

Lagniappe

A smiling woman with her hair in a bun, wearing a light pink t-shirt and dark blue jeans, is cooking in a kitchen. She is standing at a white tiled countertop, stirring a large silver pot on a gas stove with a wooden spoon. The pot contains a white liquid, likely rice pudding. On the counter next to the stove are several stacks of blue and white containers, a bunch of lemons, and a blue cloth. In the background, there are white kitchen cabinets and a window with a view of greenery.

Junior League of New Orleans

Summer 2018

2018 WE
Fellowship
Winners

**Greek
Girls
Rice
Pudding**

JLNO New
Board Member
Profiles

2017-18
Annual Report



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On the Cover

Artemis Antippas is the owner and founder of Greek Girls Rice Pudding, this year's Woman Entrepreneur (WE) Fellowship winner.

Photo by: Jessica Bachmann

2018

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Letter from the 2017–18 President

What an absolute pleasure it has been for me to serve alongside each of you this year. As I reflect on the accomplishments of the year, I know for certain that am not writing this narrative alone. I am a mere representative of the collective service of all of the members and partners of the Junior League of New Orleans. How fortunate are we to be afforded the opportunity to do this worthy and important work!

The League has given us all a lifetime of memories this year. Some of my favorite moments include: Delivered 185,000 diapers, 166,000 wipes and 49,000 feminine products to those affected by Hurricanes Harvey, Irma and Maria; served hundreds of families by distributing over 550,000 diapers; partnership with Orleans Parish School Board and Agenda for Children to increase diaper distribution to families in need; provided scholarships to three non-traditional female students; awarded our third Women Entrepreneur Fellow; granted over \$52,000 in Community Assistance Fund Grants to local nonprofits; hosted meaningful celebrations with 175 at-risk youth in partnership with Covenant House; narrowed the achievement gap for 1,300 children at 3 schools with Education Support Services; marked the historic occasion of New Orleans electing its first female Mayor by presenting a Mayoral Candidate Forum to over 70 members and guests; held the 6th annual Touch a Truck for over 3,000 attendees and held the first Field Trip Friday providing free entry for 500 students; hosted over 540 runners at Freret 5K and partnered with The National WWII Museum to welcome over 600 attendees for survivor's stories at Women of Courage.

JLNO thrives on new beginnings each year. The League's cycle of life is evident as volunteers transition through the various stages of membership: prospective member, new provisional, provisional, active and sustainer. Year after year the membership replenishes itself with a natural turnover that opens doors for emerging leaders and allows for a greater number of members to train, grow, develop, lead, mentor and inspire. As League members recognize their potential at any stage of membership, the beautiful result is the League's cycle of life that yields long-term impact on the community, fellow volunteers and members themselves.

It has been my greatest honor to serve as the President of the Junior League of New Orleans for 2017–18. I look forward to celebrating many more milestones in the future alongside each of you. It is a privilege to introduce you to Alice Franz Glenn, Junior League of New Orleans President for 2018–2019.

Gratefully,



Kristen Koppel
JLNO President 2017–18



Photo by: Jessica Bachmann

Letter from the 2018–19 President

I am honored to take over the placement of JLNO president from Kristen Koppel for this, our 95th year. Along with the Board of Directors, our job is to be stewards of this venerable organization through this milestone year. With our more than 100 provisional members, 630 active members and nearly 1,400 sustainers, our job is to maintain and strengthen this network of women community and civic leaders in creating community impact. Throughout the Junior League's history, that core mission has not changed.

From the day in 1901 when Mary Harrimon gathered her friends in New York to organize support for the settlement movement, to the ten women who founded the Junior League of New Orleans in 1924, through the now dozens of projects incubated through JLNO and the countless women who have gone on to lead – and found – organizations, businesses and projects in our community and beyond, that mission has not changed.

The value of having highly competent, knowledgeable, women leaders in the community, at the table, on the board... or maybe in the corner office... has not changed. It may look different than it did in 1924, or 1974, but at our core, this is what the Junior League does.

Training women leaders. There has never been a time in history when training women leaders was not critical, and there has never been a point in time when training women leaders was more relevant than it is today.

As I see it, our job this year is three-fold:

1. To communicate the Junior League value proposition to the best and brightest women in our community so that they may benefit from our training by joining,
2. To provide the best training possible for present and future women leaders, maximizing our community impact during our time as active members in the Junior League, and being deliberate in communicating that training and its value as it happens.
3. To elevate the Junior League network of trained women leaders so that our impact – individually and collectively can be magnified throughout the New Orleans community and beyond.

The training that JLNO provides must be relevant, impactful and delivered in a way that our members can utilize. This means that JLNO, our structure and programs, must evolve with members needs and interests. For example, with more than 90% of our active members working outside the home, our volunteer structure of three hour shifts is no longer the best way to provide these opportunities. Likewise, volunteering at our Bloomin' Deals Thrift Store during regular business hours is very challenging for most members. As we work to evolve our structure to maximize impact and better accommodate our members, we will work hard to ensure that the history of JLNO is honored and our most treasured traditions are upheld.

I believe strongly that JLNO has exciting opportunities on the horizon, largely because of Kristen Koppel and the 2017–2018 board of director's leadership, and that of the many, many leaders who came before. Training future women leaders is only possible because of the foundation that has been laid.

My deepest thanks to each of you for allowing me to serve you this year. I will work hard to be responsive and supportive as we work together to be innovative, member-centered, impact-driven and mission focused. I welcome and encourage your feedback and insights, and I respectfully request your support, whether time, talent or treasure. Thank you!

Regards,



Alice Franz Glenn
President 2018–19



Photo by: Jessica Bachmann

Letter from the 2017–18 Editor

Summertime and the living's Big Easy! As the heat and humidity set up camp for the season, it's time to kick off another great year with the Junior League of New Orleans. We here at Lagniappe are so excited for what this next League year will bring to our members and the communities we serve, and we hope you are too! The focus of this issue is women in business - you will meet our 2018 WE Fellowship Recipients and follow up with our previous winners, learn about some fantastic female owned businesses and how to stay healthy at the office, tips and tricks for succeeding at an interview, and much more.

I have so enjoyed serving Lagniappe as Editor the past year - thanks in a large part to our wonderful team. Lagniappe is in wonderful hands next year and I cannot wait to see what the future holds!

Cheers,



Emma C. Pegues
Editor 2017-18



Photo by: Jessica hachmann

Letter from the 2018–19 Editor

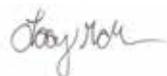
As we enter into the heat of summer and humidity of Louisiana weather, I find myself repeatedly saying “the only way out is through!” Whether it’s trying to complete my morning run, getting my three-month-old to take a bottle, preparing to move houses (with said three-month-old), or gearing up for my role as Editor of Lagniappe, this mantra is sustaining me daily.

Looking through the pages of this current issue and reflecting on the role of the Junior League of New Orleans in our community, this adage seems to consistently resonate: the path out of any problem is often found by diving in and pushing ahead. The women of JLNO’s annual WE Fellowship are prime examples, launching their dreams and building a business from the ground up. The tireless efforts of our Diaper Bank leaders, expanding our reach across the community, are breaking through a problem towards the side of progress. And of course I’m inspired by the participants of Freret 5K—I’m sure many were pushing through to cross the finish line.

With JLNO’s 95th anniversary on the immediate horizon, our ability to persevere is without question. Yet, as the pages of this and any other issue of Lagniappe will illustrate, our resolve is directly linked to our community with one another. As I embark on this year of leadership with Lagniappe magazine, I will not only miss, but be so grateful for, the outgoing 2017-2018 Editorial Board: Emma Pegues, Stephanie Campani and Anna Kornick have been fantastic friends and colleagues.

Though I will miss this year without them, it will be a pleasure to embark on another journey with our new JLNO editorial staff—getting out in the community and getting through our challenges together.

Cheers,



Lacy McManus
Editor 2018-19



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Bulletin Board

compiled by Jennifer muidry

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Stride Right

What to Wear to Ace an Interview

By Jill Holland



Provisional Member Eileen Chao, models business casual interview attire.
Photo by: Shawn Marie Scott

The statistics are out there about applying for a job, and they all say the same thing: of hundreds of applicants applying for a position, only a handful are chosen for those face-to-face meetings. The good news is – you’re one of them!

Now, what to wear?...

We reached out to three in-the-know professional women to help you stride into your interview with professionalism and style.

Stick To Basics

“Every woman should have a white blouse and dark pant or skirt suit,” said Sustainer Ariane Brennan, Southeast Regional Manager for Strategic Staffing Solutions. Other basics she recommends are pencil skirts

(which are neither too short or too long), a-line skirts, the business dress, cardigans, a blazer and closed-toe shoes. Blouses and tops, she said, must have some sort of sleeve.

Provisional Eileen Chao, Founder & CEO of Interview Ready Now, agrees that it is better to stick with the basics. “Always wear a jacket and closed-toe shoes,” she said, “[Your outfit] should not attract or detract from anything.”

JLNO Active and Business Council Director Heather Doyle put it this way, “You want the focus to be on you, not what you are wearing.”

Use Color and Accessories

Incorporate the color and accessories strategically. Ariane said, “Jewelry should be small and simple. Don’t distract with bangles and rings. You can wear color – a necklace for accent. But not in your ears or on your hands.” When deciding what color to use as your accent, Ariane has a practical strategy. She said to do your research. “Wear the company color. Doing this said ‘I want to be part of your brand.’”

Chic shoulder bags are also a good way to add a splash to your ensemble. “A colored tote can insert a little personality,” said Eileen, who enjoys this accessory herself. “It is also a good way to have on hand a copy of your resume and cover letter, a legal pad and pen, as well as a small emergency kit for things that come up” (bandaids, safety pins, granola bar, extra contact lenses, wallet, etc).

Be Conservative

The world is trending towards casual in and out of the office, but now is the time to “err on the side of caution and dress more conservatively for the interview,” Heather said. She recommends paying attention to necklines and skirt lengths.

Ariane said, “What you wear to the interview may not be what you wear to the office/job. You need to dress like you are the manager.” Along with pulling out your suit or business dress and blazer, this also means covering tattoos.

“You want people to like you for you, but there is a difference between ‘personal you’ and ‘professional you,’” said Eileen. Like Ariane, she advises covering tattoos by wearing pants or long sleeves and also removing nose rings and extra earrings.

Comfort Is Essential

Preparing for the big day can bring on a case of nerves. Your clothing should not be part of what makes you uncomfortable. It should help you feel confident.



LEFT: Provisional member Eileen Chad models business casual attire. TOP MIDDLE: Business interview attire at Luxury for Less Boutique. TOP RIGHT: Business casual interview attire at Luxury for Less Boutique. BOTTOM RIGHT: Business casual interview accessories at Luxury for Less Boutique. Photos by: Shawn Marie Scott

Cost of clothing for the occasion can be daunting. You can be comfortable with budgeting for professional, classic (aka basic) pieces for your wardrobe by shopping smart. There are many local consignment and thrift stores that carry upscale apparel and accessories.

“Junior Leagues’ Bloomin’ Deals and Luxury for Less sales are really wonderful places to build basic staples into your wardrobe,” said Heather. “You can build an entire wardrobe for what you would pay for one item at a department store.” The Luxury for Less sales have brands such as Tori Burch, Tahari and Diane von Furstenburg. In Bloomin’ Deals’ main store, you can find J.Crew and Banana Republic, among other labels. There is even a suit section.

For comfort and poise on the day of the interview, Eileen

said to remember that you must feel good about what you are wearing. She suggests trying out your outfit ahead of time – and your makeup. “Don’t use your interview to experiment with your makeup. [Just] keep it natural,” she said. “And if you’ve never worn heels, don’t wear them. If you’ve got a new pair of shoes, break them in first.”

