Gardens Show and New Orleans Decorating Emporium.
- JLNO Shopping Card featured 120 merchants and enjoyed a new sponsorship by Dillard’s Department Store. In addition the fundraiser partnered with Lakeside Mall to sponsor a new kickoff party.
- JLNO Kitchen Tour highlighted fourteen newly renovated kitchens in Old Metairie as well as the Garden District. The Kitchen Tour kickoff party, sponsored by Peoples Health, Latrobe’s, Cure, and Chef National Zimet, enjoyed the largest attendance to date.
- JLNO's first Meeting Boutique fundraiser invited JL business owners and other local businesses to sell their wares and promote their business during a social hour before JLNO General Meetings.
- JLNO launched a 5K run in Audubon Park with more than 500 participants. The 5 K Etouffee featured a children's race, Baby Crawl, National Lemonade Day Stand, Radio Disney and more.
- JLNO received a pledge for $50,000 from Randall Smith to develop a new community program that will address juvenile justice programming as well as strengthen current community projects.
- JLNO enjoyed three new community projects. The Big Brothers/Big Sisters Project focused on the strength of relationships and the creation of the Senior League allowed for service to seniors in the New Orleans community. In addition, Community Shift opportunities were abundant and in partnership with the Salvation Army Emerge program, JLNO members supported school attendance for 500 middle school aged students.
- JLNO participated in a beautification project with Fore Kids and St. Michael's school with the installation of a new playground and first outdoor putt putt course in New Orleans parish on St. Michael’s campus.
- JLNO continued the partnership with Second Harvest Food Bank to provide healthful food to school children in need through the Lagniappe Backpack program. This community project is a 3 year commitment, each year giving a financial commitment of $100,000 as well as in kind volunteer hours.
2010-2011 COMMUNITY PROJECTS

Big Brothers/Big Sisters-Strength of Relationship
This committee organizes activities that support and provide mentorship to girls in our community’s foster care system in order to facilitate their transition to independent young adults. Activities are designed by the committee based on the needs of the individual girls. Past topics include financial responsibility, healthy eating, personal hygiene and other life skills.
JLNO volunteer hours: 520
JLNO dollars committed: $11,107.20 (in kind)
$2,431.00 (actual)

Community Assistance Fund
The fund provides grants of up to $4,000 to area non-profits that demonstrate a need for funding and a strong commitment to improving the community in one of JLNO’s focus areas. Grants are awarded twice a year and recipients must show measurable outcomes for their projects.
JLNO volunteer hours: 336
JLNO dollars committed: $7,176.96 (in kind)
$31,570.50 (actual)

Community Shift
The 2010-2011 year was the third year the Community Shift Committee planned the Community Shift Credit opportunity for JLNO member volunteers. The goals were to identify, offer and promote community shifts to support current JLNO projects, as well as occasionally offering opportunities supporting other non-profits throughout the League year. One project that this year’s committee focused on was the EMERGE (Greater New Orleans Salvation Army project). The EMERGE project focused on promoting school attendance in the Recovery School District by rewarding students for perfect attendance. JLNO was proud to purchase holiday gifts for almost 500 students who achieved this goal.
JLNO volunteer hours: 3,023
JLNO dollars committed: $64,763.52 (in kind) $28 (actual)

Freret Neighborhood Outreach
JLNO’s partnership with the Freret Neighborhood Center, Neighborhood Housing Services, and other community organizations fosters neighborhood stewardship, pride and camaraderie in the neighborhood through neighborhood activities such as Night Out Against Crime, Halloween Costume Giveaway, and Freret Fest.
JLNO volunteer hours: 300
JLNO dollars committed: $6,408 (in kind) $5,468.29 (actual)

“Get on Board” Non-Profit Board Training
For the third year, community leaders involved with various non-profits worked to plan and coordinate two sessions of workshops that educated participants on effective board practices, including financial analysis, strategic planning, governance and fund development.
JLNO volunteer hours: 375
JLNO dollars committed: $8,010 (in kind) $12,800 (actual)

Green Charter School Edible Schoolyard Project
JLNO’s partnership with Samuel J. Green Charter school pairs volunteer hours with financial assistance to the Green School’s Edible Schoolyard (ESY). ESY is based on a national model started the acclaimed chef and food activist, Alice Waters, in Berkeley, CA. ESY’s extensive garden program integrates organic gardening and fresh seasonal cooking into the school’s curriculum, culture and food programs.
Students are involved in all aspects of farming the garden and preparing and eating the food. JLNO hosted 15 events at the ESY including Open Garden Days, Meet the Farmer Days, Family Food Nights and student “Iron Chef” cooking competitions.
JLNO volunteer hours: 650
JLNO dollars committed: $13,884 (in kind) $8,165.78 (actual)

KaBOOM!
JLNO worked with KaBOOM! to provide two volunteer opportunities for our committee to participate in builds around the city in Mid City and Gretna. The builds at Easton Park and Oakdale were really helpful as JLNO volunteers were able to see how other community partners execute builds.
JLNO volunteer hours: 46
JLNO dollars committed: $982.56 (in kind) $0 (actual)

