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## Lagniappe

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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## On the Cover

Diaper Bank Co-Chairs Mary Beth Green and Maria Huete along with Vice-Chairs Anna Combes and Whitney Brooks pose with infants and toddlers from the community to raise awareness.

*Photo by: Jessica Bachmann*

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# Letter

from the President



Photo by: Jessica Bachmann

Dear readers,

As we approach many celebrations at this time of year, we at the Junior League of New Orleans celebrate you. If you have been involved in our programs, have donated time or finances, or have spread the word about our great work in Metropolitan New Orleans, you have been part of the successful community impact of our 90-year-strong organization.

This time of year finds us appreciating the success of our fall fundraisers, the Buy, Save and Serve Card and the Freret 5K, and looking forward to our spring Touch a Truck and Kitchen Tour events. We hope you join us!

We can also celebrate the successes of projects such as Safe Sitter, completed in the summer, and the kickoffs to many more yearlong programs. Learn more at [www.jlno.org](http://www.jlno.org). Especially exciting is this year's newest endeavor, the Junior League of New Orleans Diaper Bank. Now garnering attention from across the city, thanks to the membership-wide support it has received, the Diaper Bank is already making an impact for struggling mothers by helping them get to work and school. Join us as we collect 90,000 diapers in honor of our 90th anniversary to give this program a strong beginning. Find more information on hosting a drive at [www.jlno.org/diaperbank](http://www.jlno.org/diaperbank).

Advancing the Wellbeing of Women is a bold initiative that takes the support of 2,300 members and the entire community. We appreciate your involvement. We can do this — lift up mothers, help families, and position New Orleans as a leader in supporting women — because of you.

Gratefully,

A handwritten signature in cursive script that reads "Katherine Kleinpeter Raymond".

*Katherine Kleinpeter Raymond*  
*Junior League of New Orleans President 2014-2015*

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# Letter

from the Editor



Photo by Jessica Beinhorn

Every December I find myself wondering where the last year has gone. This year was no exception. It seems like just yesterday I was working on the Winter 2013 issue of this magazine, and now I am writing the Winter 2014 Editor's letter. I am sure many JLNO members and *Lagniappe* readers are familiar with this feeling. Everything seems to happen in the blink of an eye!

As Junior League members, no year is uneventful or without purpose. Having fulfilled my placement on *Lagniappe* for the past few years, I have been given the unique opportunity to explore and document all of the wonderful things the Junior League of New Orleans has done in the community. When you look at all that JLNO has accomplished, it is truly awe inspiring. 2014 was an especially wonderful year because JLNO celebrated its 90th birthday, and *Lagniappe* has spent the past year highlighting this amazing 90-year history.

What I have come to realize is that it is not just JLNO's history, it is *our* history. The accomplishments of the Junior League belong to all members — past, present and future. While the methods by which the Junior League serves the community may have evolved over the past 90 years, we are essentially the same as our founding sisters. We are a group of dedicated, intelligent, compassionate and hard working women determined to make New Orleans a better place.

With this in mind, I resolve to take more time not just to participate but to consciously appreciate and reflect on the work JLNO has done and continues to do in the community. I also resolve to focus less on the passage of time and more on being a dedicated, intelligent, compassionate and hard working JLNO member.

Of course, if I could figure out a way to slow time and keep 2015 from flying by, that would be nice too!

Sincerely,

A handwritten signature in black ink that reads "Kelly F. Walsh". The signature is written in a cursive, flowing style.

*Kelly Walsh*  
Editor



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## News

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news stories  
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## Missing an Issue of Lagniappe?

Find past issues at  
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See all the  
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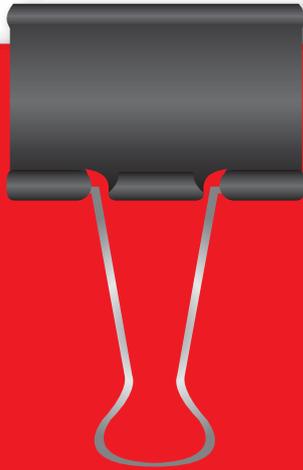
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# Bulletin Board

Compiled By Heather Hilliard



## **January 31, 2015**

Deadline for Get on Board Registration & Application

## **February 20, 2015**

Deadline for Community Assistance Fund Grant Applications for Spring Cycle

## **February 28 & March 7, 2015**

Get on Board Workshops

## **March 7 & March 8, 2015**

Spring Bag Day and Stock Swap at Bloomin' Deals

## **GET TO KNOW JLNO**

**January 14** at 6:30

**January 27** at 6:30

**March 5** at 6:30

**March 14** at 6:30

Deadline for membership applications **March 16**



## **HOLIDAY CLOSURES**

### **December 24, 2014**

JLNO Headquarters closes at noon and Bloomin' Deals closes at 3 pm

### **December 25 & 26, 2014**

JLNO Headquarters and Bloomin' Deals closed

### **December 31, 2014**

Bloomin' Deals closes at 3 pm

### **January 1, 2015**

Bloomin' Deals closed

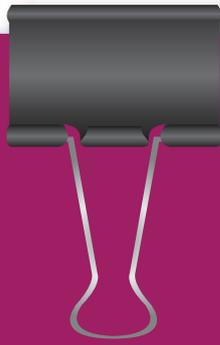
### **January 1 & 2, 2015**

JLNO Headquarters closed

### **February 14**

### **through 17, 2015**

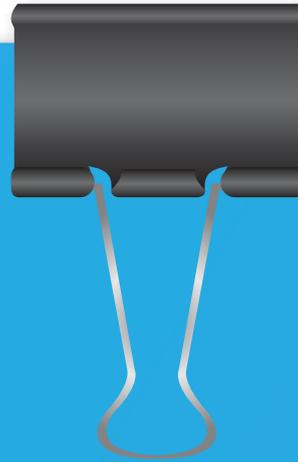
Bloomin' Deals and JLNO Headquarters closed for Mardi Gras



## Shop for Mardi Gras gowns.

Bridal Boutique is open every Saturday from 10 am to 1 pm, except for the last two Saturdays in December and the Saturday before Mardi Gras.

Upload holiday party photos with fellow members to JLNO@FB and Twitter!



## Get Ahead

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## Holiday Gift Ideas

JLNO cookbooks make great gifts!

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Consider making a donation to the endowment in someone's honor as a special thank you!



# Throw Me Somethin' Sista!

## Transforming Freret Street into a Delicious Dance Party

By: Lea Witkowski-Puri



The Junior League of New Orleans turned Freret Street into a street party at Bloomin' Deals Thrift Shop on October 9th. The event, dubbed "Throw Me Somethin', Sista," featured shoes, purses and other items from Bloomin' Deals Thrift Store for Mardi Gras krewe members to stockpile and cover in glitter in anticipation of the Carnival Season. With a ticket, which cost \$10 in advance and \$15

at the door, all partygoers were treated to a free purse or pair of shoes to turn into a coveted parade throw, food, drink and entertainment. All proceeds benefitted JLNO's mission and community projects.