Put Your Best Foot Forward

Your excellent resume, recommendations and networking have paved the way. You’ve done your research and have questions and answers prepared. And now, with your wardrobe ready, you are sure to walk in to that interview and make a great first impression. •

JLNO Loves Women-Owned Businesses

Lady Bosses: JLNO Entrepreneurs in the Crescent City

By Ellen Carmichael Gugenberger

According to the 2016–2017 Junior League of New Orleans annual report, approximately 90% of our active members work outside the home. Of those League women in the workplace, many have chosen to follow their passion for self-employment.

From contributing to New Orleans' booming hospitality industry to providing vital professional services, JLNO entrepreneurs shape our local economy and build our Crescent City community.

Here are three.

Jackie Abston

NOLA T-Shirt of the Month Club
www.nolatshirtclub.com

Jackie Abston founded NOLA T-Shirt of the Month Club with her husband, John. Their company was borne out of their mutual love of New Orleans and an unwavering belief that it is a place like no other. The only way to properly tell that story, they decided, was through fashion.

“We celebrate everything – life, death, food, music,” Jackie said. “We wanted to package the spirit of New Orleans and ship it to people across the country every month. We wanted our business to be more than just a t-shirt company. We wanted it to be a community.”

So, in November 2015, Jackie invested just \$20 into placing Facebook ads. She hoped that their growing social media following would translate into customers willing to pay a \$15 monthly subscription fee to receive a creative t-shirt reflecting their pride in the city.

It worked. In addition to a long list of subscribers receiving t-shirts from their company in each month, Jackie now operates a retail shop at 3646 Magazine Street. There, customers can choose from a variety of designs, like those depicting the ubiquitous “Geaux Cup” or saluting the beloved Saints



Jackie Abston, founder of NOLA T-Shirt of The Month Club. Photo by: Gavin Johnson

quarterback Drew Brees, or they can order custom t-shirts for any occasion.

For Jackie, owning a small business meant relying on the lessons of her childhood: hard work, honesty and living by the “Golden Rule.” These things, she says, have led to her success as an entrepreneur.

“Treating people with kindness and respect seems elementary, but it’s what I live by,” she said. “As a leader, it’s a huge responsibility to practice the behavior you want others to follow.”

Sarah Wild

Wild Fundraising
www.sarahwildfundraising.com

Sarah Wild spends each day, as she puts it, “making tomorrow brighter” for non-profit organizations. Her company, Wild Fundraising, develops fundraising strategies to support charitable groups across America, from Girls on the Run New Orleans to McGroarty Arts Center of Tujunga, California.

Founded in 2014, Sarah launched her fundraising businesses while attending graduate school, hoping for a sensible way to earn a living while completing her studies. But instead of it simply serving as a temporary job, fundraising became her long-term career.

“I found my niche, seized the opportunity and built a great deal of momentum that took me not down the public sector path, but into the business world,” she told Lagniappe. “Wild Fundraising is ideal because I can stay connected to causes that inspire me, but also earn a great living and have the flexibility to try new ways of doing business and collaborating with others.”

Wild Fundraising manages “the entire spectrum of grant and sponsorship solicitations for small and mid-sized charities,” which spans from discovering funding opportunities to crafting annual reports. While her office is based in Mid-City, she serves non-profit clients across the country eager to expand their charitable reach through greater funding.

Sarah said “passionate and capable women” have taught her how to overcome adversity and achieve big things in the



Sarah Wild, founder of Wild Fundraising. Photo by: Lady Robin Walker

business world. Learning from their experiences – and her own – have been the key to delivering results for her clients.

“I am afforded the advantage of perspective,” she said. “I have seen this same work over the years from many angles, which helps me to anticipate and be responsive to clients’ needs and expectations.”

Kimberley Tara

Tara CPA Firm, LLC
www.taracpafirm.com

For Kimberley Tara, entrepreneurship is a key feature on her family tree.

“Growing up, both of my parents had their own businesses, so I guess you could say it’s ‘in my blood,’ she explained to Lagniappe.

But for Kimberley, the appeal of owning her small business was far greater than honoring a family tradition. It allowed her to swap her role in public accounting with self-employment, giving her a solid work-life balance while meeting the unique needs of each client she serves.

As a Certified Public Accountant (CPA) and a Certified Tax Coach (CTC), Kimberly specializes in “proactive tax reduction strategies” to legally save families and businesses as much money as possible. She also performs traditional tax compliance work.

Kimberley views “every client relationship as a partnership,” and she believes that her success is intrinsically connected to the success of her clients. The key to her business, she says, is forming real and lasting relationships with those with whom she works.

“What I love in my current role, versus still working in public accounting, is the direct interaction I get to have with my clients,” she said. “I love working one-on-one with them!”

For Kimberley, the time management skills she employs to keep up with her growing family and volunteer commitments are also useful in assisting her clients whom, like



Kimberley Calongne Tara, CPA, Founder & CEO of Tara CPA Firm, LLC.
Photo provided by: Brooke Boyd Photo + Film

her, multi-task every day.

“As a wife, mom, daughter, friend and business owner, there are just never enough hours in the day. I prioritize my time greatly, so that neither my personal life nor my professional life suffers,” she said. “I bring this same outlook to my clients when I’m working with them on their needs. I understand that they are juggling so many things in a business.” •

WE Fellowship Winners

Greek Girls Rice Pudding

By Qi Wiggins | Photos By: Jessica Bachmann

The Junior League of New Orleans is proud to award the 2018 Woman Entrepreneur (WE) Fellowship to Greek Girls Rice Pudding, a local company who shares servings of their family recipe made with simple, local ingredients.

Artemis Antippas, owner and founder of the food company was excited when she won.

“As a woman, I can’t stress enough how much of an honor it is to have the Junior League of New Orleans choose my company as the winner. JLNO is a great group of women to align myself with, and female to female mentoring is the

most empowering thing to help me build a better brand,” said Artemis.

Artemis took a generational dish passed down by word of mouth, woman to woman, in her family and packaged the recipe to make it available in the greater New Orleans area.

Artemis explained, “I was home during a college break and after eating the rice pudding it dawned on me that this was too delicious not to share. My sister (Athena) and I starting working on getting the recipe right from my mom and grandmother and today we are in about 30 retailers in the metro area.”





With our focus on advancing the wellbeing of women, JLNO believes that increasing women's business opportunities improves the local economy. One way to cultivate entrepreneurial success is access to mentors and advisors. JLNO's membership includes a diverse, professional cadre that can motivate and guide women wishing to scale their businesses.

Catalyzing JLNO's mission of developing the potential of women and improving communities the League has created the Woman Entrepreneur (WE) Fellowship. This year-long program supports a female business owner with mentoring and in-kind services sourced through JLNO's membership. Guidance includes: Legal and Human Resources; Accounting Financial Analysis; Investor Development; Marketing Communications; Management Organizational Consulting. Collaboration with the WE Fellow will determine focused goals within these broad areas and a plan addressing her business's specific needs. The WE Fellowship also provides a \$7,500 grant, access to work/meeting space, nonprofit board training, and marketing opportunities with JLNO's membership. The WE Fellowship is supported by a generous donation from Fidelity Bank.

Artemis, along with five other finalists, pitched their ventures before an audience and panel of judges on

March 20 at New Orleans Entrepreneur Week (NOEW). JLNO's WE Fellowship selection committee then chose the six finalists from applications representing a variety of industries and identified the applicants that could receive maximum benefit from the award.

JLNO president Kristen Koppel said, "We're thrilled to begin work with Greek Girls Rice Pudding and give them the resources they need to grow and thrive."

"I've already had phone calls from members of the Junior League reaching out to me to see if I need anything and wanting to set up meetings to get this fellowship kicked off. I've also had my first meeting with Fidelity Bank. Everyone is so giving and willing to help out," Artemis exclaimed.

She is looking forward to sitting down with JLNO members to help streamline her contracts and other paperwork. The entrepreneur admitted that doing paperwork is not fun, but it's a necessity to have a successful business.

"I see Greek Girls Rice Pudding being more than a local favorite, but a national brand. My ultimate goal is to turn my great-great grandmother's recipe into a desired international delight, bringing the pudding to Greece and the United Kingdom."

Before Artemis decided to package and provide one of her favorite foods to the public, she was putting glitter on another classic dish and taking award-winning pictures. In August of 2014 she made her exhibition debut at the Ogden Museum



of Southern Art’s annual “Louisiana Contemporary,” where she was awarded an honorable mention. Her Chicken photo series is an eye catching colorful collection that will bring out the happy in anyone who sees it.

Now focusing on Greek Girls Rice Pudding, Artemis starts her day making deliveries.

“My product is as needed. When a customer calls and says they need the rice pudding. I deliver it from the French Quarter to River Ridge. “

The remaining day is spent cooking, contacting, and cultivating.

“If I’m not in the kitchen then I am trying to figure out how to expand my client base. I’m grateful that the Junior League will assist me all year expanding. I’m also trying to figure out how to keep my current customers satisfied and create growth,” she said.

Junior League of New Orleans congratulates Greek Girls Rice Pudding, and is looking forward to a successful partnership. •



• TOP LEFT (WE) Fellowship Chair, Jennifer Bernard Allen with the 2018 audience winner Niki Da Jon of La Shop Hair Boutique and Chav Pierce from La Porte CPAs & Business Advisors. Photo by: Taylor S. Pospisil • TOP RIGHT (WE) Fellowship Chair, Jennifer Bernard-Allen, JLNO President Kristen Koppel, JLNO Secretary, Courtney Nalty, and JLNO Communications Council Director, Anna Dearmon Kornick, pictured at the WE Fellowship Pitch. Photo by: Taylor S. Pospisil • BOTTOM LEFT Ladies of Junior League Kathlyn Bethune, Hartley Crunk, Alice Glenn and Evie Poitevent Sanders in attendance at the 2018 (WE) Fellowship Pitch. Photo by: Taylor S. Pospisil • BOTTOM RIGHT (WE) Fellowship Chair Jennifer Bernard-Allen with the 2018 WE Fellowship Winner Artemis Antipapas owner of Greek Girls Rice Pudding. Photo by: Taylor S. Pospisil •

2018 JLNO Scholarship Winners

Providing Access to Education for Female Success

By Autumn Town

The Junior League sponsored a new program this year—the JLNO scholarship. Started by a gift from Maria and David Huete with the intention that other donor match the contribution, the funds were earmarked for women in an accredited, degree-seeking program that would transition from a job to a career. The scholarships will be distributed directly to the educational institution's Office of Financial Aid, and provide that the funds can be used for tuition, fees or other costs paid through the bursar's office.

With scholarship awards up to \$15,000, the 8-member committee, chaired by Elizabeth Janke and Jennifer Jeansonne, focused on a specific audience—nontraditional female students in the New Orleans area. Elizabeth noted that they wanted to “gather as much information as we could so future funds could be raised based on ... the types of degree-seeking applicants we received.” So the committee decided to leave qualifying details very broad, in order to gauge future areas of interest.

The application was posted on JLNO.org, and shared through social media and email blasts with League members and partners. The committee also created posters promoting the opportunity, and placed them in community centers, public libraries and churches. An online application streamlined the process. The committee received a total of 42 applications, and whittled it down to three winners—LaTisha Pooler, Jennifer Mills, and Candice Pedesclaux, who were featured at the Passing of the Gavel celebration on May 15, 2018.

Scholarship recipient Jennifer Mills is currently enrolled in Tulane's School of Professional Advancement, pursuing her undergraduate degree in Health and Wellness. Jennifer is considering graduate school for Integrative Dermatology or Integrative Medicine, but notes that she will likely “pursue a CNC, Certified Nutritional Consultant or CCN, Certified Clinical Nutritionist. I can combine this with my holistic esthetics degree and continue with my business!”