Kids in the Kitchen
Kids in the Kitchen is both a local initiative as well as one supported by the Association of Junior Leagues International, Inc. (AJLI). The goal of the project is to empower youth to make healthy lifestyle choices and reverse the growth of childhood obesity and its associated health issues. This year, JLNO partnered with The Louisiana Children’s Museum and St. Louis King of France to provide games and art projects that focused on healthy eating. Kids in the Kitchen allocated $10,000 to the Louisiana Children’s Museum to sponsor Four Super Saturdays providing free entry to children. JLNO also provided support for games, snacks, and art supplies for the local
community.
JLNO volunteer hours: 350
JLNO dollars committed: $7,476 (in kind)
$13,669.80 (actual)

Lafayette Academy Charter School Support Project

Lafayette Academy Support Committee began in the 2007-2008 League year. This committee provides
student, teacher, and general support to the Lafayette
Academy Charter School, a PK-7th grade charter
school, located in the Carrolton neighborhood, with
approximately 800 students. Committee members
provide support in first grade classrooms as well as
providing monthly treats for Junior League Birthday
Club, teacher luncheons, classroom reads and
financial support for Super Store and field trips.
JLNO volunteer hours: 450
JLNO dollars committed: $9,612 (in kind)
$20,016.26 (actual)

Power Ties

This career-awareness training program, developed
by New Orleans Outreach, links professionals from
various occupations with middle school students
through a series of semester-long career oriented
workshops. The workshops, taught by JLNO
volunteers, allow students to learn about basic job
skills. The program culminated in a “Career Day” in
which more than fifty eighth grade students from
Samuel Green Charter School participated in mock
job interviews and attended sessions on business
etiquette and resume construction. The workshop was
followed by a “Power Lunch.”
JLNO volunteer hours: 600
JLNO dollars committed: $12,816 (in kind) $9,438.27 (actual)

Rebuilding Together (previously Christmas in
October, Project Recovery)
In partnership with the Preservation Resource Center,
JLNO and Shell volunteers work side by side
renovating homes for low-income homeowners,
especially those who are elderly or disabled and who
would not otherwise be able to afford the needed
renovations to their homes. During the 2010 build,
JLNO volunteers worked to restore three homes in
the Gentilly neighborhood.
JLNO volunteer hours: 1,010
JLNO dollars committed: $21,573 (in kind)
$14,235.27 (actual)

Safe Sitter

In collaboration with the Parenting Center at
Children’s Hospital, this program teaches adolescents
to be educated baby sitters. Valuable lifesaving skills,
CPR, choking child and infant rescue breathing are
part of the program. In addition, home security and
safety topics are covered. This year 165 children
between the ages of 11-13 years participated in the
program. Safe Sitter also provided a scholarship class
for children from Green Charter School.
JLNO volunteer hours: 970
JLNO dollars committed: $20,719.20 (in kind)
$2,897.30 (actual)

Second Harvest/Lagniappe Backpack Program

In partnership with Second Harvest Food Bank of
Greater New Orleans and Acadia, this program
provides direct monetary and volunteer support of the
Lagniappe Back Pack Program, which aims to
address the widespread hunger among school-aged
children in New Orleans. This program provides
students who exhibited signs of malnourishment with
back packs filled with non-perishable food items for
weekends and school holidays, when they would
otherwise not have regular meals. JLNO members
staffed weeknight and Saturday shifts to fill back
packs that were distributed to program participants.
JLNO volunteer hours: 1,096
JLNO dollars committed: $23,410.56 (in kind) $100,114.50 (actual)

Senior League

Senior League is a new pilot program with the goal
of providing volunteer time and activities to New
Orleans area seniors. JLNO volunteers worked with
two institutions this year: Malta Park, a residential
senior center, and PACE, an adult day care center for
low-income seniors. JLNO members planned and
attended workshops at these two centers with
activities such as Christmas wreath making, musical
performances and bingo. At the conclusion of the
year, the program made a special donation to the
PACE center to purchase a cognitive skills program
and computer system which will be used in therapy
for seniors suffering or at-risk from Alzheimer’s and
dementia.
JLNO volunteer hours: 400
JLNO dollars committed: $8,544 (in kind) $2,650.60
(actual)

Note: Independent Sector estimates the dollar value of a volunteer hour at $21.36.
2010-2011 FUND DEVELOPMENT & BUSINESS

Bloomin’ DEALS Thrift Shop
For over 84 years, Bloomin’ DEALS has provided the New Orleans community affordable, gently-used clothing, shoes, and accessories for men, women and children. In addition to clothing, household items such as furniture, electronics and books are available for purchase. This year, JLNO finished renovations on the building and made needed improvements to the Annex. In addition to providing an improved shopping environment, JLNO volunteers helped engage the community with events such as holiday photos with Santa and a Halloween costume give away in conjunction with the Freret Neighborhood Center. The committee also worked to start new programs, such a story time and an arts and crafts program for the neighborhood children.
JLNO volunteer hours committed: 7,000
JLNO dollars committed: $149,520 (in kind) $299,941.49 (actual)