The 610 Stompers and The Sirens of New Orleans, two popular Mardi Gras marching krewes, joined the affair. Their exceptional moves and pumping music helped turn the humble parking lot into

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1 Nxy Sisters join for a group photo opportunity at the Throw Me Somethin', Sista! party held on October 9, 2014 at the Bloomin' Deals Thrift Shop. Photo by: Lacreacia Jones

2 Nyx members, Sherri Marina and Sharonda Bryant, had a great time with 610 Stompers, Alfred Richard aka "Chocolate Thunder" and Logan Roberts aka "Voleaux" on October 9, 2014 at the Throw Me Somethin', Sista! party. Picture 3: Kate Samy, Joanna Bautista, Joanna Keubel, Megan Siebenkittel of JLNO check patrons in at the Throw Me Somethin', Sista! party on October 9, 2014. Photo by: Lacreacia Jones

3 Actives Kate Samy, Joanna Bautista, Provisionals Joanna Keubel, and Megan Siebenkittel check patrons in at the October 9th, Throw Me Something Sista Street Party. Photo by: Lacreacia Jones

an impromptu performance venue. The experience was enhanced with delicious food and drinks provided by Windowsill Pies, District Donuts, Midway Pizza, City Greens, St. James Cheese Company, Clancy's and Taceaux Loceaux. Wraps, pizza, doughnuts, salsa, chips and charcuterie provided a feast for even the most discerning gourmand.

While the entertainment and food were impressive, the real highlight of the evening was shopping for great deals on parade throws and other New Orleanian essentials. Bloomin' Deals offered great deals on purses, shoes and other accessories favored by Mardi Gras krewes.

For information about covering anything with glitter, go to <http://bit.ly/1CeSVfg>. For more information about the community projects of JLNO, visit <http://www.jlno.org/?nd=projects>. JLNO can't wait for February to arrive so these krewes can Throw Me Somethin' Sista!

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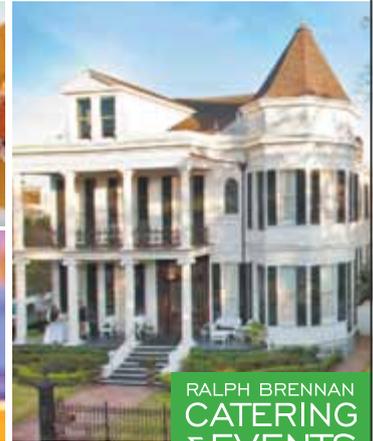
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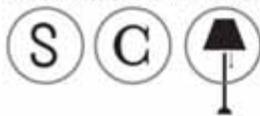
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# A Partnership for Hope

By Ann Conger

Starting this year, the Junior League of New Orleans will be working with Eden House, a two-year residential program in New Orleans for women who have been commercially and sexually exploited. Eden House is the first program of its kind in Louisiana, serving women who have survived traumas such as violence, prostitution, addiction, and human trafficking.

Eden House's partnership with JLNO began when Eden House applied to be considered as a JLNO Community Project for the 2014-15 year. With input from the Planning and Development Council along with the 2013-14 JLNO Board of Directors, an ad hoc committee was formed for the 2014-15 League year to create a plan to address human trafficking as well as explore a partnership with Eden House.

"The idea of addressing human trafficking is strongly supported by JLNO membership, so the timing is perfect now that we have launched a strategic plan that is centered on Advancing the Wellbeing of Women," said JLNO President Katherine Raymond.

Project Co-Chair Adrienne Ehrensing noted that human trafficking is not a topic about which many people have knowledge. People are also hesitant to talk about it. For these reasons, it is especially important JLNO supports the women who have been vic-



timized and help them gain the resources they need to successfully re-enter society.

The program at Eden House is modeled after the Magdalene House, a similar residential program located in Nashville, Tennessee. The Magdalene House residents are part of a two-year residential program where all food, medical and dental needs, education, therapy and housing are free of charge. There is no 24-hour live-in staff, so the women must create their own sense of community and help with household tasks.

Ehrensing along with co-chair, Ransdell Prieur, have met with the directors at Eden House and are working to formulate a plan for ways in which JLNO members can get involved with Eden House.

Because the women are encouraged to spend as much time at Eden House as they can, entertainment at the house is especially important. One idea that has been proposed is for JLNO members to periodically cook dinner with the Eden House residents as a way to interact with the residents and provide them with some entertainment and fellowship.

JLNO, along with volunteers for Shell Oil, are also making improvements to the Eden House facility in connection with the

*continued on page 17*

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**2005**  
**Laura Maloney**



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**Philomene "Missy" Allain**

**Entries are due August 7**

Nomination forms can be submitted at  
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**1 Rebuilding Together Vice-Chair, Mandy Brown, and Chair, Kate Argote, serve as house captains for the Eden House project.** Photo by: Colleen Loerzel

**2 Eden House Chair, Ransdell Prieur, and Vice-Chair, Adrienne Ehrensing, are working hard to ensure this project is a success.** Photo by: Colleen Loerzel

**3 Through Rebuilding Together, JLNO Members give Eden House a fresh coat of paint.** Photo by: Colleen Loerzel

## A Partnership for Hope

*continued from page 15*

Rebuilding Together project.

Some of the proposed projects with Eden House include drives to gather supplies and resources for the residents as well as the potential creation of a speaker series to help bring awareness of human trafficking to JLNO members and the general public.

Although the partnership between JLNO and Eden House is in its early and formative stages, Community Council Director Mimi Wilson has high hopes for this project and expects it to flourish. “We are looking forward to a great partnership for the women of Eden House and the women of the Junior League of New Orleans.”

This is not JLNO’s first experience with partnerships that help women during difficult times. Prior to the Eden House partnership, JLNO partnered with the New Orleans affiliate of Dress for Success, a national organization that helps disadvantaged women gain employment and economic independence.

Dress for Success provides both interview and employment suits, as well as ongoing support and encouragement to women trying to enter the workforce. The overall success of prior partnerships, such as Dress for Success, is evidence that JLNO has a great deal to offer when it comes to helping women succeed.

President Katherine Raymond noted that the Eden House partnership “will allow our members to have a direct impact on women in our community and also a broader impact on the lives of women by advocating against human trafficking.”•