Recipient LaTisha Pooler, a senior at Southern University in New Orleans, is finishing her undergraduate degree in Criminal Justice. She is currently in the process of applying to local law schools, with the goal of a dual degree of a Masters in Social Work and a Juris Doctor. LaTisha noted that the challenges of divorce, being a single mom, and being laid off from her job would have been enough to make her give up on her goals, but “being a recipient of this scholarship would allow me to complete my goals, in addition to encouraging someone else not to give up.” •



PHOTOS FROM TOP TO BOTTOM:

Candice M. Pedesclaux, JLNO Scholar, pictured with Shannon Zink and President Kristen Koppel. *Photo by: Jessica Bachmann*

Jennifer M. Mills, Huete Scholar, pictured with Maria Huete, David Huete, Shannon Zink and President Kristen Koppel. *Photo by: Jessica Bachmann*

LaTisha K. Pooler, Huete Scholar, pictured with Maria Huete, David Huete, Shannon Zink and President Kristen Koppel. *Photo by: Jessica Bachmann*

Wellbeing

Wellness at the Office

By Jennifer Hale

“There’s plenty of time to exercise,” said no one ever. There are, however, savvy ways to sneak exercise into your workday. Jessica Zanca, a wellness coach at Chronos Body Health in Metairie, puts a new twist on multi-tasking to boost your health quotient while on the job.

Tone Up:

Yes, you can do this using your body weight while at work, without equipment. Jessica recommends utilizing time spent on the phone or reading documents to simultaneously do calf raises, air squats, stationary lunges or standing twists while squeezing your abs. Her personal goal - 100 daily air-squats between clients. “Time is precious,” Jessica said. “Ten-minute spurts can be effective if you’re committed to incorporating them daily. At the end of the week – it adds up to almost an hour.” An easy variation – take that conference call on your cell phone while you go for a walk or schedule a walking meeting instead of sitting around a conference table.

Hydrate:

Many of us women worry that we retain water and add weight or puffiness by drinking too much, but that reasoning is backwards. It’s when you’re not drinking enough water that your body retains it. “We’re made up of water, so if we don’t drink water, we hold it,” Jessica said. “Our organs need water, and our body is smart. It won’t release water if you’re not replacing it.” When your body holds water, your system can’t flush toxins. Jessica recommends starting your day with a gallon jug of water and marking on that gallon exactly how much you need to drink every two hours while at work to finish the gallon by bedtime.

Reach for the Stars:

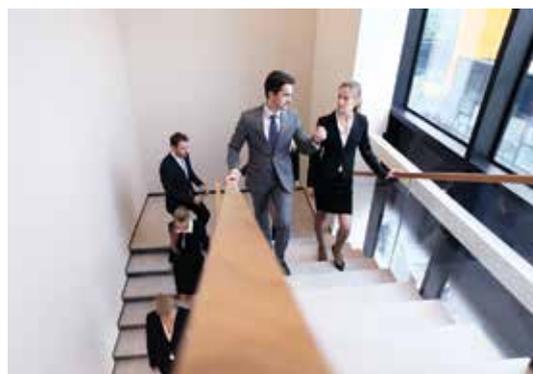
Stretch three times a day for five minutes - when you wake up, after lunch at the office to speed digestion and before bed. In 2 weeks, you’ll be more flexible and feel better because your body will have an easier time breaking down lactic acid and detoxifying. It will also help combat certain consequences of old age. “As we age, we need long, lean muscle to combat osteoporosis,” Jessica said. “It’s not just for a look. Stretching helps elongate fibers and maintain range of motion.” Be conscious of those muscle fibers. We use them every day, even when not ‘working out.’ We’re pushing and pulling, picking things up, like children and grocery bags, or walking up stairs. “I don’t want to be 80 and unable to move properly,” Jessica said. “That means I have to start taking care of my muscle fibers now. We have this one vessel – that’s it. We have to make it count.” •



Sneak in some stretching while at work.



Drink water instead of high-calorie, sugary or artificially sweetened drinks.



Stay fit by taking the stairs instead of the elevator.

Above Photos from Thinkstock.com

Ready, Set, RUN!

Annual JLNO Freret 5k Another Hit

By Stephanie Campani

On Freret Street there is music playing in the distance and groups of people all headed the same direction. Their chatter and laughter are infectious and it's hard to tell who knows each other and who has just met. Some people are dressed in traditional running gear and appear intent and serious, while others are sporting vibrant tutus and face paint, joking and laughing boisterously.

Everyone is headed to the Junior League of New Orleans' (JLNO) Freret 5K. It's an event that brings together family, friends and neighbors to raise money in support of JLNO community projects; and it also brings attention and energy to the Freret corridor. The event begins with a half-mile Fun Run at JLNO's Bloomin' Deals Thrift Shop, which has been located at the corner of Valence and Freret for 58 years. During the Fun Run parents and children race together, some children run ahead and others walk, talk and laugh.

The Fun Run is followed by the 5K race which traces a route from Freret Street to Audubon Boulevard and then back to Bloomin' Deals. The excitement is tangible as the race starts, with children cheering, jumping up and down and giving high fives as participants run, walk and even stroll past them. At the same time, mentors from Youth Run NOLA, a local youth running group, keep pace with their students, offering support and encouragement throughout the race.

After the race everyone gathers as JLNO President Kristen Koppel awards prizes to the participants, then its time to enjoy the many food, beverage and activity booths available. The instant camaraderie, the unique spirit of New Orleans on display during the race, is the reason JLNO volunteers work so hard to create this amazing event each year. It would also not be possible without the help of local sponsors such as Faux Pas Prints; Krewe Du Crossfit; Ochsner Baptist; Lowe, Stein, Hoffman, Allweiss & Hauver LLP and many others.

Money raised from the Freret 5K is used to support many programs throughout the community that help to advance the wellbeing of women. Some of these programs include: JLNO's Diaper Bank, which has a goal of providing over 500,000 diapers to those in need by June 2018; Financial Literacy for Women, which helps empower women to achieve and maintain financial freedom through education; and the Scholarship fund which helps to alleviate the educational financial burden for non-traditional female students.

If you would like more information on these programs or any other Junior League of New Orleans programs please visit JLNO.org.

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PHOTOS FROM TOP TO BOTTOM:

Youth Run NOLA participants race to the finish line during the 2018 Freret 5K. Photo by: Jeanne Higgins

Freret 5K Committee Members, Sarah Peltier, Melissa Broussard, Susan Kliebert, and Shannon Brice, cheer on runners at the Finish Line. Photo by: Jeanne Higgins

Runners start the race during the 2018 Freret 5K. Photo by: Jeanne Higgins

Another successful event put on by the Freret 5K committee members. Photo provided by: Skye Sturlese

JLNO President, Kristen Koppel, welcomes runners during the 2018 Freret 5K. Photo by: Jeanne Higgins



Where Are They Now?

Two Girls One Shuck

By Jennifer Hale



TOP LEFT: Lakeside lady shuckers at a boat house party. **BOTTOM LEFT:** Lady Shuckers at Benachi House for a wedding. **TOP RIGHT:** Lady shucker social: volunteering to help bag oyster shells with the Coalition to Restore Coastal Louisiana. **BOTTOM RIGHT:** Lady shuckers at a backyard oyster party. *Photos provided by: Two Girls One Shuck*

Girl power can be exemplified in many ways, including seeing a female sit in the big chair of a professional workplace. The Junior League of New Orleans is committed to growing the next generation of girl bosses through the Women Entrepreneurs (WE) Fellowship, which financially supports female-owned businesses to help them reach the next level. Last year's winner, a mobile oyster catering service called Two Girls One Shuck (TGOS), is a perfect example of a blossoming local business that has been able to take a big step forward because of JLNO's WE Fellowship.

"Two Girls One Shuck had a dynamite year since we received our WE Fellowship last March," says Becky Wasden,

known as "The Nola Oyster Girl" and owner of TGOS. "We have four on-site managers that help us do two to four events per day. Saturdays are our most popular day, especially September through May. Our mighty army of lady shuckers helps us share the oyster love all over the city! It's been an amazing year of growth, and we are ready to keep climbing upward!"

From the exposure and new business TGOS received from being on the cover of Lagniappe, and the financial support, they were able to double their employees from 12 to 24 including 2-full time employees to staff the office JLNO's WE Fellowship has helped TGOS expand the reach and stability of their footprint, as well as employee more New Orleans women.

“The fellowship helped in so many ways,” Becky says. “The technology grant....takes us in to the next five years.”

So often, women in all walks of life can be afraid of looking weak, so they avoid asking for help. Empowering each other by addressing and strengthening weaknesses is a key component of the WE Fellowship, and a crucial growing pain for any business that hopes to be successful long term.

“My biggest piece of advice for other female entrepreneurs would be to learn how to ask for help,” Becky says. “I am a very independent person, and it was difficult for me to admit to myself and others that I had faults and weaknesses. No single person has every skill set needed to run a small business. I knew I needed help to make this business grow, but more importantly, I needed help to make it grow in a sustainable way. I’m incredibly lucky to have an amazing team of women with so many talents that help us thrive every single day!”

The WE Fellowship Grant also provides in-kind services for the recipient to help them in navigating the particulars of the business world. JLNO paved the way for TGOS to have access to a law firm to formalize catering contracts and a public relations coach to teach marketing and branding concepts, elements Becky had never thought about before winning the WE Fellowship. “Asking for help after recognizing my weaknesses has helped my business in ways I never dreamed possible,” she says.

Expansion plans are already underway for Becky and TGOS. She is planning to employ TGOS teams of female oyster shuckers beyond New Orleans and perhaps get involved in the process of growing oysters herself. TGOS would also like to offer oyster shucking classes to the public in the future.

All that adds up to more employed, empowered females as a woman-driven business succeeds and grows in today’s business climate. Not just women who are earning a paycheck, but an eclectic gaggle of lady shuckers who have found a valuable support system of friends and co-workers to help them navigate the twists and turns of life’s journey, personally and professionally.

“The most surprising part of this business is the bond that has grown between our 24 lovely ladies who work very hard to make this job look easy,” Becky says. “Shucking oysters is a true skill, and shuckin’ and jivin’ is even more difficult. We love to support one another, both inside and outside of the workplace. We have monthly lady-shucker socials. I adore every one of our gals who sacrifices Saturday nights for heavy lifting and gives so much love and respect to the Two Girls reputation around town.” •

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Women of Courage

The Timeless Virtue of Courage

By Kristin W. Durand | Photos by Jessica Bachmann



PICTURED TOP ROW: JLNO President-Elect, Alice Glenn, JLNO President, Kristen Koppel, NCJW Leaders Barbara Kaplinsky and Karen Sher.
PICTURED BOTTOM ROW: Janet Bean, Anne Levy, Nicole Spangenberg and Joyce Pulitzer.

“A woman is like a tea bag- you can’t tell how strong she is until you put her in hot water.” – Eleanor Roosevelt, Junior League member

Junior League prides itself on empowering smart, independent, successful women to channel those traits into improving their communities, but arguably the most critical characteristic to elicit change is courage.

On March 21, the Junior League of New Orleans, the National Council of Jewish Women and the National World War II Museum hosted Anne Levy and Nicole Spangenberg at a lecture titled Women of Courage. The stories of how they survived World War II are harrowing, but at their core lay an in-

spiring message of what we are capable of when we are brave.

Nicole Spangenberg was merely 10 years old when she saw her French classmates being forced to wear yellow stars identifying themselves as Jewish. She and a friend asked their mothers to sew the same star on their coats as a show of solidarity.

“They declined, thinking it was a little too imprudent,” said Nicole. “Just the fact that they were made to stand out infuriated us, and yes; it was to defy the Germans.”