JLNO Cookbooks
Junior Leagues are widely known for publishing the most informative and collectible cookbooks. Our three classic cookbooks (Plantation, Jambalaya and Crescent City Collection) are among the best in the country. Additionally, JLNO is getting rave reviews for its latest children’s cookbook, Crescent City Moons, Dishes and Spoons. Our cookbooks are one of JLNO’s biggest potential source of revenue for the League and the community programs it supports.
JLNO volunteer hours committed: 1,100
JLNO dollars committed: $23,496 (in kind) $48,722.08 (actual)

The Junior League of New Orleans, Inc. Endowment Fund
The purpose of the JLNO Endowment Fund is to promote the long term financial stability of the Junior League of New Orleans. Growth is achieved by soliciting financial support through annual, major and planned gifts. This year, the committee assisted in hosting a Sustainer Party that focused on the State of the Endowment. It is also of note that the recent purchase of the Bloomin’ Deals Thrift Shop property by JLNO has been made possible, in part, by the Endowment.
JLNO volunteer hours committed: 40
JLNO dollars committed $854.40 (in kind) $2,268.34 (actual)

5K Etouffee Race
The First Annual 5K Etouffee Race took place in Audubon Park. Over 500 people participated in the 5K race; the half mile fun run and the baby crawl. Families participating in this fun raider enjoyed great food, drinks and wonderful music.
JLNO volunteer hours: 240
JLNO dollars committed: $5,126.40 (in kind) $7,932.81 (actual)

Kitchen Tour
Every spring, the JLNO Kitchen Tour showcases a spectrum of local kitchens from cutting-edge gourmet to cottage chic. This year’s Kitchen Tour was no exception and it showcased six homes in Old Metairie and eight in the Lower Garden District in New Orleans. The event began by honoring the tour hosts at the JLNO Kitchen Tour Kick Off Party. The Patron Party was sponsored by Peoples Health and hosted by Latrobe’s on Royal. It was a fantastic evening with food demonstrations, a signature cocktail by Cure Cocktail Bar and dinner by Chef Nathaniel Zimet of Boucherie Restaurant.
JLNO volunteer hours committed: 2,000
JLNO dollars committed: $42,720 (in kind) $30,634.75 (actual)

Marketing
The Marketing Committee coordinated media buying for all of JLNO’s major fundraisers, including Shopping Card, Kitchen Tour, 5K Etouffee, and Thrift Shop. In addition, it oversaw the design and placement of all print advertising. The Marketing Committee liaised with each fundraiser committee to provide assistance and support for the respective fundraiser’s marketing plans.
JLNO volunteer hours: 250
JLNO dollars committed: $5,340 (in kind) $3,423.66 (actual)

Meeting Boutique
JLNO’s newest fundraiser, Meeting Boutique, allows JL business owners and other local businesses to sell their wares and promote their business during the social hour before all JLNO General Meetings.
JLNO volunteer hours: 300
JLNO dollars committed: $6,408 (in kind) $600.79 (actual)

Shopping Card
Shopping Card, one of JLNO’s newest fundraisers, kicked off its fourth year with a party at Lakeside Mall. The Shopping card event took place over a 10 day period with over 120 merchants participating throughout the City.
Shopping Cards were purchased for $35, and participating merchants offered a 20% discount for the duration of the event. The cards not only delivered funds for community projects and a discount for purchasers but also generated sales for local businesses. This year over 600 cards were sold.
JLNO volunteer hours committed: 1,000
JLNO dollars committed: $21,360 (in kind) $18,577.27 (actual)

Note: Independent Sector estimates dollar value of a volunteer hour at $21.36.
Junior League of New Orleans, Inc.  
Financial Report  
For Year Ended May 31, 2011

Income

Fundraisers and Businesses:
Cookbooks $13,958
5K Etouffee Race $13,537
Kitchen Tour $63,893
Shopping Card $25,691
Thrift Shop $338,550
Miscellaneous $11,652

Total Fundraisers $467,279

Membership Obligations $287,608.72
Investment Income $367,265.42
Endowment Contributions $24,286.44
Grants & Sponsors $25,500.00

Total Income $1,207,734

Expenses

Community Projects $842,364
Fundraising $76,631
Support Expenses $128,329

Total Expenses $1,047,324

Net Income $160,410

Net Assets at Beginning for the Year $3,290,768
Increase (Decrease) in Unrestricted Net Assets $160,410
Amortization of Charitable Remainder Trust $8,930
Net Assets at End of the Year* $3,460,108

*Includes $2,302,957 Endowment Fund balance, which reflects all contributions and pledges as of May 31, 2011. This report includes selected financial information from both the Audited Financial Statements and internal actual numbers. The complete Audited Financial Statement are available upon request.
2010-2011 DONORS

The Junior League of New Orleans, Inc. is thankful for the many gifts received throughout the League year. The support given to JLNO ensures our exceptional community outreach and enables us to further develop the potential of women and improve our community through the effective action and leadership of trained volunteers.