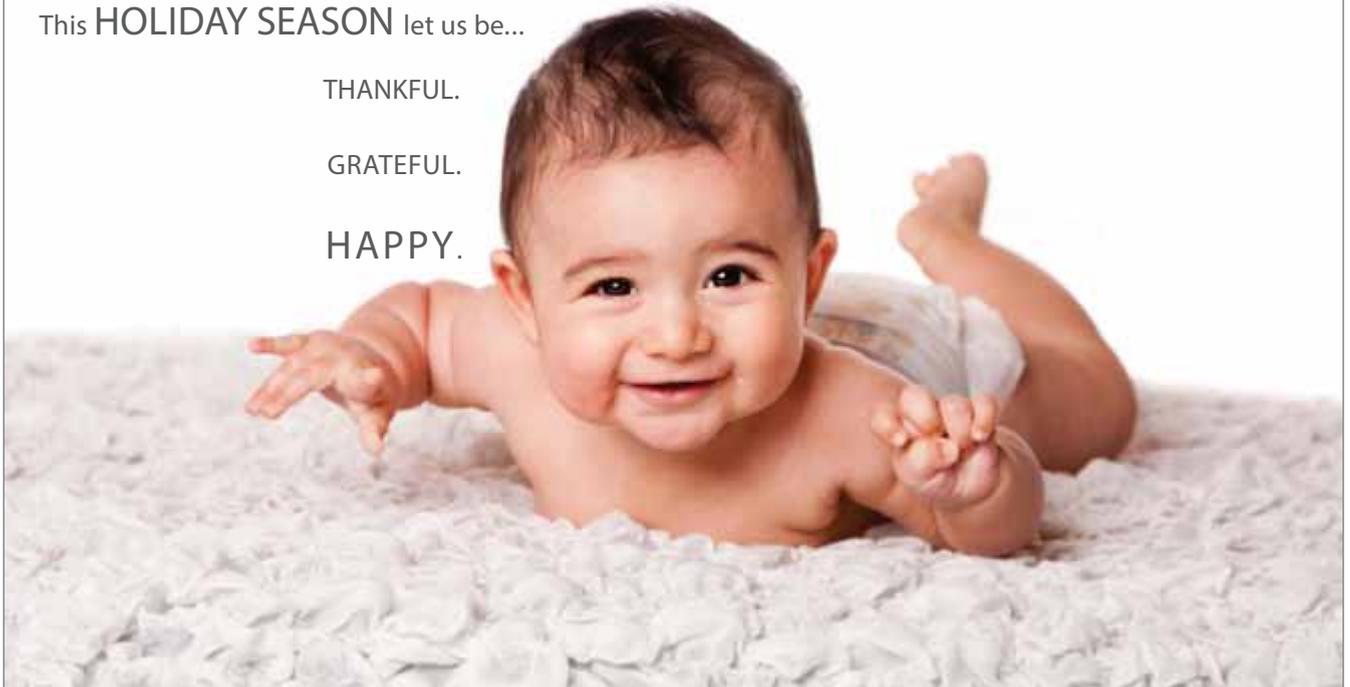


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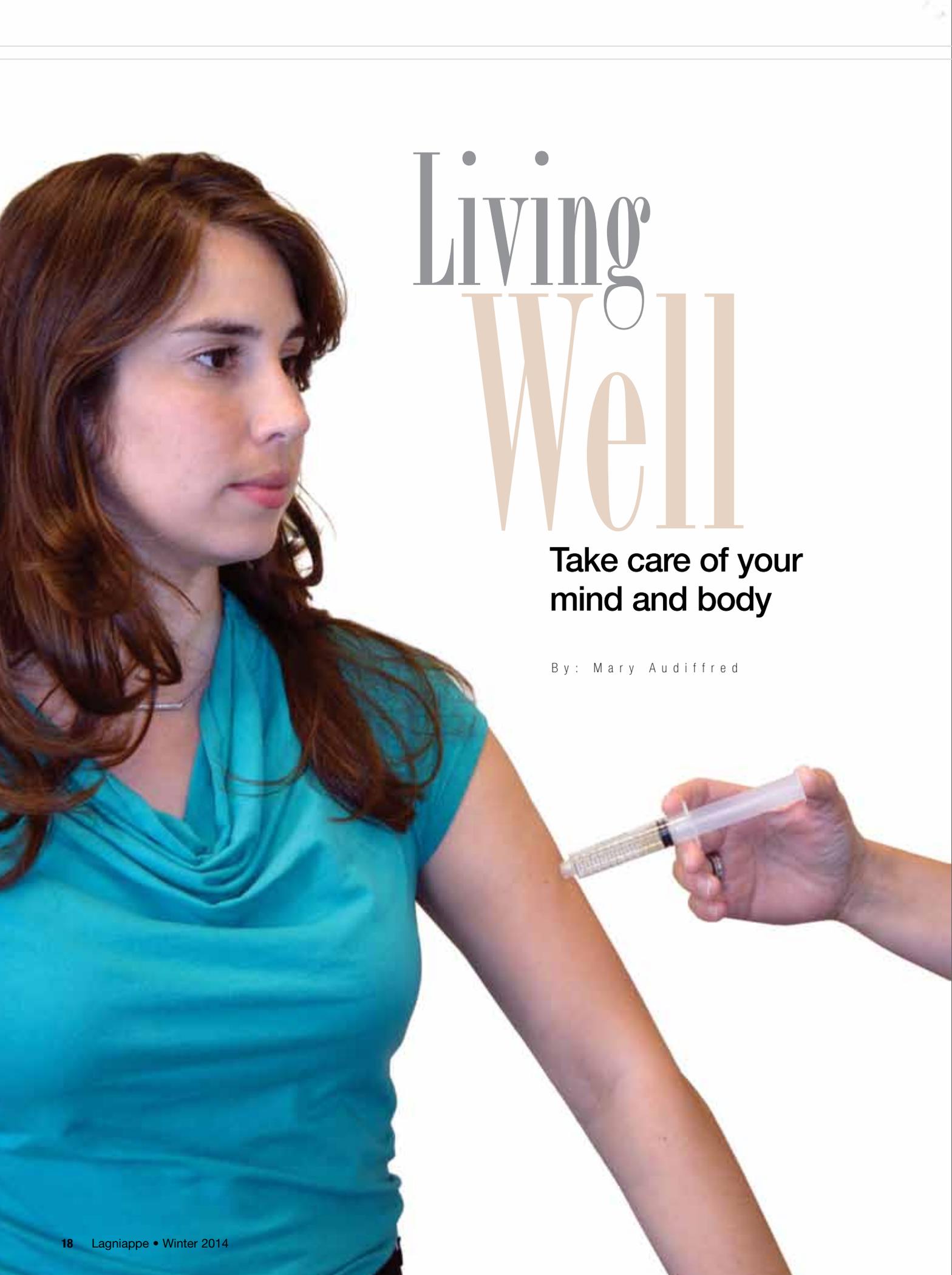
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A woman with long brown hair, wearing a teal cowl-neck top, is shown in profile from the chest up. She is looking towards the right. A hand from the right side of the frame is holding a clear plastic syringe and injecting a small amount of liquid into her upper arm. The background is plain white.

# Living Well

**Take care of your  
mind and body**

By: Mary Audiffred

*“Befriend your body and it can be a great ally, aligned with your intentions.  
Deny your body and it can be a formidable opponent, at odds with your intentions.”*

*– MeriLynn Blum, Certified Kripalu yoga teacher.*

Between work obligations and family commitments, it is not uncommon for women to prioritize other things over their own health and wellbeing. Despite this phenomenon, it is extremely important that we pay close attention to our bodies, both inside and out, in order to live healthy physical and mental lives.

While we are often bombarded with information about the importance of maintaining a proper nutritional diet and getting regular exercise; we also need to realize that preventative healthcare and our mental health are equally important.

Did you know most health insurance providers as well as Medicare will cover 100% of a wellness exam each year? When it comes to the importance of annual medical visits, pap smears and OBGYN visits are not the only vital exams women should consider. There are a plethora of other preventative exams that help screen for potential illnesses that women should consider.

Typical wellness exams also include a review of your medical and family history as well as discussion of health topics and risk factors relevant to your age. Height, weight, blood pressure and other routine measures are usually taken during this exam. Blood tests are sometimes taken to measure cholesterol and thyroid levels. Even pap smears and certain shots can be covered under a wellness exam. Overall, a wellness exam is an excellent way to stay on top of your health and prevent possible illnesses. Make sure to check with your insurance provider before scheduling this exam to confirm exactly what is covered and the appropriate physician to visit.

Another measure of preventative healthcare is keeping up with immunizations and other tests at every age. Flu, shingle and pneumonia vaccines are important immunizations for our health at various ages. Other vital exams for preventative health are mammograms, colonoscopies, and bone density tests. To find out what immunizations and exams are necessary for your age you can visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).