It should come as no surprise, then, that in the years to follow, Nicole would find herself allied with the French Resistance forces, leaving her family behind and becoming an impromptu nurse tending to young fighters, injured either by German infantry or in attempts to sabotage railways, bridges and German arms depots. These men were complete strangers to her, and



Nicole Spangenberg and Anne Levy sharing their stories of courage with Assistant Director of Curatorial Services, Kimberly Guise.

yet she never hesitated to do what needed to be done, all for the greater cause. Nearly 70 years later, Nicole was honored for her bravery with the Legion of Honor medal bestowed by the U.S. French Ambassador.

Nicole’s impressive civic participation in New Orleans sprang from this sense of involvement at such a young age. When pressed to explain how to encourage others to become helpers, Nicole simply stated, “When bad things happen, you don’t think. You just do.” Bravery can be born out of inspiration or necessity.

Anne Levy was living in Poland when the Axis powers invaded. Attempting to flee their home to join her mother’s family, her family ended up in the Warsaw ghetto. After two years, her family escaped and was taken in, at great personal risk, by a Catholic woman who claimed they were her relatives.

Her mother did not have traditionally Jewish features, so she was able to blend in. One day, she came upon a warehouse selling possessions that had been taken by the Germans during raids of Jewish homes. She was forced to smile and agree when those around her made snide comments about the items previous owners. As outraged as she may have been, speaking out would have had devastating consequences for her family. Courage comes in all forms.



Inspiring stories shared with attendees at the Women of Courage event held at the WWII Museum.



Anne, on the other hand, was easily recognizable as Jewish, so she and her sister Lila spent most of their childhood silent and scared, hiding or on the run from Nazis. They hid in cellars, attics, armoires or wherever they were told, and at age six, she never made a sound.

This experience shaped Anne's future community activism. She struggled to embrace her appearance and her European accent once she arrived in the U.S., desperately wanting to assimilate as a new American. But in time, Anne found herself reaching out to children the same age as she was during the war, sharing a message of self-acceptance, telling them, "As much as we want to change our own looks, you are who you are when you're born." Self-confidence is the first step towards becoming a strong, brave and courageous individual.

She also found herself speaking out against then-candidate David Duke during his run for Louisiana Governor, rallying against his infamous past. "We are individuals, and we have to be tolerant of people other than ourselves," Anne said, adding, "We are all responsible to speak up for our country for things that affect all of us. Women today have the right to fight for their future and speak up for the wrongs when they see it."

The torch has been passed. •

TOP LEFT: JLNO President-Elect Alice Glenn, President, Kristen Koppel and World War II survivor Ann Levy.

TOP RIGHT: Women of Courage Nicole Spangenberg and Anne Levy.

BOTTOM RIGHT: Sustainer, Janet Bean and husband Jim Bean attend the Women of Courage event.



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JLNO Welcomes its 2018–19 Board of Directors

Board Member Profiles by Carrie Moulder

As with every year of JLNO leadership, we are fortunate to have a remarkable group of women leading our efforts, managing our strategies, brokering our partnerships, and forging a path towards success. This year's JLNO Board of Directors embody the very mission of the Junior League: they are empowered women who are dedicated to bettering our community. As you get to know this year's Board through the profiles included here—and hopefully over the course of

their terms with JLNO—it is hard not to be impressed by the energy and stamina these women seem to have in spades. Our Board members' backgrounds are varied—including business owners, professionals, volunteers, mothers and wives. Yet, their dedication to the League and the New Orleans community is inspiring. Read on to learn more about our 2018-19 JLNO Board of Directors: we are excited for what the next year has in store.



JLNO 2018–2019 Board of Directors, (L-R) Michelle Clarke Payne, Jennifer Bernard Allen, Elizabeth Ogden Janke, Emily Eskew Schaumburg, Christine Marie Vinson, Alice Franz Glen, Melissa Scott Eversmeyer, Kathlyn Perez Bethune, Elizabeth Billings Schafer, Shon Cowan Baker, Katherine Lagarde Bernard, Not pictured: Ashley Charlotte Brennan, Melanee Gaudin Usdin *Photo by: Jessica Bachmann*

Alice Franz Glenn

President

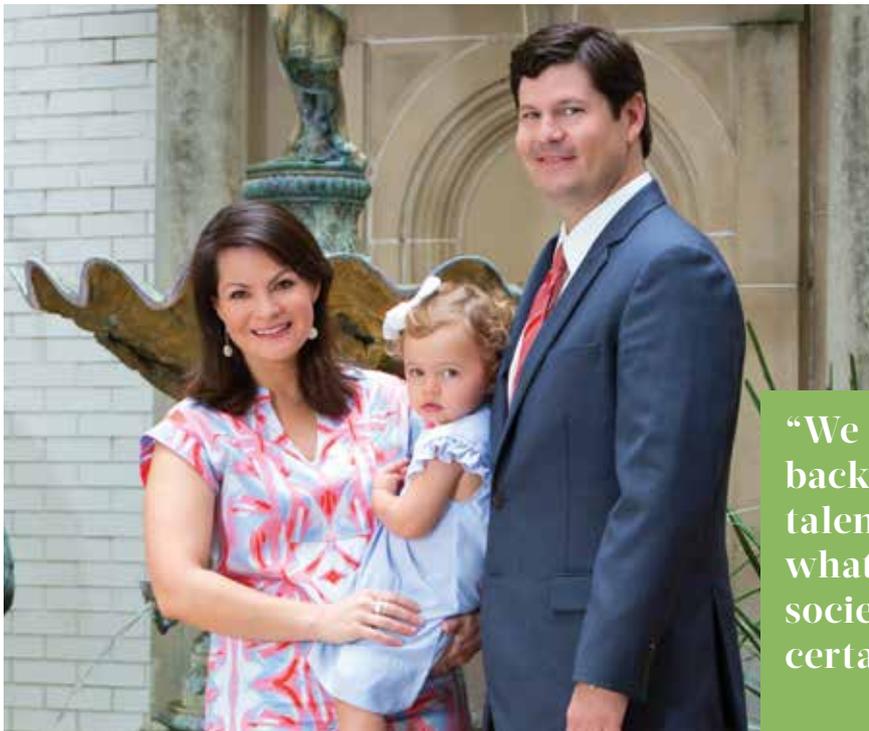


As the organization's President, Alice Franz Glenn leads the 2018-2019 League Year for the Junior League of New Orleans. She provides responsible and effective guidance for the Board of Directors and staff in addition to presiding over meetings of the Board, Joint Council, and General Membership and serving as the organization's official spokesperson. With enthusiasm for improvement, she assists the Board in confirming goals and tasks at the beginning of each year and in evaluating and recommending paths for the future. Alice is proud to lead the Junior League in a time when the organization's mission to train women leaders has never been more relevant or important.

Since joining as a Provisional member in 2009, Alice has held diverse leadership positions on three councils – Planning & Development, Community, and Membership. Her professional experience drew her to be JLNO's Development Chair, and she succeeded that position by promoting volunteerism with other organizations on the Community Shift committee and guiding JLNO's newest members as Vice-Chair and Chair of the Provisional committee. One of her favorite ways to serve JLNO and the community is through Edible Schoolyard, a school-based program that teaches children to make healthy connections through food. She loves volunteering at the school's open garden days, so much so that she ended up chairing their fundraiser, Edible Evening, in 2015. She has also been energized by the interest members have shown in learning how to become more effective advocates and plans to increase training opportunities in this arena.

Alice believes that advocacy and volunteerism are the two most impactful means to effect change. As such, she founded and owns Glenn & Associates, LLC, specializing in strategic philanthropy and government relations consulting for businesses, individuals, foundations, and non-profit organizations. She currently serves as a legislative aide to Louisiana House of Representatives Speaker Pro Tempore Walt Leger and works with local organizations on fundraising operations, board management, and strategic planning. Throughout her career, Alice has worked with political candidates of both parties, government officials, and organizations such as the United Way, Loyola University of New Orleans, and the Louisiana Restaurant Association.

Alice attended high school in Houma, LA and spent several years in Jackson, MS, graduating from Millsaps College with a Bachelor's degree in political science. After returning to Louisiana, she settled in New Orleans, where she received a Master's degree from Tulane University. She currently lives Uptown with her husband Brodie, who is an attorney for Baldwin Haspel Burke Mayer and their daughter Reese (2). Brodie and Alice enjoy fishing, live music and travelling. She is inspired by the resilient community around her, and especially the dynamic women who are driving change, policy and improvement.



“We should not be held back from pursuing our full talents, from contributing what we could contribute to society, because we fit into a certain mold....”

- Ruth Bader Ginsburg



Board Member Profile

Christine Maria Vinson

President-Elect

Christine Maria Vinson begins a two-year period on the board as the President-elect. During her first year (2018-2019), she assists the President in her duties as Chief Executive Officer of the Junior League of New Orleans and will assume those responsibilities if the President is unable to serve during her term. Christine will become JLNO's President for the 2019-2020 League year beginning June 1, 2019. At its core, JLNO is a training organization, and this two-year term is an opportunity for Christine to prepare and thoughtfully organize, ensuring that her tenure maximizes community impact. During the President-elect year, Christine will study JLNO's governance documents, policies, procedures, and best practices and then take up the mantle of previous leaders to ensure a sustainable and impactful future. Combining her professional background with this League expertise will allow her to continue the diligence of the women who came before her, to honor the foundation they have laid, and keep JLNO on that track.

Christine has spent her eight years in JLNO volunteering with the organization's premier fundraising endeavors. She has served on the Kitchen Tour, Bloomin' Deals, Bridal Boutique, and Touch a Truck committees and as JLNO's Ways and Means Council Director from 2016-2017. She has enjoyed all of her League experiences, watching it evolve, helping women grow as better community leaders, and loving the effectiveness that collaboration can achieve. Most recently, she has chaired JLNO's newest community project with Covenant House that provides at-risk youth with meaningful experiences, making them feel valued and hopeful.

Christine is president and the third generation to manage Vinson Guard Service, Inc.,

which is one of the largest privately owned security companies in the United States and has earned a Women's Business Enterprise National Council (WBENC) and Women's Business Enterprise (WBE) certification. With branch offices located in seven states, she believes that a business's success comes by providing employee benefits and training that ensures they are dedicated to providing exceptional service. Understanding that crime is a significant challenge for Metropolitan New Orleans, Christine has volunteered her time as board member for Crimestoppers, is current Chair-Elect and has received their James J. Coleman, Sr. Corporate Partner Award in 2017, which honors recipients who embrace the Crimestoppers program and demonstrate countless examples of philanthropic work in our community. In 2015, she was also named as one of Gambit's 40 Under 40.

As a resident of the Maple Ridge Park neighborhood in Metairie, Christine enjoys traveling, NOLA festing and spending time with family and her dogs. Her travels have taken her to 42 countries and across the United States as well: on a trip to California she swam from Alcatraz across the San Francisco Bay.



“Don't cry because it's over. Smile because it happened.”

- Dr. Seuss

Emily Eskew Schaumburg

Treasurer



In her second consecutive year on the Board of Directors for the Junior League of New Orleans, Emily Eskew Schaumburg has assumed the Treasurer role. Her expertise in financial processes allows her to make recommendations to the Board on fiscal planning, accounting policies and sound governance and then assist in their implementation. The 2017-2018 Board put many wheels in motion, and Emily is excited to continue working closely on JLNO's initiatives. The League is evolving, and Emily believes now is an exciting time to be a member. She wants to be part of a legacy where she can look back and feel proud that she made meaningful contributions.