SUPPORTERS CONTRIBUTING $10,000 OR MORE

Capital One Bank  
Ochsner Health System  
Randall Smith

SUPPORTERS DONATING GOODS AND SERVICES

SUPPORTERS OF THE JUNIOR LEAGUE OF NEW ORLEANS

Miné Abbott  
Lisa Abel  
Linda Ashline  
Libby Adams  
Elizabeth Adams  
Rotin Adams  
James Agnew  
Kathryn Alkim  
Catherine Alexis  
Susan Allen  
Lynn Alline  
Stefanie Alwine  
Lisa Alpaugh  
Barbara Amended  
Jennifer Amended  
Wilney Arch  
Kimberly Armadis  
Nicole Armbuster  
Amelia Arthur  
Jacqueline Avery  
Claire Averno  
Julie Baldwin  
Jessica Bachmann  
Mary Margaret Baldwin  
Singer Baldwin  

Ellen Ball  
Jennifer Banquer  
Constance Barkley  
Consuelo Barron  
Patricia Barry  
Linda Baum  
Molly Baumer  
Heidi Bayer  
Amber Beazley  
Ann Bennett  
Charlotte Benton  
Christy Bergeron  
Linda Bergeron  
Mary Ross Bergme  
Magdalen Bickford  
Elisabeth Bickham  
Kristen Blanchfield  
Julia Bland  
Madeleine Blessset  
Ruth Blum  
Maxine Blum  
Stephanie Boh  
Effie Bohm  
Erich Bolles  
Lisa Bonaro  
Bridget Bones  
Amy Borrell  
Jeanne Boughton  
Aroni Bourg  
Rebecca Bourg  
Lauren Boyce  
Ariane Brennan  
Leslie Brennan  
Dav Bard  
Catrin Brezzer  
Jessica Jide  
Chris Bredes  
Ashley Bright  
Patricia Breton  
Laura Brooks  
Angelique Brou  
Julie Brown  
Amanda Brown  
Suzanne Brown  
Angie Brown  
Eileen Brown  
Joan Browne  
Pamela Burck  
Virginia Burke  
Gina DeMatte Burke  
Mary Burke  
Barbara Bush  
Jill Bushkoff  
Hope Cantaye  
Samantha Casper  
Claire Carrere  
Stephanie Carroll  
The P & C Carroll Foundation  
Mary Ann Caruso  
Susan Caruso  
Catherine Cary  
Gnann Calenter  
Laura Causey  
Marta Codalito  
Sarah Concellor  
Anna Chaney  
Dorothy Charbonnet  
Edie Charlton  
Jennifer Chester  
Chevron  
Kathryn Choye  
Iza Cho  
Pamela Dunlop  
Lake Grove  
Lagare's Kitchen and Bath Design  
Lakeland Camera Workshops  
Landraft Homes  
Lantrola's on Royal  
Le Boulevard Marketplace  
Leslie Parrinottes, DDS  
Louisiana Children's Museum  
Louisiana Cookin' Classic of  
New Orleans  
French Quarter Festivals, Inc  
Ferret Street Yoga  
Frischhertz Electric  
Lloyd Frischhertz  
Georgian Furnishings-Bergerhome  
Globale Institute  
Global Wildlife  
Gran Qudra Delba  
Green Ligh New Orleans  
Gulf Coast Bank  
Gymnastics  
H2O Salon and Spa  
Heather Johnson  
Heirloom Furnishings  
Heller, Draper, Hayden, Patrick & Horn, LLC  
Holley Farms  
Hotel Monteleone  
Houmas House Plantation  
Hubig's Plea  
Iberia Bank  
Interior Designs, Inc  
Jackson Cabinets  
JazzMen Rice  
John M. Stephens Interior Design LLC  
Jos. A. Bank  
Julie Nell  
Kentwood Spring Water  
Kyoto  
L'Amore Privé  
Lake Grove  
Lagare's Kitchen and Bath Design  
Lakeside Camera Workshops  
Landraft Homes  
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Jackson Cabinets  
JazzMen Rice  
John M. Stephens Interior Design LLC  
Jos. A. Bank  
Julie Nell  
Kentwood Spring Water  