It is important to note that sometimes physical symptoms are not just caused by a physical problem. Symptoms such as headaches, trouble sleeping, difficulty concentrating, upset stomach, irritability or muscle aches could be the result of an imbalance in our mental wellbeing. For many women, it is hard to acknowledge or admit that we

have these issues since some of them may be easy to ignore, but these small issues may be indications of mental health issues such as anxiety disorders, depression, ADHD and postpartum depression.

Dr. Lindsay E. Ford, who specializes in Internal Medicine and Pediatrics at East Jefferson General Hospital’s Lakeview clinic, recently spoke at the Junior League of New Orleans’ September General Membership Meeting about the importance of maintaining our mental health along with our physical health.

Dr. Ford pointed out how mental health and physical health often go hand in hand. Maintaining a proper diet, exercise and sleep are important to have good mental health. It is also important to listen to our bodies and pay attention to other issues that may be affecting our mental health.

Talking to a doctor or even friends, family or colleagues is helpful because we will realize how common these issues are and how we suffer from them. •





# Living Well

## Body, Mind and Community Form an Essential Triumvirate for Women Who Live Well

By: Lea Witkowski-Purl

For Sustainers, Catherine Burns Tremaine and Carol Pointer, living well is not about exercising daily and counting calories. Living well is, quite simply, a way of life. They weave the joy of living in every activity they undertake. From serving on philanthropic boards to learning the violin, these two accomplished women have found the happy balance between exercising their bodies and minds while giving to their communities.

### **Strong bodies are the foundation of living well.**

Carol and Catherine deem physical exercise and healthy eating a necessary component to living well. “I exercise three times a week, and I do the split,” Catherine said.

Carol enjoys the steady beat and social interaction of Jazzercise. “I have been Jazzercising since 1989,” Carol said. “I’ve kept up with it all these years, and now I’m an instructor. I’ve been teaching for almost five years.”

Carol notes that the activity itself is unimportant. Rather, it is doing something active. “The philosophy is not just Jazzercise. I’ve always been active. I’ve always done something. I remember I used to tell people, ‘At least do some form of exercise each day...just incorporate it into your daily activities.’”

Both women acknowledge that living in New Orleans requires the occasional indulgence. “Living in New Orleans, we all love the food, so that’s one reason I exercise. I exercise to eat,” quipped Carol. “I do like potato chips. I will say that is my weakness! I really like Cheetos!”

When discussing her epicurean enjoyment, Catherine noted, “I have my two vodka martinis...there’s no martini in it...just vodka on ice, every afternoon.”

### Eager minds propel a happy life.

Enjoying the social aspects of eating and exercising contribute to a healthy mind, according to Carol. “Being social and being active are a big part of your brain,” Carol said.

She has continually set personal goals throughout her life to achieve both physical and mental fitness. “In my 40s, I learned to play the violin,” Carol said. “It was difficult and stimulating. I even did the recitals! In my 50s, I’ve decided to do Jazzercise again.”

She said that learning the Jazzercise routines and teaching them has been a prominent way she maintains a healthy mind. “I think that learning those routines and getting up and remembering them, at first it was difficult,” she said. “I think when you exercise and you have to remember things, it’s stimulating your mind. Also, when you go to exercise and you have to follow all that, it’s stimulating your mind.”

Catherine preserves her healthy mind by spending her time between social obligations, board meetings and French lessons. “Staying involved is essential. You want to really get old? Just quit

going outside your person, yourself, your room or your house. Just stop connecting with people; it’s a great way to get dead also whether you’re in the ground or just dead from the neck up,” she said.

Catherine’s interest in global culture has been a lifelong passion. She took art lessons at 16 years old from Paul Ninas, the celebrated “Dean of New Orleans Artists.” She took a course on the Mayan culture, which led to her visiting the ruins she studied. She took Spanish lessons in Antigua for three years. She’s currently taking French lessons twice a week.

“For me, it’s not a deliberate effort to stay vibrant and young. It’s an interest,” Catherine said. “I do it because I’m interested in it, and because I love it.”

“I have one friend who takes French with my French teacher and me. We are called Les Trois Mousquetaires – the three musketeers! We have the world’s best time! We laugh, and then we have cocktails!”

### Commitment to the community provides opportunities to live well.

In addition to their work through JLNO, Catherine and Carol consider community involvement essential to living well. “It is important to stay connected to your community,” noted Carol.

Carol is the immediate past president of the Chi Omega Alumnae Association of New Orleans. Through that organization, she supports the Make a Wish Foundation and the Toys for Tots campaign. She is also the past chair of the Trinity Educational Enrichment Program at Trinity School, past chair of the Newman Alumni Association and past chair of Lambeth House Gala.

She also served as JLNO Treasurer, Teen Outreach Chair, a Zoo volunteer along with various other JLNO positions. Currently, Carol works for St. Charles Avenue Presbyterian Church as a part time accountant.

Catherine agrees that community service is important. “I find for me that giving back to the community is an extremely large part, and I’ve always done that. I call it supporting your local sheriff. Any community that I’m in has given something to me, and so I’ve always done work with the community.”

A talented singer, Catherine spent many years using her gift to raise money in her communities. When she had a house on Fishers Island, New York, she volunteered giving concerts for 12 years to raise money for her neighbors who lived on the island full time.

“I gave concerts to raise money for what was called the Island People’s Project,” she said. “I’ve always raised money singing for one institution or museum.”

Catherine also worked as a volunteer with the Women’s Services Bureau – an organization founded in Hartford, Connecticut. Organizations with women members that did community work were invited to participate, and Catherine represented the Junior League.

“We had phenomenal exposure to all things international,” she said. For their first meeting, the organization secured meetings with the Israeli and Palestinian ambassadors to the UN – before these leaders had met anywhere else.

Several years later, they invited Eleanor Roosevelt, and she accepted. “We had a luncheon and dinner in her honor, and I had the

#### 1 Sustainer Carol Pointer emphasizes finding healthy activities that you enjoy during an interview in her home.

Photo by: Melissa Guidry

#### 2 Sustainer Catherine Burns Tremaine shows one of the many benefits of maintaining a healthy exercise routine in her flexibility.

Photo by: Melissa Guidry



*continued on page 22*



Sustainer, Catherine Burns Tremaine, enthalls with her stories of volunteerism and how to stay healthy in mind, body and spirit during an interview in her home.

Photo by: Melissa Guidry

## Living Well

*continued from page 21*

wonderful opportunity to meet her that afternoon after the luncheon, and she astonished me,” Catherine said. “Here is this woman who was then ambassador to the UN who had been everything you can think of...that she would stand there and ask me to tell her about myself.”

Currently, Catherine serves on six local philanthropic boards; including Longue Vue House & Gardens, the Director’s Council at New Orleans Museum of Art and the Louisiana Philharmonic Orchestra; and Catherine believes that community involvement is one of her secrets to living well.

### **Awareness and prevention result in greater wellness.**

During their lifetimes, both Catherine and Carol have witnessed an evolution in the discussion about women’s health and wellness. Living through the time when breast cancer was stigmatized until now, when much of society participates in spreading awareness and searching for cures, both women agree that being open about health and wellness is an advantage to living long, happy lives.

“You let a little light, air and sunshine into an issue and all of a sudden it loses so much of its stigma. People are not as ashamed these days as was once the case about almost anything, and women’s issues

are no exception,” Catherine said.

Carol said that talking about issues more, in public and with your own family, has created more awareness and more opportunities to learn.