Since joining JLNO in 2009, Emily has served as treasurer for several councils and on the Community Council assisting with the implementation of JLNO's community projects. She loves the opportunity to meet new people and interact closely with personality types that are different from her own. Being a part of the Junior League has taught her a tremendous amount about her strengths and weaknesses, and she has learned to be more patient and appreciate the thoughts and input of others. Learning to appreciate the skills and strengths of others has made her more aware of her own contributions to the Junior League. She enjoys seeing the profound impact that can be made when people work together. Emily believes that she contributes to an agency that can help make someone's life better in her community. One of her most humbling moments in the Junior League was listening to the stories of the final scholarship recipients

this Spring and realizing what an amazing impact this organization has for such deserving people who will become positive influencers in their community.

Emily is originally from Jennings, Louisiana and graduated from Louisiana State University with both a Bachelor of Science and Master of Science in Accounting. She is a Certified Public Accountant and works as a Senior Tax Specialist, Financial Reporting for Income Taxes for Entergy Services, Inc. She manages tax accounting for designated subsidiaries of Entergy, including current and deferred tax calculations on a monthly basis. She also reviews federal and state income tax returns as necessary to identify and book any adjustments, assesses changes in tax legislation and assists in development of plans to implement such changes, and works closely with tax counsel to plan and implement strategies, including mergers, acquisitions, and reorganizations among the business units. Also giving of her time, Emily has served as President of the Council of Petroleum Accountants Society (COPAS), with Big Brothers Big Sisters of Southeast Louisiana, and as Room Parent and Volunteer at Holy Name of Jesus School.

When not working or volunteering, Emily enjoys being outside, boating, running, listening to live music, reading, cooking, experiencing New Orleans restaurants and culture and chasing around twin preschoolers. Emily and her husband Kris are the parents to twin five-year-olds, Margaret and Quinn. She grew up in the country, and her family had farm animals. Showing sheep and pigs in 4-H taught her important lessons as an adolescent, most significantly how to work towards a goal and realize the results. Most recently, current and past JLNO Board Members have been a motivation to her. Serving on the Board takes an enormous amount of time, energy, and dedication and all of her fellow Board members are truly an inspiration.



“The capacity to learn is a gift;
The ability to learn is a skill; The
willingness to learn is a choice.”

-Brian Herbert



Board Member Profile

Jennifer “Jen” Bernard-Allen

Assistant Treasurer

New Orleans native Jennifer “Jen” Bernard-Allen is serving as the Assistant Treasurer for the Junior League of New Orleans. Her Board of Directors term will be for two years as she will oversee the financial affairs of the organization, including reviewing and approving the League's operating budget and authorizing purchases. Insight and expertise gained through her accounting career enable her to make recommendations on the organization's policies, strategic goals, and governance documents as they relate to financial matters. She hopes to bring her background as a CPA to the position, and she looks forward to being a part of this next phase of JLNO. She has always enjoyed making two dimensional financial statements become a more three dimensional plan for how an organization can continue to grow and thrive.

Since 2012, Jen's JLNO positions have included serving as a Provisional Advisor, Council Treasurer, and Kitchen Tour Planning and Assessment Chair. She has most recently chaired JLNO's Woman Entrepreneur Fellowship program, which promotes professional success and improving economic opportunities for women by providing in-kind services, mentoring, and a financial grant to a local woman-owned business. She loves that the Junior League brings together a diverse group of women with a common goal to improve the lives of women in New Orleans. Through empathy, passion, and connectivity, members seek to turn strangers into neighbors. She thinks the JLNO Diaper Bank is a living testament to what she has learned from Junior League. When a group of women come

together with a mission and a purpose, they can achieve what was once considered impossible. To think of the number of lives JLNO has impacted as a result of the Diaper Bank is just humbling and overwhelming.

Jen graduated with a Bachelor of Science degree in Accounting and Finance from Loyola University New Orleans and a Master of Science in Accounting from University of New Orleans. She is a Director of Tax Services of LaPorte CPAs and Business Advisors. Jennifer is the co-leader of LaPorte's Real Estate Industry Group. Her clients have included corporations, S corporations, partnerships, LLCs, and high wealth individuals, among others. She has also volunteered for other organizations, such as the Co-Programming Chair for Commercial Real Estate Woman Network and Member Education advisor for Delta Gamma Sorority.

Outside of her career and volunteer service, Jen enjoys crafting Muses shoes, Saints football, and travelling. She also thinks she may be the only CPA she knows who once dreamed of moving to Los Angeles and becoming an Academy Award winning actress. Residing in Uptown, Jennifer and her husband Mark are parents to two children - Jane (6) and Charlie (3). Her children inspire her daily. Her daughter is incredibly kind and thoughtful and a really wonderful friend. Her son is full of joy and lives in a world that his imagination creates. Each day she tries to be as kind and creative as they are, but mostly they inspire her to be a part of organizations like JLNO that helps to create a community that she is proud for them to grow up in.



“When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'”

- Fred Rogers

Katherine Lagarde Bernard

Secretary



Katherine Lagarde Bernard serves as the Secretary to the Board of Directors of the Junior League of New Orleans. In this position, she manages the official record of the League year, including meeting agendas and minutes, functions as Parliamentarian at Board, Joint Council, and General Membership meetings, and provides guidance on and ensures adherence to the organization's governance documents, which include Bylaws, Standing Rules, Policies, and Procedures. Katherine's attention to detail, strong organizational skills, patience, and objectivity give her the capacity to be the Chair of the Standards Committee. She works with other members and staff to maintain membership information and address member requirements. Katherine hopes to continue JLNO's meaningful work and help it evolve with new projects, fundraisers and members. She followed in her mother's footsteps by joining the League, and she hopes her daughter will do the same and understand the importance of giving back to the community.

In her more than 10 years in JLNO, Katherine has served in leadership roles in nearly every aspect of JLNO. She has held positions on the Business, Community, Membership and Planning and Development Councils. She loves that JLNO brings together women of all different backgrounds to achieve one goal. She has particularly enjoyed serving twice on the Nominating Committee, the selection process for JLNO's leaders. This nominating committee creates an outstanding leadership team and was truly an amazing experience.

“Alone we can do so little;
together we can do so
much.”

-Helen Keller

Knocking on doors and surprising these women late at night and asking them to be leaders was particularly fun and created some of her most memorable League experiences. She has learned the importance of organization, efficiency, effective action and how JLNO through organized volunteerism makes lasting impact in our community.

Katherine has worked in the family business, Lagarde's Kitchen & Bath, with her father, Jimmy Lagarde, since 2006. They specialize in design, consultation and custom cabinetry for the home. Besides volunteering at her children's schools, she was an advisor for the Rho Chapter of Chi Omega at Tulane University and have served on the Louisiana Children's Museum Chairish the Children and Kids Zoo to Do committees. Originally from New Orleans, Katherine attended Academy of the Sacred Heart for 15 years and graduated from Tulane University. She enjoys reading, cooking, and baking (chocolate chip cookies are her specialty). She also enjoys exercising and traveling with her family. Katherine lives in Old Metairie with her husband Wogan, who is a Partner at Chaffe McCall, LLP, and their three children George (9), Konrad (6) and Kate (4). When she was 16, Katherine met Wogan at a Jesuit High School football game and they began dating soon thereafter. They have grown up together, which she says has been really fun.

She gains inspiration from her parents who raised four children, one of which with Downs Syndrome. They were strong believers of inclusion and fought hard to have Katherine's little sister mainstreamed in a regular school environment, which was rare at that time. It was an uphill battle, but they succeeded and paved the way for other families to do the same. This was truly inspiring to Katherine and has taught her the importance of perseverance, standing up for what she believes, and helping others, especially those who cannot always help themselves.



Board Member Profile



Ashley Charlotte Brennan

Business Council Director

In her role as Business Council Director for the Junior League of New Orleans, Ashley Brennan oversees the organization's Bloomin' Deals Thrift Shop along with the management and maintenance of JLNO's physical assets. Ashley's business knowledge, diligence and persistence allow her to address all of the complex aspects of maximizing JLNO operations. She has a thorough understanding of capital, employee, and risk management to aid in overseeing JLNO's properties, staff, and insurance. As a Board member, she provides day-to-day guidance and recommends cost-effective and efficient improvements. She believes many opportunities exist within the Business Council, and she hopes to inspire others to take on leadership roles while serving the community in which we live and love.

Ashley has focussed her seven years in the Junior League on the Business Council, having chaired Bloomin' Deals and Capital Property Planning committees. What she likes most about the Junior League is that it fulfills her core value as defined in her favorite quote. JLNO allows Ashley to give back to her community while surrounded by like-minded women. During her placement as Covenant House Vice-Chair, the committee provided monthly birthday parties for Covenant House residents. One of the male residents around the age of 15 introduced himself to her and thanked her for providing the first birthday party he had ever had in his life. She fought back the tears as she told him helping him celebrate his first birthday was her

pleasure. He inspired her to be a better person and solidified the meaning of being a Junior League member. The most profound knowledge she has gained through her Junior League service is that a way to accomplish a goal always exists. Whether supplying diapers to those in need, providing basic necessities to neighbors impacted by a natural disaster, or providing a startup business the opportunity to bloom, no goal is out of reach.

Born in New Orleans, Ashley was raised in Metairie. After graduating from Cabrini High School, Ashley attended the University of Southwestern, Louisiana in Lafayette (now ULL). Her mother became ill and Ashley returned to New Orleans to attend Delgado Community College to be closer to her family. She now works as the Project Administrator for the Estimating Department at Bernhard MCC, LLC. In addition to her commitment to the Junior League, Ashley remains active with her beloved alma mater, Cabrini High School, where she is Vice-President of the Alumnae Association. Through her affiliations, she has been recognized for her civic and professional achievements via the March of Dimes Spotlight on Success, NORDC's Women's History Month Award and New Orleans CityBusiness Women of the Year Honoree. Ashley was also selected to participate in the Leadership Jefferson class of 2018, a nine-month program through the Jefferson Parish Chamber of Commerce's Foundation.

In her spare time, Ashley participates by walking or jogging in local races throughout the city. Ashley has recently lost 100 pounds and thrives on having a healthy and active lifestyle where she can continue to encourage herself and others. After her mom passed away in 2014, her dad continued to be a rock solid foundation for her. He is her inspiration and the epitome of working hard towards a goal. He has ingrained in Ashley that no dream is out of reach if you are willing to put in the work. If you are not successful at your first attempt, keep chipping away, you will eventually get the results you are looking to achieve.



“If you're not making someone else's life better, then you are wasting your time. Your life will become better by making other lives better.”

- Will Smith

Michelle Clarke Payne

Community Council Director



Michelle Clarke Payne coordinates and disseminates information about the Junior League of New Orleans as the Communications Council Director on the organization's Board of Directors. During her year as Communications Council Director, she hopes to continue to grow and evolve the perception and understanding of the impact JLNO has on the community. Michelle combines her strong management and communication skills with her professional experience to oversee promotion of JLNO's events, businesses, and community projects via traditional advertising, social media, press releases, the Lagniappe publication and the organization's website. Working closely with the President, Board Members, committee chairs, and staff, Michelle reviews all print and digital materials and provides guidance on additional opportunities to extend JLNO's influence.

After joining JLNO in 2013, Michelle spent her first Active year on JLNO's Touch a Truck fundraiser, which she would eventually co-chair. She then began using her career talents for the organization's branding and public relations efforts. She believes the Junior League provides her with the opportunity to work with like-minded individuals who are focused on advancing the wellbeing of women in our community. Through her involvement, she has met some incredible women that she respects and admires greatly. She's learned that when a powerful and determined group of women come together,

anything can be accomplished.