Raising Cane's  
Raul Resources  
The Retreat Salon  
Leigh Revelley  
Rhea Lanna  
Rock 'n Bowl and Yellowstone College Inn  
The Roosevelt New Orleans  
Salis Fitness and Plates  
Saks Fifth Avenue  
Second Helping Catering  
Sheraton New Orleans Hotel  
Simply Fit  
Saw's & Chairs  
Southern Eagle  
Source  
Sprim  
St. Mary's Dominican High School  
Stafford Titan & Stone  
Stuart Hall  
Style Ediors Designs  
Sucre  
Anne Teachworth  
Tawana  
The Theatres at Canal Place  
Thbedouin's Flowers  
Tumpet  
T's Creative Creations  
Two Sprouts  
Uptown Pediatric Dentistry  
Varisty Sports  
Video Ink Graphics  
Vom Fass  
Water & Sewer Products  
The W of New Orleans  
Williams-Sonoma  
The Wine Group  
Wren's Tornlite Shade and Design  
Gary Zoller-NOLA H2O  
Zuka Baby

 capitalized in bold
## 2010-2011 BOARD OF DIRECTORS

- **President**: Jennifer Couvillon
- **President-Elect**: Blanche "Dee" McCloskey
- **Secretary**: Chris Zazulak
- **Treasurer**: Stacey Lousteau
- **Assistant Treasurer**: Connie Shannon
- **Business & Communications Council Director**: Eryn Melancon
- **Community Council Director**: Lila Wright
- **Membership Council Director**: Jeanne Boughton
- **Planning & Development Council Director**: Erin Bolles
- **Ways & Means Council Director**: Mandi Frischhertz
- **Nominating Chair**: Charlotte Benton
- **Sustaining Advisor**: Gwathmey Gorilla
- **Assistant to Board of Directors**: Amy Browne

## 2010-2011 COUNCIL

### Business & Communications
- Kim Abramson
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- Rebecca Bush
- Jeanne Charlebois
- Tiana Christopher
- Enid Fahrenholt
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- Julie Kerter
- Meg Leche
- Amanda Moeller
- Leigh Moss
- Heather Passler
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- Adele Ralston
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- Beth LeBlanc
- Deborah McLanahan
- Stacey Payne
- Allison Plassance
- Kathleen Ramsey
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- Amy Walters

### Membership
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- Mag Bickford
- Ariane Brennan
- Twanda Carter
- Anne Marie Cashmere
- Callie Daters
- Mollie Demosthenidy
- Ann Dwyer
- Dottie Ellis
- Nancy Falgoust
- Caty Flower
- Lynne Gibbons
- Brandy Gilly
- Lauren Giovingo-Wiley
- Holly Gordon
- Julie Habetz

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- Suzanne Alford
- Amber Beazley
- Jennifer Brammell
- Lorie DeMARCAY
- Caroline Fayard
- Alice Glenn
- Mary Beth Green
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- JJ Kornman
- Sarah Laborde
- Amanda Lo
- Erin Luetkemeier
- Michele Miller
- Sheila Moragas
- Christy Read

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- Virginia Barba
- Kelly Baughan
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- Stephanie Bohn
- Ashley Bond
- Amy Browne
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- Kim Fontenot
- Kendall Hales
- Jennifer Hawney
- Jessie Haynes
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- Kristen Laragy
- Cherie Moore
- Lori Paige
- Merisa Pasternak
- Kristen Ponthier
- Amy Rosato
- Lizzie Schott
- Nini Scriber
- Beth Walker

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**JLNO Membership**

Membership as of May 2011
- 162 Provisional Members
- 607 Active Members
- 1,402 Sustaining Members

If you would like further information about JLNO and how to become a member, please visit us online at [www.jlno.org](http://www.jlno.org)

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ONCE A MONTH, the Junior League Mighty Men truck rolls around New Orleans, picking up large items for donation to the Junior League Bloomin’ Deals Thrift Shop. Originally conceived by the JL of Birmingham as a way for expectant to satisfy shifts, JLNO Might Men accommodates the hectic lifestyles of all JLNO members. One League member who participated in the program comments, “Great service and the volunteers were very nice.”

The project serves a number of purposes. First, it has broadened the type of items available at Bloomin’ Deals. Bloomin’ Deals is now able to offer the New Orleans community gently used furniture. Second, the project allows those members that satisfy their thrift shop shift requirements to sign up their husbands or significant others to serve their Thrift Shop shift for them.

Davie Huete, a frequent participant says, “Not as bad as I thought it would be and I had a good time.” The team really has a blast and connects with the donors as well. A donor remarks, “You ladies are always on the move with new ideas. This is a great way to help the Thrift Shop.” The project allows the JLNO Mighty Men to gain an understanding of

**Mighty Man Power**
The JLNO Mighty Men will be available for pickup on the following dates:
- January 28, 2012
- February 25, 2012
- March 31, 2012
- April 21, 2012
- May 26, 2012
what it is like to be a member of the League. I really hope this program grows and strengthens the community as well as aids Bloomin’ Deals.”

The Mighty Men will pick up gently used large items for donation to Bloomin’ Deals. Any large item donation (items that will not fit in a car) will be accepted, except for bedding or mattresses. All donated items should be ready for resale the minute they arrive on the Mighty Men truck. Please do not donate any items that are broken or in need of repair.