“Even at Jazzercise, we’re wearing pink,” Carol said. “I think awareness is good, and the more aware you are of it, the more you’ll pay attention to your body.”

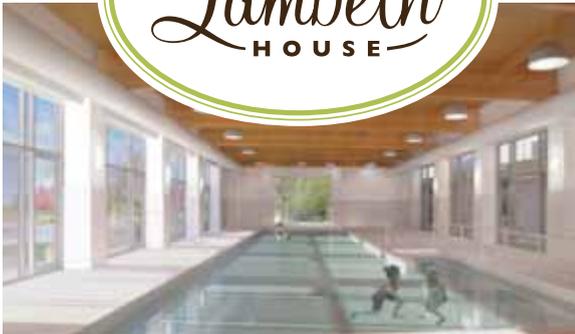
### **Living well for 90 years.**

“I can’t call it my secret to success, but I still feel very much the way I always have felt. I don’t feel age creeping up on me, and I really haven’t thought about it until I got to be 90!” Catherine, who shares a birth year with JLNO, said. “I want to be here as long as I can be here, as long as I’m still living. And that’s the gist of it. Keep on doing!”

On her 90th birthday, Catherine broke the rules and made her wish out loud.

“I would like to reach 100 with all my friends and families around,” Catherine said. “Feeling the way I do today, I don’t see any reason why I won’t get my 100th birthday wish. I suppose then we’ll have a big party!”

And a big social gathering with friends, family, cocktails and indulgences is the most apropos way to celebrate a woman who has figured out the secrets to living well in mind, body and spirit. •



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Diaper Bank Co-Chairs, Mary Beth Green and Maria Huete, along with Vice-Chairs, Anna Combes and Whitney Brooks, are excited about JLNO's newest community project.



# Improving the Community with Junior League of New Orleans **Diaper Bank**

Photo by: Jessica Bachmann

By: Heather Guidry

**W**ith the celebration of its 90th anniversary, the Junior League of New Orleans moves forward with its new focus: Advancing the Wellbeing of Women. For many years, membership in the Junior League has allowed women to impact their community through volunteerism, while taking advantage of numerous training options that strengthen and develop their skills.

The Junior League of New Orleans Diaper Bank is an opportunity for JLNO to aid women in the community so that they may reach their potential. Children in daycare must supply their own diapers, and they are unable to attend if they do not have an adequate supply, which in turns denies caretakers the opportunity to work or enroll in school. With this issue affecting so many women in New Orleans, the League decided to take action. Jessie Haynes, Communications Director and past project development chairperson explains: "The Project Development team established a primary goal of creating a homegrown project, meaning one that is solely generated by the Junior League as opposed to one where we donate funds and lend volunteers to an already-established community program. We solicited the suggestions of our membership, reviewed other Leagues' projects, and assessed community needs, discovering along the way that the Junior League is uniquely positioned to address the diaper gap in our community. We knew that we found "the one" when we met with the strategic planning committee and learned that they were going to suggest 'Advancing the Wellbeing of Women' to the membership as the new focus area for JLNO. Through direct services and advocacy, the Diaper Bank is a keystone in what will be a well-rounded portfolio of projects that support the new focus area." JLNO has partnered with Access Pregnancy and Referral Centers, a program of Catholic Charities Archdiocese of New Orleans, for the distribution of diapers. The diapers will be stored in a space donated by Woodward Design+Build.

An exciting aspect of this JLNO program is that members of the community can play an important part in addressing this need. Lindsay Hendryx, a Texas native and Baylor University alumnus, wanted to do something meaningful for her thirtieth birthday, which is also around the same time as the anniversary of her move to New Orleans. She first learned about the Diaper Bank from her friend and JLNO member Michelle Huck. After speaking with Michelle,

*continued on page 26*

## Improving the Community

continued from page 25

Lindsay researched the need for diapers in communities throughout the country, and when she came across an article in the American Journal of Pediatrics, she knew she had to act. "I love a good birthday party, but I didn't want or need presents, so I asked my guests to bring diapers for the Diaper Bank. I sent the journal article out with the invite, because I wanted people to educate themselves. The great thing is the conversations that it started. We are conditioned to think of the basics, food, water, housing, but not the burden of diapers, and the role that they play in obtaining the basic necessities. It was a huge wakeup call that triggered a bigger conversation about jobs and education." She recalls a conversation with friends and colleagues, mostly male, without children, about the cost of diapers over dinner: "Many of the people talking about it are guys. It got them started thinking about it; it's not just women but fathers and grandparents. I hate that a choice of school or work is taken away from someone. I've had to make hard choices but not like that. I can't see how someone could come across this issue, and it not cause them to think. This was an opportunity to do something beyond ourselves." Lindsay's cousin who lives in Texas and shares a birthday found a diaper bank in her community, and she and her friends contributed in much the same way, spreading the word about the diaper gap in communities across the United States. "I



love this initiative of the Junior League of New Orleans and that I was able to contribute even though I am not a member. It takes great leadership of the Junior League to get this started."

The Junior League of New Orleans is thankful for Lindsay and her friends' contribution to the Diaper Bank. As more community members expand this effort, the JLNO Diaper Bank will have exponential success in raising awareness and support•



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1 Board Member Michelle Huck smiles with the generous birthday girl, Lindsay Hendryx. When Lindsay heard about the Diaper Bank she requested friends shower her with diapers to donate.  
 2 Diaper Bank Co-Chairs Mary Beth Green and Maria Huete pack a car full of diapers for the next delivery.  
 Photo by: Jessica Bachmann

2



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# Celebrating Our Past and Seizing the Future

By Rebecca Bartlett

Colleague. Mother. Daughter. Wife. Sister. Friend. Women wear a variety of hats throughout their life. We also have the options now to be just about anything: doctors, lawyers, homemakers, engineers, artists, teachers.

Women did not always have this plethora of opportunity. For that reason, it is important to celebrate how far we have come while looking forward to an even brighter future for the women of tomorrow.

We cannot look to the future without learning from our past. Thanks to activism from women like Susan B. Anthony and Elizabeth Cady Stanton, most women eventually achieved the right to vote in 1920. In 1935, Mary McLeod Bethune organized a coalition of black women's groups to lobby against job discrimination, racism, and sexism.

By 1961, President John Kennedy established the President's Commission on the Status of Women, appointing Eleanor Roosevelt, member of the Junior League of the City of New York, chairwoman. The report issued by the Commission that same year documented substantial discrimination against women in the workplace and made specific recommendations for improvement, including fair hiring practices, paid maternity leave, and affordable child care. Congress responded in June of that



year with the Equal Pay Act, making it illegal for employers to pay a woman less than what a man would receive for the same job.

1964 marked the passage of Title VII of the Civil Rights Act, barring discrimination in employment based on race and sex, while establishing the Equal Employment Opportunity Commission (EEOC) to investigate complaints of discrimination and impose penalties for violations.

In 1990, Congress passed the Violence Against Women Act to tighten federal penalties for sex offenders, fund services for victims of race and domestic violence, and provide special training for



**1 Two Junior League members work together for Christmas in October Rebuilding project.** Compiled by: Lacreacia Jones

**2 A group of Garden Club members pose for a picture in 1941.** Compiled by: Lacreacia Jones

**3 Picture taken in 2008 at Lafayette Academy of an Active and student reading together.** Compiled by: Lacreacia Jones

police officers to investigate these types of crimes, which are largely committed against women.