Michelle is Senior Director of Investor Relations at United Way of Southeast Louisiana where she creates, plans and executes key communication strategies to grow and cultivate donor relationships across a seven parish region. She also oversees both Women United and Alexis de Tocqueville Society, two affinity groups of civic and philanthropic community leaders. From 2006 to 2016, she was the Management Supervisor at Peter Mayer Advertising in New Orleans, where she specialized in account development, strong client relationships, strategic planning, collaborative thinking and producing great creative that delivers results. Michelle's passion also lies in giving back to the city she loves. She is an adjunct faculty member at Loyola University New Orleans where she teaches the advanced advertising campaigns class. She sits on the board of directors for both New Orleans Ad Club and American Advertising Federation District 7. In addition, she sits on the Loyola Alumni Board of Directors and is involved in many local nonprofits. She has received the Account Executive of the Year Award through the New Orleans Ad Club, the Spirit Award through American Advertising Federation District 7, and the Young Alumna of the Year award from Loyola University.

Originally from Lafayette, La., Michelle received a Bachelor of Arts from Loyola University New Orleans and her Master of Public Administration from University of New Orleans. She now lives in Lakeview with her husband Nick and their two-year-old son Clarke. They are also expecting their second child in July. She says her parents, sister and friends inspire her daily through their compassion and unwavering support.



“Leadership is not a position or a title, it is an action and an example.”

- Cory Booker



Board Member Profile

Elizabeth Ogden Janke

Community Council Director

Since joining the Junior League of New Orleans in 2009, Elizabeth Ogden Janke has cultivated an understanding of organizational opportunities that make her well-suited for the Community Council Director of the Junior League of New Orleans. She will coordinate, develop, and maintain JLNO programs that further the mission and focus area of Advancing the Wellbeing of Women. Her time on the Planning and Development Council provided a deeper understanding of the community's needs and how JLNO can address them. While serving on the Board, she hopes to cultivate the leadership skills of her Council team and help them achieve their goals. Her project leaders are a dynamic group of go-getters and kind-hearted women who want to see their role in affecting change in the community.

Like anything in life, the more you make something a focus, the more rewarding the outcome will be. Going into her third year as a member, Elizabeth realized that she needed to focus on the best opportunity for her to make a difference in the community and with the most effective use of her time. For Elizabeth, that was more than just checking off membership obligations. Elizabeth spent three years on JLNO's Community Assistance Fund committee learning about the needs of the community and how other nonprofits accomplishing their missions. She most recently chaired JLNO's inaugural Scholarship Opportunity helping establish the program from the eligibility requirements through the application and selection

process. These experiences taught her that JLNO is a solid foundation for local women who are seeking the personal development they want in life. It provides empowerment, career advice, training, volunteering in the community outside of daily obligations and the opportunity to meet new people. Elizabeth believes that has definitely been true of her time in JLNO.

Working as the Project Specialist at The Historic New Orleans Collection, Elizabeth focusses on administrative special projects for this museum, research center, and publishing center dedicated to preserving the history and culture of New Orleans and the Gulf South. Most recently, she was the project manager for Making New Orleans Home: A Tricentennial Symposium. Elizabeth also maintained control operations of the Visitor Center for the inaugural show of Prospect New Orleans, which at the time of operating was the largest International Contemporary Art Biennial in the United States.

As a student of the University of Mississippi, she received a Bachelor of Arts in Southern Cultural Studies and Art History. She received her Master of Arts in Art Business from Sotheby's Institute of Art. Elizabeth is interested in cultural anthropology, photography and composition, geography and traveling. She enjoys bike riding through various New Orleans neighborhoods with her husband Ben, keeping up with the New Orleans restaurant scene, and festing with the family. She and Ben live in the Irish Channel with their three boys, Henry (8) a rising third grader at Ecole Bilingue, Hayden (2), and Jack (1).



“The world is a hard place. Is, was, and will always be. But armed with that knowledge, you can still find a million ways to make people feel good about what we're all out here doing together... I don't need what you hate. Give me what you love.”

—Wynton Marsalis

Board Member Profile

Melissa Scott Eversmeyer

Membership Council Director



Melissa Eversmeyer is ensuring meaningful volunteer experiences for over 2,100 women as the Membership Council Director for the Junior League of New Orleans Board of Directors. This role enables Melissa to utilize her cultivated relationship building and communications skills to develop members to their greatest potential. In addition to supporting membership morale and recognition, she oversees the committees that design leadership and training opportunities, which often entails providing a forum for discussion and brainstorming of initiatives and policies related to member satisfaction. She relays information and makes strategic planning suggestions to the Board in the areas of Provisional education, Active placement, Sustainer engagement, volunteer opportunities, retention, standards and training. She hopes to increase membership satisfaction in the League experience in all stages of membership and wants each member to reach her greatest potential as a leader and volunteer. One of her priorities is advancing diversity and inclusion in all aspects of the League's operations and for JLNO to become more reflective of our community as a whole.

Having transferred from the Nashville League in 2010, Melissa has served in several Membership Council positions including those on the Transfers,

“Greatness lies not in being strong, but in the right using of strength. He is the greatest whose strength carries up the most hearts by the attraction of his own.”

—Henry Ward Beecher

Sustainer Connections, Events and Esprit committees. She has learned that JLNO women are inspiring. Throughout her years as an Active member of JLNO, she's learned such great skills as a leader and a volunteer from some amazing women. She loves that JLNO has something for everyone to be passionate about. One of the things that inspired her to return to her hometown of New Orleans was the Edible Schoolyard. She learned about ESY from Alice Waters at a Southern Foodways Alliance Symposium and just knew that she wanted to be involved. It was through her placement on the ESY-NOLA committee that she made connections to eventually find a Speech-Language Pathology position at one of their affiliated schools, Dibert Community School and later Phyllis Wheatley Community School. This gave her great fulfillment as an SLP, knowing she was helping high needs students succeed in the classroom and in life beyond school. Although she is no longer working at these schools, she continues to be connected with several families and always attends at least one ESY-NOLA Open Garden Day for a JLNO community shift.

Melissa is from New Orleans and received her Bachelor of Arts from the University of Mississippi in Communication Disorders with a Minor in French and her Master of Communication Disorders from Louisiana Health Sciences Center. She is a Learning Specialist at Louise S. McGehee School, where she supports students with a variety of learning styles by providing intervention and remediation, supports teachers in their efforts to advance students with a variety of learning needs within the classroom, and works with parents, students and outside professionals in order to better support each student. Her volunteer experience outside of JLNO includes serving in several positions with the New Orleans Ole Miss Alumni Board, Munholland United Methodist Church, chaired Preservation Resource Center's Julia Jump and is a New Orleans Opera Association Ex-Officio Board Member.

Along with her chosen career and volunteer endeavors, Melissa enjoys yoga, culinary arts and culture, travel and the performing arts. She recently started taking Argentine Tango lessons. Audrey Hepburn was the first person who really inspired her to serve her community. Although she also loves her for her style and grace in some of Melissa's favorite movies, she first discovered Audrey on the cover of magazines while waiting in line at the grocery store as a child, featured not for her beauty, but for her work with UNICEF.





Board Member Profile

Shon Cowan Baker

Planning & Development Council Director

Shon Cowan Baker is serving as the Planning and Development Director for the Junior League of New Orleans Board of Directors. In this position, she utilizes her forward-thinking capability to advise the board on long-range planning and integrate the Strategic Plan into everyday operations and planning. She cultivates funding sources and leads the volunteer team that reviews and formulates JLNO's strategic plan, partnerships, community projects and fundraisers. She hopes to help JLNO continue to improve the lives of women and children in New Orleans in ways that capitalize on community support and in a way that leverages the talent of JLNO members.

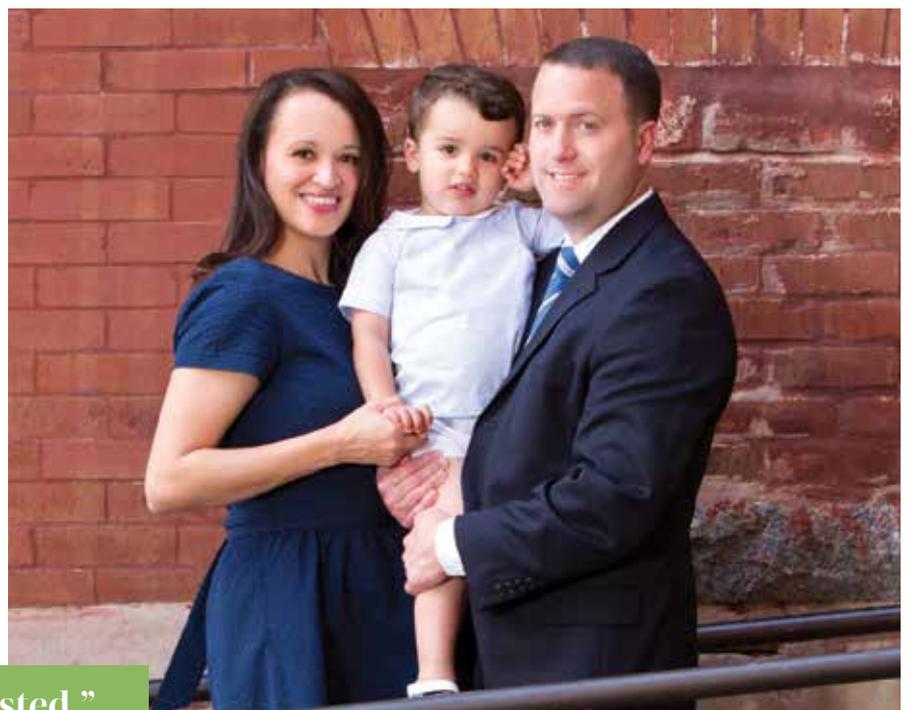
After joining JLNO in 2009, Shon served on the Membership and Planning and Development Councils. She has chaired both the Esprit and Sustainer Connections committees and held positions on JLNO's Development, Grant Writing, and Strategic Planning committees. She has made so many lifelong friends as a result of JLNO. Serving an organization with such a deep history and connection to the community is an honor for Shon. JLNO's legacy and the impact that both the Sustainers and the current Actives continue to have on this city is inspiring and motivates her desire to serve. She feels fortunate to be able to spend her free time surrounded by so many inspiring women—executives, community leaders, entrepreneurs, mothers and professional women from diverse backgrounds. Shon's JLNO service has taught her so much. Professionally, she has learned how to not only be a great leader but also to be a really great follower. Personally, JLNO has deepened her connection to the New Orleans community in ways she could never have imagined.

Shon is Chief Philanthropy Officer for The Foundation for Woman's, the philanthropic arm of Woman's Hospital. Shon leads the Woman's Philanthropy team in connecting donors to the health system's world-class care and educational programs through philanthropic outreach. With more than a decade of experience leading development strategy and comprehensive fundraising activities for non-profit organizations, she assists Woman's efforts to

lead the nation in quality patient care and life-changing discoveries that are essential to the hospital's mission of improving the health of women and infants. Shon oversees the Foundation's giving campaigns including major, planned, annual, and corporate. She previously served as Xavier University of Louisiana's Associate Vice President of Development where she provided strategic leadership and management for the university's fundraising programs to include major gifts and corporate and foundation fundraising. Prior to her work with Xavier, Shon directed the Touro Infirmary Foundation where she led all aspects of the hospital's fundraising to include annual and major giving as well as endowment management. Shon earned a B.S. from Campbell University, M.A. from the University of Holy Cross and Ph.D. from Louisiana State University. Her research interests include examining the impact of transformational donations on the mission of nonprofit organizations, female philanthropic leadership and feminist philanthropy.

In addition to her professional endeavors in philanthropy, Shon volunteers her time and expertise. She currently holds several positions with New Orleans nonprofits, including Board Member of the Friends of City Park of New Orleans, Krewe of Muses Chairwoman, and Vice President of the Board of Governors of Le Petit Theatre du Vieux Carre. Shon also previously served as a Board Member for Dress for Success New Orleans. Her contributions have been recognized with several awards, including 2018 Person to Watch in Medicine by Baton Rouge Business Report, 2017 Top New Orleans Female Achiever by New Orleans Magazine and 2015 New Orleans CityBusiness Healthcare Hero. She's chaired the following events: City Park's Martini Madness, Le Petit Theatre's Curtain Call Ball, Preservation Resource Center's Julia Jump, First Line School's Edible Evening, and Dress for Success' Suits and Salads Luncheon.