To schedule a pickup, contact Junior League Headquarters (891-5845) or email mightymen@jlno.org. If an item is unusually large, please let the Mighty Men know in advance so they can ensure they have sufficient “mighty man power” for the pickup. Please make sure that all items are ready for pick up at the time of your scheduled run.

A League member can sign up her mighty man by signing up for a thrift shop shift on the JLNO website on one of the dates the Mighty Men are scheduling pick-ups and ensuring that her mighty man is available on the date of the shift.

![Image of kids and truck]

Adam Reed and Willie Johnson unload the truck at Bloomin’ Deals.
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WHILE SOME of your holiday plans and to-dos may earn you namesakes of Dancer and Prancer from Santa’s Camp, keep the vision of being the party’s Vixen by staying the course with your healthful habits throughout the season.

Molly Kimball, RD, CSSD, with Elmwood Fitness Center, a service of Ochsner Health System, offers us some simple tips and reminders for planning ahead and on the go!

While strong cravings may feel very primal, researchers are finding that they’re actually influenced by our environment and our experiences. Certain places, sights, sounds, smells, even memories or the time of day can prompt us to crave something without even fully realizing it. Before we know it, we want it. Really want it and the holidays are filled with many of those triggers: sights, sounds, smells, memories and people — Mama’s baked macaroni and cheese and Grandma’s warm apple pie!

“Going long periods of time without eating can actually worsen cravings,” Molly says.

When our blood sugar levels drop, we often reach for high-calorie foods, instinctively looking for a quick boost of energy. Eating a small meal or snack every three or four hours will maximize your metabolism and energy levels and can help prevent overeating later.

continued on page 34
Carrying a smart snack with you can help ease your wallet — allowing you to get that coveted gift — and can help your waistline at the same time!

“I tuck a small homemade turkey wrap into my purse when I know I’ll be out for a while. The whole grain tortilla holds up much better than sliced bread,” Molly admits.

If you’re not so daring, try these easy, on-the-go snacks: protein bars, soy crisps, wasabi peas, single serving packs of nuts and snack size cheeses. All of these choices give you a bit of protein or the little bit of fat you’ll need to keep feeling fuller longer and help keep your cravings in check.

If you don’t have a snack on hand while you’re out and about, no worries — you can still navigate the food court successfully. Molly describes some convenient options that, “nutritionally speaking, are pretty decent.”

Pop into a coffee shop for a latte made with nonfat or reduced-fat milk, and you’ll get the protein equivalent of one to two eggs, depending on cup size. Stick with plain or sugar-free flavoring so the only sugars will be the natural milk sugars.

Most national chains provide the nutrition information online, if not in-store, so check it out ahead of time to identify your best bets. While the sights and smells of the food court may trigger some cravings, stay mindful. The Cinnamon Sugar Pretzel Nuggets from Auntie Anne’s have 35 grams of sugar — 1.5 times the upper limit that the American Heart Association says women should have in an entire day!

When it comes to food court fare, Molly suggests Chinese: “You at least have the opportunity to get real veggies with your mall food. The broccoli chicken or beef and the string bean chicken or beef each contain roughly 200 calories, with fewer than 10 grams of fat. Steer clear of the orange chicken and sweet and sour

continued from page 37
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pork (both can have more than 20 grams of fat) and request mixed veggies instead of rice (fried or steamed) to save a few hundred calories.”

Greek restaurants can be another good source for food court veggies and lean protein. Molly’s top picks: chicken shawarma with a side of steamed veggies or a Greek salad topped with roasted chicken.

If one of your wishes this season is to steer clear of gaining weight try some of Molly’s easy-to-incorporate tips, this season — and throughout the year!

Even if you’ve been a little naughty with your food choices this season, make it up by being nice to your body by parking a bit further (you’ll save on gas, too by avoiding circling the lot), maybe strolling the perimeter of the store a couple times while shopping to get in a few extra steps and burn a few extra calories, and when “Jingle Bell Rock” is on, go ahead, rock it out!

continued from page 34

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Melissa Beaugh and Melissa Eversmeyer:

**Cure**
4905 Freret St., (504) 302-2357, www.curenola.com

Both Melissa Beaugh and Melissa Eversmeyer both recommend Cure, a cocktail bar that also serves small plates located on Freret Street at Upperline Street.

- Pimm’s Cup is her favorite classic cocktail at Cure, but Melissa Beaugh recently had a cocktail called “A Great Deal of Sincerity,” which she recommends. The drink contains Tanqueray Gin, homemade raspberry syrup, lemon, Cointreau and Absinthe.
- Melissa Eversmeyer, on the other hand, enjoys Cure’s fresh fruit punch, which she says is “…always delicious and refreshing.”

Jessie Haynes:

**Ancora Pizzeria & Salumeria**
4508 Freret St., (504) 324-1636, www.ancorapizza.com

Jessie Haynes recommends Ancora Pizzeria and Salumeria. Ancora serves authentic wood-fired Neapolitan pizza – a first in New Orleans – along with house-made salumi, wines from the Campania region of southern Italy, handcrafted cocktails and seasonal Italian sodas. Haynes recommends the Putanesca pizza, which is made with tomatoes, olives, anchovies, oregano and capers.