More recently, President Obama signed the Lily Ledbetter Fair Pay Restoration Act in 2009, which allows victims of pay discrimination to file a complaint with the government against their employer within 180 days of their last paycheck. Previously, victims (most often women) were only allowed 180 days from the date of the first unfair paycheck. The Act was named after a former employee of Goodyear who alleged that she was paid 15–40% less than her male counterparts, which was later found to be accurate.

So, after that extremely brief timeline of a few of the milestones women have achieved, what is in store for the future? In a highly competitive global market, society and organizations are filled with conflicting commitments and responsibilities. Some women charge ahead, breaking through glass ceilings and conquering corporate giants.

However, most women have more basic questions and challenges to face. Like, how will I afford to pay for the nearly 3,000 diapers an

average child needs in their first year of life? Why does my resume not seem good enough to get me an interview? Why does it seem like I am the only one in the office who hasn't gotten a raise? How often should I be getting health screenings? Or, why does nothing I do seem to improve my health?

The Junior League of New Orleans has a plan to help and has made it a priority to address the problems challenging women with the new strategic plan. This plan focuses on Advancing the Wellbeing of Women in three main ways: improving economic opportunities available to women and providing the foundation for women to seize them, promoting women's health, and providing family support.

The new Diaper Bank project is a prime example of the efforts JLNO is making to help women struggling to meet the needs of their family while finding employment. Without a day's supply of diapers, most daycares will not allow children to attend, leaving

*continued on page 31*

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4

**4** Local shop Karter's Klosest participates in the Junior League marketplace at Headquarters. Karissa Carimi is helping shop owner Andrea Patton set up her table.

**5** Actives enjoy organizing Touch a Truck for the community  
Compiled by: Lacreacia Jones

## Celebrating Our Past and Seizing the Future

*continued from page 29*

mothers without childcare options outside of the home. Not to mention, it leaves a mother unable to care for her child, a situation any human heart can have compassion for.

Events like the Freret 5K bring awareness to each of us about the value of coming together as a community to support and encourage each other in living a healthy lifestyle; not to mention experiencing the benefits of a beautiful October day in New Orleans.

Additionally, JLNO is partnering with the Idea Village to launch a speaker series focused on supporting women in the professional arena. This will provide the forum to have those tough questions answered, such as “how do I ask for a raise” or “how do I file a complaint if I am not being treated fairly.” Speakers will cover a variety of topics from how to interview to chairing a committee or balancing a budget.

Although some of the problems throughout our history still exist today, we cannot forget all that women have accomplished while advocating together. The Junior League of New Orleans is committed to continuing in its history of advancing women out of the past and into a new, more hopeful future. •

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Compiled by Tiffanie Brown and Amanda Wingfield Goldman

**Q: How can I get JLNO to coordinate with my company in a community service event?**

*Ms. Giving Back*

**A:** The best way to reach out to JLNO for help with a community service event is to visit our website, [jlno.org](http://jlno.org). Under the community impact tab, click community shift. Then you can click on the link for the community shift request form. Once you have filled out the information, one of the community shift chairs will get in touch with you. Remember that all requests must meet the following eligibility requirements:

1. Requesting organization must be a 501(c)(3);
2. Volunteer activities must be organized into three-hour shifts; and
3. Community shift volunteers are not available for fundraising events.

The more advance notice you can give, the more time our members will have to sign up and help at your event.

**Q: I am a current JLNO member hoping to get involved with non-profit organizations throughout the city. How can Get on Board help me accomplish this goal?**

*Ms. Hopping on Board*

**A:** Get on Board is an award winning board training and placement program for women and men in Metropolitan New Orleans. Applicants from all around the city are invited to join us for two Saturdays in the spring to learn more about the ins and outs of board service, including financial policies, fiduciary duties, legal considerations, meeting and committee management, strategic planning, effective leadership development, fundraising and more. Applicants have an option of being placed on a local nonprofit board upon the completion of the program. It is perfect for those already involved on a board, as well as those looking to get involved and give back.

**Q: What's a Newbie to do? I am currently a provisional and excited to get involved with JLNO. What are some of the major community projects that JLNO is currently involved in?**

*Ms. Newbie*

**A:** Rebuilding Together, a program of the Preservation Resource Center, renovates houses for low income, elderly and the disabled in New Orleans

and is a great way to make a difference in our community. These shifts are available the first two weeks in October. This year we are renovating Eden House, a home for human trafficking survivors.

JLNO members host READ events four times a year at Lafayette Academy Charter School. Members are able to complete a fun project, read with the children and have a snack with them. It is always a big hit and a favorite shift among our members.

Educare New Orleans, located at Columbia Parc, is a mixed-income housing project which provides teacher assistance and hands-on activities to support early childhood education for at-risk children.

Diaper Bank is one of our newest projects! JLNO is raising awareness of the diaper need in the Greater New Orleans area and helping to bridge the diaper gap through donation drives, collections and redistribution to its Diaper Bank recipients.

Other programs include Kids in the Kitchen, Judgement Call, Lemonade Day, Senior League and Safe Sitter. You can always look under the community shift tab at [jlno.org](http://jlno.org) to find all the available community activities.

**Q: There is a great need in the community where I live that I would like the JLNO to help jumpstart. How would I go about bringing my idea to board members to get it approved? What are the steps for starting big community projects sponsored by JLNO?**

*Ms. Community Outreach*

**A:** We love when JLNO and community members have project ideas! We have an internal process, which is housed in Planning & Development Council, for selecting and vetting prospective community projects. You can reach out to our Project Selection Committee at [projects@jlno.org](mailto:projects@jlno.org). Typically, we review project proposals in the fall, but we're always on the lookout for great ideas!

**Q: I have an innovative way to help raise money for the League. However, I am not on the Fundraising Committee. How would I go about getting my idea heard?**

*Ms. Raising Money*

**A:** JLNO is always looking for new ways to raise money for our local community. Please send your idea to the Fundraiser Steering & Evaluation chairs, or simply email [news@jlno.org](mailto:news@jlno.org).



# Easy Steps For Maintaining Financial Health

By Jacqui Stump

For many people, living paycheck to paycheck and worrying about how to make ends meet is a way of life. It does not have to be that way. Below are a few easy steps to help get you on the road to financial health.

## **BUDGET**

Get organized! Make a budget – there are many online tools such as Mint.com and Learnvest.com that help you set a budget and stick to it. There are also many free printable budgets and tips on blogs and Pinterest! Some people find it helpful to simply write down what they spend – you might be surprised where some of your money is going!

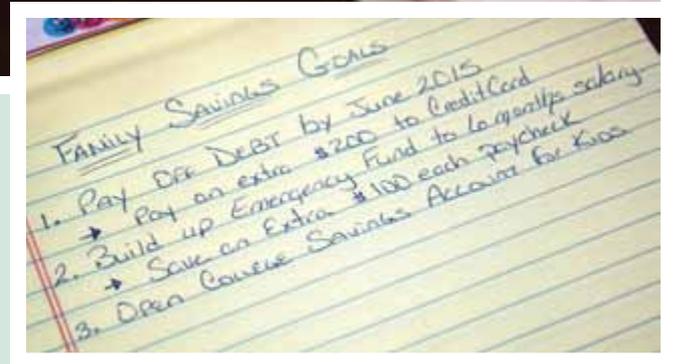
## **PAY DOWN DEBT**

Debt, whether it is credit card debt, a mortgage, or student loans, can get in the way of financial success. At the very least, debt is an added burden and can increase the stress of everyday life.