Currently residing in Uptown with her husband Charlie and their two-year-old son Trig, Shon enjoys theater, traveling and festing. She says she is fortunate to come from a family full of strong and amazingly brilliant women and their strength and determination inspires her every day.



“Nevertheless, she persisted.”

Kathlyn Perez Bethune

Ways and Means Council Director



Fundraising is a critical aspect of any nonprofit organization, and special events provide the means for volunteers to learn event planning and logistics while showcasing the nonprofit and its mission to the public. As the Ways and Means Council Director for the Junior League of New Orleans Board of Directors, Kathlyn Perez Bethune coordinates, develops and maintains JLNO's fundraising activities including its Freret 5K, Touch a Truck, Get on Board, and this year's 95th Anniversary Celebration. She is responsible for increasing awareness of JLNO's mission and its financial needs, including that JLNO puts 100% of its fundraiser proceeds back into the community. Through management, organization, and team-building, she helps volunteers harness their fundraising development skills to generate funds that support JLNO's community projects. She reports to the Board on fundraising effectiveness and recommends policy and procedure changes that can further improve these events now and into the future.

Kathlyn hopes that through JLNO's signature fundraisers, which are being chaired by some incredibly talented and dedicated women, the organization will be able to raise more money than ever to put back into its community projects. She is also excited to celebrate JLNO's 95th Anniversary alongside its community partners to highlight the JLNO's stewardship of its donor dollars. Kathlyn joined JLNO in 2008 and has held positions on every Council through her positions with Get on Board, Lafayette Academy, Events, Legislative Affairs, 100-year Celebration, and Scholarship committees and as JLNO's House Counsel. In these roles, she has witnessed first hand JLNO's capacity to train strong women to improve their community while building lifelong bonds between them.

As a labor and employment and commercial litigation shareholder at Baker Donelson, Kathlyn represents clients in all different industries before state and federal agencies and courts. She also conducts internal corporate investigations, counsels clients on best practices, and provides management

and employee trainings on employment related topics. Kathlyn leads her firm's Women's Initiative in New Orleans and serves as the Co-Chair of the firm-wide Women's Initiative Programming Committee. In addition to her JLNO service, Kathlyn has held positions on several other nonprofit boards, including Second Harvest Food Bank, Washington and Lee University New Orleans Alumni Chapter and The Salvation Army. In honor of their father who passed away from prostate cancer in 2003, Kathlyn and her siblings founded a sporting clay competition-fundraiser called "Gunning for a Cure," which has raised over \$700,000 for prostate cancer research in the last six years. Kathlyn has received several awards for her contributions, including being listed as a Louisiana Rising Star in Louisiana Super Lawyers, receiving the Louisiana Appleseed 2017 Good Apple Award, New Orleans CityBusiness 2014 Women of the Year award, Louisiana State Bar Association's 2009 Pro Bono Publico award, and National and Louisiana Appleseed 2009 Good Apple Award. Kathlyn received her undergraduate degree in business and politics from Washington and Lee University and her law degree from Tulane University School of Law.

Kathlyn spends her free time trying new recipes, exploring new New Orleans restaurants, and walking in Audubon Park. She and her husband Beau live Uptown with their two children, Penn (2) and Bishop (under a year). Kathlyn's inspiration to serve her community comes from her mother, who was one of the first one hundred women attorneys in the state of Louisiana, and who constantly reminded her that "to whom much is given, much will be required."



"Optimism is the faith that leads to achievement."

—Helen Keller



Board Member Profile

Elizabeth “Liz” Billings Schafer

Nominating Committee Chair

Elizabeth “Liz” Billings Schafer is serving as the Nominating Committee Chair. In accordance with JLNO’s Bylaws and Standing Rules, the Nominating Committee matches organizational needs and individual strengths to produce a leadership team which will most effectively forward the organization’s mission, goals and strategic plan. Liz’s capacity for teambuilding, forward-thinking and social awareness enables her to guide the Nominating Committee in selecting an outstanding group of women who will collaborate well to lead JLNO in the 2019–2020 year. She hopes to ensure that all members realize the importance of nominating themselves and others to leadership positions. She notes that the Nominating Committee cannot do its work without input from JLNO members about whom they would like to see leading our League and why.

Liz joined JLNO in 2009 and has primarily served on the Membership Council, overseeing Staffing and Placement as well as filling as the organization’s Corresponding Secretary position. What she appreciates most about her Junior League membership is the opportunity to spend time with a group of women who are not only like-minded but who are also incredibly impressive. She is continually inspired by JLNO members’ talent, intellect, innovation and dedication. Whether it be at the incoming board retreat, a general meeting, a shift, or a lunch with League friends, she always finds herself feeling proud to know the women she’s around. Her service to the League has taught her the importance of spending her time on things she truly values. In the past, she often volunteered to help with things just because it seemed like the natural step to take. She has learned, however, that if she focuses her energy on what really matters to her, she is a far more engaged and effective volunteer.

As a student of the College of William and Mary and University of New Orleans, Liz received her Bachelor of Arts in American Studies and Master of Education in Higher Education Administration, respectively. She is the Director of Fraternity and Sorority Programs at Tulane University, working with the 40% of Tulane students who are fraternity and sorority members on issues of organizational management, leadership and academic development, membership recruitment, risk management and finances. She previously worked in student affairs positions at the University of New Orleans in both fraternity and sorority advising and in career services.

Liz is an active volunteer, particularly in development/annual giving roles, at both her children’s schools. She is currently co-chairing parents annual giving at Louise S. McGehee School and the fundraising campaign to honor St. George’s longtime head of school who is retiring at the end of this school year. She volunteers for her sorority Alpha Chi Omega, which helped her find her career path, and she currently serves as an extension specialist, researching and connecting with campuses where the organization could potentially open chapters in the future. Liz is also active in her faith as a Sunday School teacher at St. Martin’s Episcopal Church and a former Board Member for Episcopal Community Services of Louisiana.

Residing near City Park, Liz and her husband Greg have two children, Andrew (13) a rising 8th grader at St. George’s Episcopal School and Charlotte (6), a rising 2nd grader at Louise S. McGehee School.

As the daughter of a retired history professor, she loves the British monarchy, likely because she was a child who went to historical sites rather than Disney World on vacations. She gains inspiration from her mother, who Liz views as an example of a woman who has always balanced her family, career and community commitments equally well. Liz admires her mother’s talent for asserting herself in a way that doesn’t slight or demean others, and Liz tries – she admits sometimes with more success than at other times – to emulate that.



“What you do makes a difference, and you have to decide what kind of difference you want to make.”

- Jane Goodall

Melanee Gaudin Usdin

Sustaining Advisor to the Board



The Junior League of New Orleans Sustaining Advisor to the Board of Directors is Melanee Gaudin Usdin. This position encompasses a historical perspective and provides practical guidance from a Sustaining member who has previously held the position of President. Melanee calls upon her volunteer and leadership experience to advise Board members and assist with making decisions on membership, fund development, community projects, administration and strategic planning. She also encourages other Sustaining members to continue their involvement with the positive community impact of the Active and Provisional membership. Looking forward to sharing her experiences with the newest iteration of the JLNO Board, she hopes to continue advancing JLNO's mission.

Recently named JLNO's 62nd Sustainer of the Year, Melanee was JLNO's President from 1999 to 2000, and highlights of her presidency include publishing and selling the Crescent City Collection: A Taste of New Orleans cookbook and the launch of the first JLNO website. She was also the first President to chair a Joint Council. Prior to that, JLNO had been operating with an Executive Committee board structure. One of Melanee's biggest undertakings was pioneering the Junior League Endowment Campaign, which has grown to \$3.2

million. She viewed her time as an Active member as an honor to serve the community and considered it an important endeavor in her life. As a working mother, she still made her volunteerism a priority. Melanee is an example of what the Junior League mission intends. What she learned as an Active member helped her serve on other Boards and further contribute to building a better New Orleans. She believes that good governance is critical for a well-functioning board, and she's relied on her JLNO leadership to guide other organizations in pursuing their missions. She believes that what she learned in JLNO to be as formative as going to law school.

Melanee's personal passions gravitate towards the arts, currently serving with other nonprofit boards, such as Board President for Poydras Home, KIDsmart and the Contemporary Arts Center. She is also currently on the board for New Orleans Museum of Art where she and husband Steve Usdin chaired Odyssey Ball a few years ago. Other boards have benefitted from Melanee's service, including Chartwell Center School, Prevent Child Abuse Louisiana, Children's Bureau of New Orleans, Louisiana State Museum, The Parenting Center of Children's Hospital and the Dress for Success Advisory Board. Additionally, she has chaired or co-chaired annual fundraising events for Trinity School, Newman School, Arts Council of Greater New Orleans, EENT Hospital, Louisiana Nature and Science Center and Legacy Donor Foundation. While serving as Chairman of the Board of KID smART, she promoted their mission to teach public school children their core curriculum via visual arts. Through a partnership with Poydras Home and the New Orleans Museum of Art — two organizations where Melanee currently serves as a board member — she is especially proud of their joint program that brings residents struggling with Alzheimer's and dementia to the museum.

In her free time, Melanee enjoys reading and traveling. An avid reader, Melanee is a member of three different book clubs and a literary club where they write and present research papers. Melanee is a New Orleans native and went to Metairie park Country Day, Vassar College, and Tulane Law School. She also studied Literature for a year at University of Kent in Canterbury, England. Melanee gives of herself as a volunteer and as a mother. While practicing law, she was pro-bono Child Advocate. Melanee and her husband Steve have two sons. Matthew (30) practices law at Jones Walker in New Orleans, and William (28) lives in London and works for Google.



“Everything considered, a determined soul will always manage.”

- Albert Camus



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JUNIOR LEAGUE OF NEW ORLEANS

YEAR IN REVIEW 2017-2018



Junior League of
New Orleans
Women Building a Greater New Orleans



A collage of images showing three women, a mascot, and a cheerleader. The top part of the collage features three women smiling, a mascot in a white jersey with 'NEW ORLEANS' and '00' on it, and a cheerleader in a white tank top with 'NEW ORLEANS' and '00' on it. The bottom part of the collage shows two young children, one smiling with hands on cheeks and the other looking up.

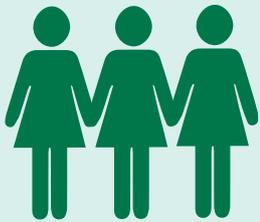
As the Junior League of New Orleans heads into its 95th year, it remains a steadfast training organization dedicated to understanding the community's needs, envisioning ways to better others' lives, and bringing forth lasting change. JLNO's platform of voluntarism goes beyond teaching entrepreneurial skills to a child or providing diapers for families.

Our experiential training creates more effective community impact. Because of what our members learned from the Junior League, New Orleans has more women founding organizations and starting businesses, more leaders serving on boards, more volunteers giving their time and effort, and more donors valuing these causes through their financial support.

One civic-minded woman can start a movement. Guided by our mission and focus, JLNO is a proud, thriving organization where any woman can realize her commitment to voluntarism in a way that is impactful and relevant to her and the community she serves.

The infrastructure our members build and maintain not only ensures we help someone now but far into the future. In fact, we founded several well-known organizations, including the Preservation Resource Center and the Parenting Center at Children's Hospital. We've also supported many of city's major cultural institutions including the New Orleans Museum of Art, the Louisiana State Museum at the Cabildo, and the Louisiana Children's Museum.