Caroline Jenkins:

**Village Coffee and Tea**
5335 Freret Street, (504) 861-1909, www.villagecoffeeneworleans.com

Village Coffee and Tea, at the corner of Freret Street and Jefferson Avenue, was recommended by League member Caroline Jenkins. Village Coffee and Tea is a nice place to sip coffee and get a bite to eat. It also has a delightful patio on which to spend a lazy afternoon, enjoying a good book. Village Coffee has a wide selection of beverages along with pastries, bagels, sandwiches and even some vegan options.

Brandy Gilly:

**Freret Market**
4530 Freret Street, (504) 638-2589, www.freretmarket.org

The Freret Market was started in September of 2007 and is held the first Saturday of the month, except July and August, at the intersection of Freret Street and Napoleon Avenue. Shoppers can find food, art and flea goods at the market. The Freret Market also hosts local restaurants, live music and a kids area. If you plan to attend the market but have forgotten to bring cash, don’t worry. You can purchase Freret Market Money, which is currency consisting of custom-made poker chips that can be purchased with cash or a credit card and exchanged for food, art, jewelry or anything else sold at the market.

The Junior League of New Orleans’ permanent fundraiser, Bloomin’ Deals Thrift Shop, was just recently voted the Best Thrift Shop in New Orleans by the readers of Gambit. The fact that Bloomin’ Deals, located on Freret Street, is the best is no secret to League members, but Lagniappe wanted to know what other establishments on Freret Street League members frequented. So Lagniappe asked:

**Other than Bloomin’ Deals, what is your favorite spot on Freret?**

Compiled by Kelly Walsh
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From left: Vince Hall, Second Harvest staff, Corey Thomas, Lagniappe Pack Chair, Beryl Olsen, Lagniappe Pack Vice Chair, Charles Pierre, Second Harvest staff, during the Second Harvest community shift on Sept. 22, 2011.

From left: Alison Zink and Shelley Zainey pack backpacks with nutritious goodies for the Second Harvest Lagniappe Backpack Program during the Second Harvest community shift on Sept. 22, 2011.


JLNO member Jeanne Foster helps serve dinner to smiling students.
LEAGUE FACES

JLNO Members (from left) Kirby Messinger, Kyle Kehoe, Giselle Caamano, Carey Pi, Sara Moore and Michelle Fridman gather together to Fight the Blight on Sept. 24, 2011.


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Kesana Durand and Carrie Laurendine review the Get on Board schedule for the day on Oct. 1, 2011.

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Kesana Durand and Carrie Laurendine review the Get on Board schedule for the day on Oct. 1, 2011.
Laura Smith, Tomoro Wilson and Mary Sanchez enjoy the tunes of Trombone Shorty at Harvest the Music on Oct. 12, 2011.

Junior League Volunteers Kimberly Allen and Meghann Andrew help Mylaii Holmes and Lakeitha Beal decorate their goody bags for trick or treating at the Freret St. Halloween party October 28, 2011.

Gina Jackson, Community Affairs Chair Blair Hodgson, Vice Chair Katie Melesurgo, and Planning and Development Council Director Tara Luparello flank performer Kermit Ruffins at the Get Fired Up for Kingsley House event held Oct. 14, 2011.

Freret Community members, Jen Latimer, Alice Lee, Katrina Weschler, Kate Peak and Vicki Mayer get ready to dance to “Thriller” at the Freret St. Halloween Party on Oct. 28, 2011.

Courtney Fuller and Cara Schiffman enjoy music by Kermit Ruffins at the Get Fired Up for Kingsley House event held Oct. 14, 2011.
League Faces

Jennifer G. Devlin, Joy Grace and Tricia Phillipott help sell Buy, Save & Serve Cards at the Kickoff party.

Sissy Judy explains the benefits of the Junior League Buy, Save & Serve Card to some enthusiastic shoppers.

Junior League Volunteers Monica Gros, Chalon Dominick, Katherine Bernard and Amy Harang, attending the Freret St. Halloween party on Oct. 28, 2011.

Neighborhood kids dress in their new costumes at the Freret St. Halloween Party held on Oct. 28, 2011.

Dee McCloskey meets a Halloween Indian at the Halloween Party on Oct. 28, 2011.
Lagniappe is a quarterly magazine with a circulation of 5000, and has been published by the Junior League of New Orleans since 1930 to promote the League’s missions and goals. Its purpose is to educate League members and the community at large about the organization’s projects, activities, fundraisers and membership.

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local recipes with a modern twist...
Having lived in Louisiana my entire life, it is bordering on criminal that I had never even attempted to make the dish that so many of us love and cherish. Of course, I’m referring to gumbo. So I did what any self-respecting “Southern Belle” would do and cracked open one of my favorite local cookbooks. I perused through several gumbo recipe options, all sounding delicious but with varying degrees of difficulty in execution. I finally settled on a traditional Chicken, Sausage & Oyster Gumbo.