Some tips to minimize or completely get rid of your debt are:

Pay off your credit cards or other small debt first. There are various schools of thought as to the most effective way to do this; from paying debts off in order of the highest interest rate to what some call the “debt snowball”, which is paying debts off in order of balance, lowest to highest. There is no shortage of materials on the subject, and many churches offer free courses on debt management.

Pay down those student loans – if you’re like many, student loans are a part of life and they aren’t going anywhere. Work on strategies to



pay them off similar to what you might use for credit card debt. Also, consider putting student loan payments on “auto pay” or setting up a separate account to use just for making student loan payments. A concerted effort to make student loan payments will help reduce the debt in a timely manner while avoiding interest and late payment fees.

## **SAVE**

For some, saving seems nearly impossible. One way to save is to start small. Save whatever you can now then increase the money to put into savings as your circumstances change.

Investigate ways to save. Whether it is cutting out that morning latte or re-financing your mortgage, work on ways that you can maximize your savings.

## **INVEST AND SAVE FOR RETIREMENT**

It might take some time to get to this stage, but if you can, invest your money wisely and with the advice of a financial planner. As Lynn Swanson, partner in a major law firm noted, financial planners can diversify your portfolio, help hold you accountable for your spending, and greatly increase your financial wealth and stability.

Save for retirement! Many employers offer 401k opportunities and will often match your contributions. Take advantage of this and other benefits offered by your employer. It is also important to periodically review your retirement savings plan and investigate new ways to save. You want to enjoy your golden years!

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# SUSTAINER **KAREN DESALVO** IS NAMED ACTING ASSISTANT SECRETARY FOR HEALTH

By: Amanda Wingfield Goldman

**N**ew Orleans Junior League Sustainer Dr. Karen DeSalvo emerged from humble beginnings in Austin, Texas to rise to the Acting Assistant Secretary for Health in the Department of Health and Human Services (HHS) in Washington, D.C. As a child, Karen was troubled by her experience in the public healthcare system with a single mother, and has dedicated much of her career to improving access to primary care.

Karen earned dual degrees in biology and political science from Suffolk University in Boston. While in college, Karen also worked in a state laboratory for the Centers for Disease Control and Prevention. She also spent a semester in Africa and learned about international medicine. She attended medical school at Tulane University and also earned a masters of public health degree. After completing medical school, she returned to Boston and earned a master's degree in clinical epidemiology from the Harvard School of Public Health.

Karen returned to New Orleans and served as Health Commissioner for the City of New Orleans and then as Senior Health Policy Advisor to Mayor Landrieu. Karen helped to convert the City's outdated health department and establish community-based clinics for low-income and uninsured New Orleanians. She helped restore medical services to

areas of the City devastated by Hurricane Katrina. Her work caught the attention and praise from former HHS Secretary Kathleen Sebelius, who declared it a model for the rest of the country.

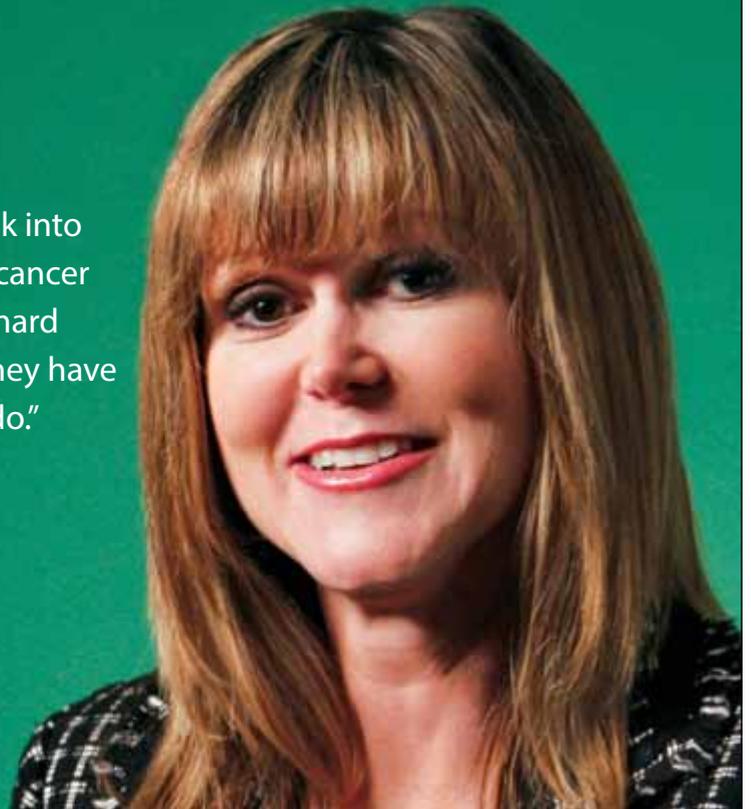
Karen has received many awards for her work, including recognition as a "Woman of Excellence in Health Care" by the Louisiana Legislative Women's Caucus, and the Women's Leader Award by the American Medical Student Association. *Governing* magazine named Karen as one of nine public officials in 2013, and *Modern Healthcare* named Karen as one of the 50 most influential physician executives in 2014.

Karen was hired as the National Coordinator for Health Information Technology, which involves the massive coordination of efforts to adopt, use and better integrate health information technology. However, Karen has recently been tasked with an even larger role in the federal government as Acting Assistant Secretary for Health at HHS. Her office oversees twelve core public health offices, including the Surgeon General and the United States Public Health Service Commissioned Corps, and ten regional health offices across the country. Her office is responsible for developing policy recommendations that pertain to public health issues that impact HHS' agencies and operating divisions. Karen will also become part of the administrations Ebola response efforts. Her health leadership will now serve the entire nation.

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Lesley Meng, MD  
*Hematologist Oncologist*



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East Jefferson General Hospital



# League Faces

JLNO members being active in the community and enjoying Junior League events!



**1** Provisionals Page Portis, Katie Smith, Ashley Mang, and Ann Kirk Jacobs enjoy learning about Bloomin' Deals at the provisionals event on September 23, 2014. Photo by Kelly Walsh.

**2** Perry Cass, Lauren Witkowski, Marion Newsom, and Sarah Hargrove do some Saturday morning shopping at Bloomin' Deals Social on September 23, 2014. Photo by Kelly Walsh.

**3** Amy Shows, Elizabeth Walcavich, and Mallory Wallin sample the treats at the Provisional Social at Bloomin' Deals on September 23, 2014. Photo by Kelly Walsh.

**4** Sustainers Courtney Sarpy, Jane Nalty, and Constance Barkley look forward to attending Sustainer events to keep up with what's happening in the League. Photo by Jen Capitelli.

**5** Host Cindy Weimman welcomes guests to her home on September 24, 2014. Photo by Jen Capitelli.

**6** Robin Adams, Merisa Pasternak, Edie Cagnolatti, and Kristen Engeron enjoy a lovely evening while catching up at the Sustainer Social on September 24th. Photo by Jen Capitelli.

**7** Planning and Development Council Director, Mollye Demosthenidy, Communications Council Director, Jessie Haynes, and President, Katherine Raymond visit with Sustainers on September 24, 2014. Photo by Jen Capitelli.