After a quick trip to Rouses for all the required ingredients, I set about prepping and measuring. I pulled out a few pots, pans, bowls and miscellaneous utensils, then was ready to tackle the first step: cooking the chicken. This step was greatly simplified by the fact that most grocery stores sell whole cut-up chickens.

The next step was the most nerve-wracking of them all — preparing a roux. If there is one thing I’ve heard a thousand times, it is that you need to get the roux right in order to make a good gumbo. So much pressure! I resisted the temptation to call my parents for help, took a deep breath and slowly began the process of heating up the oil in the pot. Following the recipe, I gradually added the flour while stirring almost constantly. The recipe called for cooking to a dark brown so I nervously stirred and stared at the pot for a tense several minutes until I could no longer take the torment of possibly burning the roux. I bailed out somewhere around medium-dark brown and continued with the recipe as directed. The rest of the steps were fairly easy and before I knew it, I was at the simmer and wait stage.

I was so excited to try out my creation, but I recognized that patience would pay off for this slow-cooked fare. Just over one hour later, I served up a big bowl of delicious gumbo!

Of course, I also had several extra containers that I stored for later distribution to friends and family. The general consensus is that this recipe is wonderful — thank you JL Jambalaya!
FRONT PORCH FRIDAYS
League members and their guests are invited to unwind with friends at this monthly Happy Hour. *Times and dates can be found by checking the master calendar at www.jlno.org.

SECOND HARVEST
Dec. 17, Jan. 1, Jan. 12, Jan. 21
Junior League members work with Second Harvest of Greater New Orleans to provide “Lagniappe Backpacks” to students who exhibit signs of malnourishment who might otherwise go hungry on weekends or during school holidays.

HAPPY CHANUKAH!
Dec. 20, 2011

MERRY CHRISTMAS!
Dec. 25, 2011

HAPPY NEW YEAR!!
Jan. 1, 2012

HAPPY MARDI GRAS!
Feb. 21, 2012
Headquarters closed February 20-21

GET ON BOARD TRAINING
Feb. 29, March 7, 14, 21, 28
Get On Board is a training program provided by the League to community members who are interested in developing leadership skills while learning to govern an area nonprofit agency.

POWER TIES
Feb. 8, 9, 15 and 16
Power Ties is a career awareness program that links professionals from various occupations with eighth-grade students. Junior League members teach seminars at Green Charter School every other week, and this program caps off the training with a career fair, mock interviews and a business luncheon.

GENERAL MEETINGS
Jan. 24, Feb. 28, March 20 (Double Credit!)

COCKTAILS AND CUISINE,
THE KITCHEN TOUR KICKOFF PARTY AND AUCTION
March 22, 2012
The New Hyatt Regency New Orleans,mpire Ballroom

KITCHEN TOUR
March 24, 2012
Stay tuned to find out which neighborhoods will be showcased in the 2012 tour.

FOR MORE INFORMATION VISIT WWW.JLNO.ORG

Your guide to JLNO Events, Community Shifts, Fundraiser Shifts and New Orleans fun!
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Laporta Sehrt Romig Hand
Mr. and Mrs. Kenneth A. Lawder, Jr.
Dr. and Mrs. Barry Leader
Diana Lewis
Liskow & Lewis
Mr. and Mrs. Edward F. Martin
Mr. and Mrs. Richard M. Meyers
MajGen and Mrs. David M. Mize, Ret.

James C. and Elizabeth M. Landis
Mr. and Mrs. H. Merritt Lane, Jr.
Mathes Briere Architects
The Honorable Floyd W. Newlin, Abbey,
Jon & Wendy Newlin
Dena L. Olivier and Sam Spalitta
Omnicare, Inc.
A Friend of Poydras
Pontchartrain Materials Corporation, LLC
Sibley Gallery
Catherine and Randall Stahel
Waters, Parker & Co. LLC

Mr. and Mrs. Michael Montero
Perkins Eastman
Plante & Moran
Right at Home
Courtney and Jay Rivé
DeeDee and Allen Roussell
Puddin and Jimmy Roussell
Katherine and Rob Saer
Dr. and Mrs. Kenneth J. Saer
Amy and Charles Shumaker
Dr. and Mrs. Riley C. Sibley
Susu and Andrew Stall
Clare and John Stewart
SEBS of Louisiana
Micheline and Fred VanDenburgh
Waste Management
Blair and Bob Weinmann
Jill and Marc Winston
Patricia M. Woodstein
Woodward Design + Build
Xpress Ray, Inc.
Cynthia and Ames Yeates

The mission of Poydras Home is to respect and preserve the dignity of the human spirit among the elderly by continuing the legacy of care through quality, supportive services and by advocating on their behalf.
Saks Fifth Avenue
Anthropologie
Allen Edmonds
Brooks Brothers
BCBGMAXAZRIA
French Sole
Michael Kors
Morton’s The Steakhouse