**8** Bloomin' Deals employee Patricia H. Walls takes a minute to enjoy the moment with Active Joanna Bautista and Provisional Torry Dean during Fall Bag Day. Photo by Melissa Guidry

**9** The line to enter Fall Bag Day at Bloomin' Deals on October 4, 2014 wraps around the front of the store and continues down the block. Photo provided by Julie Kenter

**10** Provisionals, Actives and Bloomin' Deals employees wait excitedly for the start of Fall Bag Day on October 4, 2014. Photo by Melissa Guidry

**11** Fall Bag Day has Bloomin' Deals bustling with activity on October 4, 2014. Photo by Melissa Guidry

**12** Attendees of the Purposeful Boards - Powerful Fundraising session discuss nonprofit board management with Nonprofit Consultant Simone Joyaux (not pictured). JLNO co-hosted the event with the Greater New Orleans Foundation and Jewish Endowment Foundation of Louisiana at JLNO Headquarters on September 9, 2014. Photo by Carrie Moulder

**13** JLNO President Katherine Raymond, Patti Lengsfeld of the Jewish Endowment Foundation of New Orleans, Nonprofit Consultant Simone Joyaux, Joann Ricci of the Greater New Orleans Foundation, Sheila Gold of the Jewish Endowment Foundation of New Orleans, Alice Parkerson of the Greater New Orleans Foundation, and President-Elect Shannon Able of JLNO co-hosted the Purposeful Boards - Powerful Fundraising event at JLNO Headquarters on September 9, 2014. Photo by Carrie Moulder

**14** 2013-2014 JLNO President Jeanne Boughton; President Katherine Raymond; and President-Elect Shannon Able are presented with an award by ALJI President Toni L. Freeman in recognition of JLNO's 90th birthday. Photo courtesy of ALJI

**15** Neely Griffith, Christy Kane, and Ashley Gillen enjoy the Esprit Event at the Windsor Court on August 27, 2014. Photo by Kelly Walsh



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**16** Heather Matrana, Sarah Elizabeth Gundlach, and Caroline Cole attend the Esprit event on August 27, 2014. Photo by Kelly Walsh

**17** JLNO members enjoy summer with champagne cocktails the August 27, 2014 mixology class hosted by Esprit at the Windsor Court hotel. Photo by Kelly Walsh

**18** Junior League Provisionals gather at Superior Seafood prior to the General Membership Meeting on September 16, 2014. Photo by Meg Henican

**19** On October 12, 2014, the Pinterest Club had a blast crafting fall decorations while making new friends. Photo by Lacreia Jones

**20** Speaker, Dr. Lindsay Ford of East Jefferson General Hospital, poses with League President, Katherine Raymond, before educating the group on mental health and

how it affects the women of our city at the September General Membership Meeting. Photo by Meg Henican

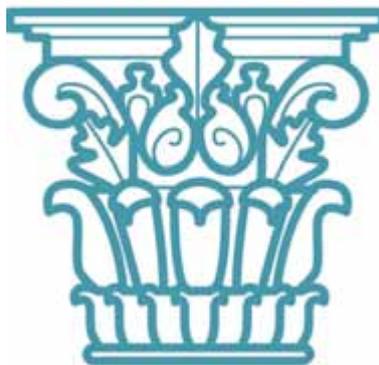
**21** Provisional Susie Bares, Actives Jordan Killeen and Caroline Phillips, and Provisional Katie Dols, enjoy socializing with each other at the St. James Cheese Company Esprit Event on July 28, 2014. Photo by Ashley Aarons

**22** Actives Cameron Adams, Kelly Reilly and Rebecca Hollis eagerly await their wine and cheese pairings at Esprit's Wine & Cheese Tasting at St. James Cheese Company on July 28th. Photo by Ashley Aarons

**23** Actives Summer Duperon and Melissa Eversmeyer enjoy one another's company at the Esprit Event held at St. James Cheese Company on July 28, 2014. Photo by Ashley Aarons

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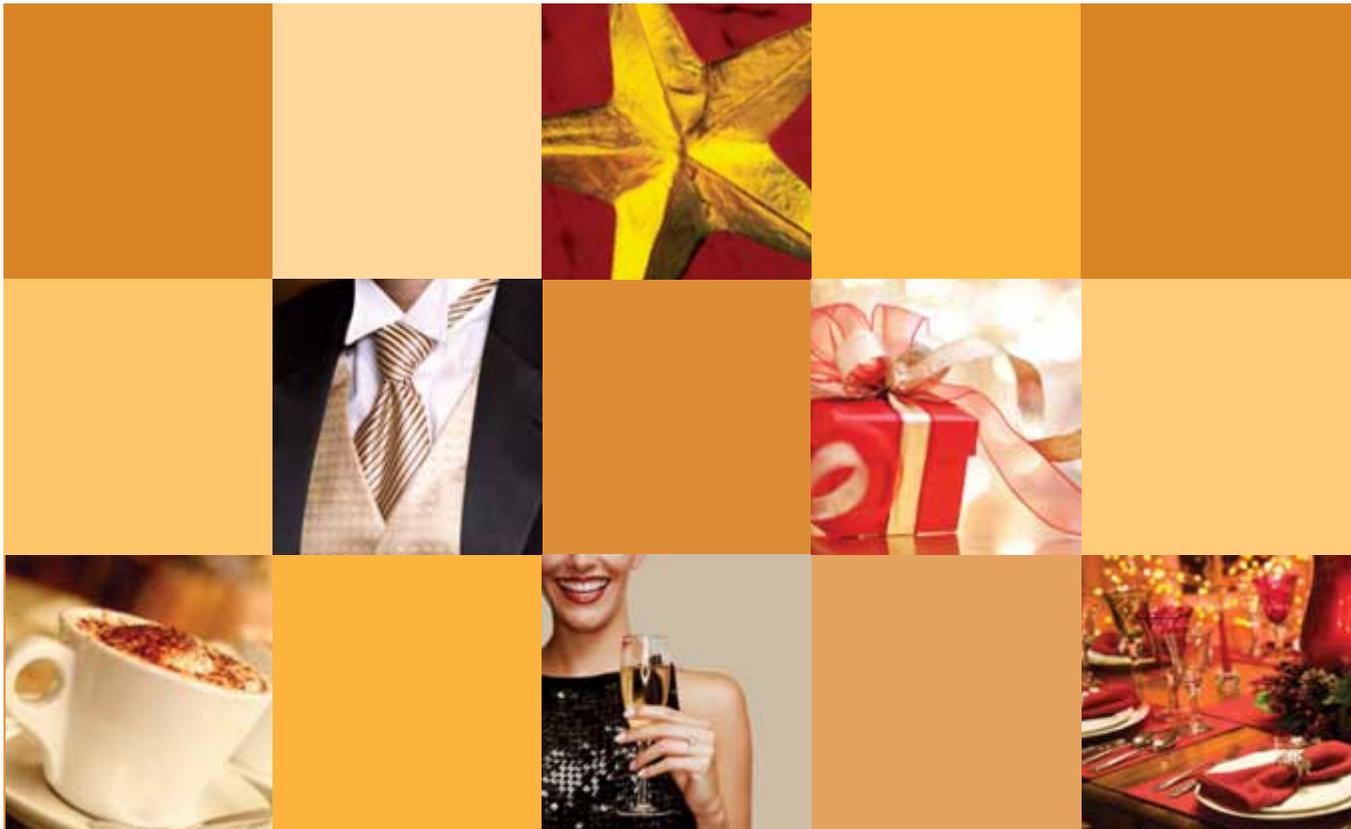
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