JLNO BY THE NUMBERS



2100
Members



40,000
Hours in
Volunteer Service



80 Unique
Volunteer
Opportunities



40 Nonprofit
Partners



50 Training
Opportunities



150
Business
Partners



13,000
Members of the
Community Served

Programming

JLNO'S 2017-2018 PROJECTS EXPANDED THROUGHOUT THE CITY:



Delivered 185,000 **DIAPERS**, 166,000 **BABY WIPES**, and 49,000 **FEMININE PRODUCTS** to those affected by Hurricanes Harvey, Irma and Maria.



Supported its third **WOMAN ENTREPRENEUR FELLOW** with a \$7,500 grant and member-delivered in-kind services and mentoring to grow her business.



Trained 40 people in nonprofit board and staff leadership skills through its award-winning **GET ON BOARD** program



Marked the historic occasion of New Orleans electing its first female mayor by presenting a **MAYORAL CANDIDATE FORUM** for 70 members and their guests.



Partnered with The National Council of Jewish Women and The National WWII Museum to welcome over 600 attendees at **WOMEN OF COURAGE**.



Hosted over 540 runners in its **FRERET 5K** to promote the health and wellness of the city's citizens and businesses along Freret Street.



Administered 11 **SAFE SITTER** sessions preparing 275 young people for the profound responsibilities of nurturing and protecting children.



Narrowed the achievement gap for 1,300 children at three different schools with **EDUCATION SUPPORT SERVICES**.



Staffed over 20 events and provided information on healthy eating to the families of over 600 children through **KIDS IN THE KITCHEN**



Taught over 40 children entrepreneurial skills to run their own lemonade stands through **LEMONADE DAY UNIVERSITY**.



Worked more than 600 hours over 3.5 days to make building improvements in the Hollygrove neighborhood through **REBUILDING TOGETHER**

Nonprofit organizations have long been essential threads in the tapestry that is the Crescent City. In its 94-year history, JLNO has played a vibrant role in that story by developing the potential of women, helping rebuild a city devastated by natural disasters, promoting healthy families as well as educating and protecting the city's youngest residents. We remain grateful to all of our volunteers, partners and donors and look forward to many more collaborative opportunities that identify and address urgent needs with meaningful and relevant programs to not only improve lives but also change the way people think.

Highlights

Covenant House

A partnership with Covenant House gave meaningful experiences to 175 at-risk children and young adults.

Most young people Covenant House serves have never experienced healthy family time, and many residents have never had what we think of as a “typical birthday party.” In the first year of a partnership with Covenant House, JLNO hosted monthly celebrations where they shared joy and love with these young residents. Covenant House’s young residents gained improved behavioral health, increased interpersonal and relationship skills, and appropriate expressive skills along with self-confidence while transitioning to independent lives filled with hope. JLNO also hosted a screening of “Shelter,” a powerful documentary telling the raw and emotional stories of brave young people as they seek help and hope.

Diaper Bank

JLNO’s Diaper Bank served hundreds of families by distributing over 550,000 diapers from its expanded warehouse.

In its fourth year, JLNO’s Diaper Bank continued to grow its distribution and reach throughout the greater New Orleans area. It began a partnership with Agenda for Children, which serves as the Louisiana Department of Education’s contracted child care resource referral agency for Southeast Louisiana and works to improve the quality of early care and education. The addition of ten early childcare centers as distribution partners doubled the number of places families can receive diapers to 20. The Diaper Bank also moved to a new Elmwood facility enabling an increase in donations and distribution.

Financial Literacy

The Financial Literacy for Women curriculum presented 10 workshops serving over 120 people.

Financial literacy can be the tool that transforms women’s lives with information about developing a household budget, creating an emergency savings account, and purchasing a first home. To increase financial literacy and in alignment with our focus on Advancing the Wellbeing of Women, JLNO has developed a Financial Literacy for Women curriculum which focuses on the five key financial topics of banking, borrowing, budgeting, saving and investing. All events in this program were free and open to the public.

Scholarship

JLNO’s inaugural Scholarship fund provided financial assistance to three women.

JLNO’s inaugural Scholarship fund provided much needed financial support to non-traditional female students seeking to start or complete their post-secondary degrees. The costs of higher education are increasing, and the prospect of student loans may be too burdensome for some, particularly if they are supporting families or working to further their educations. Through a generous donation from Maria and David Huete, JLNO was able to start its Scholarship fund and award \$15,000 in funding to help three women.

Touch a Truck

Touch a Truck welcomed over 3000 attendees and held its first Field Trip Friday that provided free entry for 500 students.

JLNO held its 6th Annual Touch a Truck in the fall of 2017 inside the Pontchartrain Center. All ages thoroughly enjoyed the wide array of vehicles and activities, and participation helped continue our efforts to make this a marquee event for years to come. Through ticket sales, business sponsorships and donations, the event raised over \$45,000 for JLNO’s community projects that advance the wellbeing of women in the New Orleans area.

2016-2017 FINANCIALS

Income Fundraisers & Businesses

Bloomin' Deals Thrift Shop	\$427,732.92
Donated Goods-Thrift Shop	\$420,148.00
Touch a Truck	\$30,303.00
Freret 5K	\$25,356.00
Get on Board	\$11,700.00
Girls Night Out	\$30,270.00
Fleur de League	\$3,483.10
Dollars for Diapers	\$74,035.34
Flood Relief	\$69,111.83
Miscellaneous	\$654.67

Total Income Businesses & Fundraisers
\$1,092,794.86

Income Other Funding

Membership Obligations	\$351,161.58
Unrealized Income on Endowment	\$154,042.64
Investment Income	\$75,532.03
Awards, Grants & Corporate Sponsors	\$36,950.21
Endowment Contributions	\$15,062.42
Cost of Goods Sold	\$5,433.00
Other Administrative Revenue	\$32,162.67

Combined Total Income
\$1,763,139.41

Expenses

Community Projects & Mission	\$1,361,267.00
Fundraising	\$105,201.00
Management & Support	\$236,866.00

Total Expenses **\$1,703,334.00**

Net Income
\$59,805.41

*all numbers tie back to final budget report from MAY 2017

Mission

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.

Focus Area

The Junior League of New Orleans believes that every woman in Metropolitan New Orleans should have the opportunity to live a healthy, happy, and successful life.

We are committed to **advancing the wellbeing of local women** through the use of trained volunteers that provide direct service, educate the community, and advocate for issues that affect women.

JLNO specifically works to tackle three strategic goals:

- ➔ Improving economic opportunities for women and supporting women's potential to seize those opportunities
- ➔ Providing needed family support to alleviate the burdens on women caregivers
- ➔ Promoting information and resources for women's health, allowing them to live healthy and happy lives

THE COMMUNITY ASSISTANCE FUND GRANTED OVER \$52,000 TO LOCAL NONPROFITS

Started over thirty years ago, the Community Assistance Fund provides JLNO with a flexible means to grant money to nonprofit agencies that can effectively demonstrate that they have a dire need for funding. These agencies seek to advance the wellbeing of women in the areas of economic opportunity, physical and mental health, and family assistance. The CAF Committee thoroughly examines requests for funding before submitting them to JLNO's Community Council and Board of Directors for final approval.

\$8,000 to New Orleans Family Justice Center in support of their Alternative Healing Program, which provides safe access to a multitude of trauma-informed healing modalities.

\$7,500 to SisterHearts, Inc. in support of their S.H.E.R.O. program, which provides transitional housing for women who are being released from prison or in the midst of a detrimental crisis.

\$10,000 to Spirit of Charity Foundation to support their UMCNO Forensic programs in their effort to help survivors of assault begin their journey of healing.

\$7,500 to Start The Adventure in Reading to purchase 500 books containing strong female main characters.

\$5,450 to The New Orleans Women and Children's Shelter to help homeless women and children stabilize, develop personal capacity, transition to their own homes and remain independent.

\$12,750 to the Touro Infirmary Foundation in support of their Sleep Sack program to aid in ensuring safe sleep, which is critical to the growth, development, and wellbeing of babies and mothers.

\$1,125 to unCommon Construction to use the building process to empower youth in a real-world learning environment, preparing them to lead the workforce after high school or college.



Our projects, programs and partnerships are focused in the areas of women's health and wellness, education, entrepreneurship and professional development, leadership development, and caregiver support. Our work, both in fund development and service, seeks to heighten women's participation in our community and address those issues uniquely facing women.

We hope that we can help women increase their confidence, productivity and income levels. Their mentoring of others and reinvesting in their children's education, family's health, and economic activity will contribute in a meaningful way to bettering Metropolitan New Orleans.

By supporting women, JLNO elevates the entire local community.

Thank You to Our Sponsors and Donors

Donations received between January 1, 2018 and March 31, 2018

Support includes gifts to JLNO Programs, Annual Giving, Endowment and Fundraising Events.

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In Honor Of Alice Glenn by Maria Huete

In Honor Of Christine Vinson by Maria Huete

In Honor Of The Rowing Club by Amber Beezley

In Honor Of JLNO Volunteers by Mrs. Mason Couvillon

In Memory Of Peter Beer by JLNO Book Club

In Memory Of Joan Parkerson by JLNO Book Club

**In Memory Of James "Roach" Roussel,
 Former Counsel for JLNO by Colleen Jarrott**

**In Memory Of Katherine Foster Duncan's 1961-62 JLNO
 Presidency by Katherine "Kitty" Duncan Sherrill**

In Memory Of Enola Wilson Merriman by Lucretia Merriman

Please contact Development Coordinator Kathleen Ramsey about bequests and planned giving: Kathleen@jln.org or 504-891-5845.



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League Faces



The Lagniappe Committee, **Bottom row:** Jeanne Higgins, Kristin Durand, Michelle Sens, Quiana Wiggins **Middle row:** Anne Elizabeth Zegel, Stephanie Campani, Emma Pegues, Jennifer Guidry **Top row:** Shawn Scott, Jill Holland, Autumn Town, Taylor Pospisil Not pictured: Kelly Brouillette, Christi Dabney, Ellen Gugenberger, Jennifer Hale, Lacy McManus, Windsor Richmond, Sydney. *Photo by: Jessica Bachmann*



Elizabeth Tommaseo, Monet Sasser and Emily Taylo enjoying the race at Party at the Paddock. *Photo provided by: Kelly Walsh.*



Melissa Eversmeyer, Christine Vinson, President, Kristen Koppel, President-Elect, Alice Franz Glenn, Communication Council Director, Anna Dearmon Kornick attend the AJLI 96th Annual Conference Awards Banquet. *Photo by: Anna Dearmon Kornick*



Students learning the skills needed to run their own business at Lemonade Day University. *Photo provided by: Courtney Sherman Lane*



Kelly Moscana and Jack at the Esprit Committee's Crawfish Boil. *Photo by: Windsor V. Richmond*



Students developing entrepreneurial skills during Lemonade Day University at JLNO headquarters.
Photo provided by: Courtney Sherman Lane



Kim LeBaron, Esprit Vice-Chair and her son, Michael.
Photo by: Windsor V. Richmond



Katie Andrews, Leslie Philips, Mae Hill, Monet Sasser, Brittany Vela.
Photo By: Windsor V. Richmond



Emily Taylor and Kim LeBaron, Esprit Vice Chair at Party at the Paddock. *Photo provided by: Kim Keeth*



JLNO ladies at the Fair Grounds Race Course for the inaugural Party at the Paddock.
Photo submitted by: Kim Keeth



Ashley Brennan and Melissa Stelly attend Party at the Paddock.
Photo provided by: Kelly Walsh



Sustainers, Sara Swigart and Kay Favrot, at the Mint Julep Sustainer event on April 25, 2018. *Photo by: Brian Dufour*



JLNO ladies at the Fair Grounds Race Course for the inaugural Party at the Paddock. *Photo provided by: Kelly Walsh.*



Sustainers at the Mint Julep event on April 25, 2018 (L-R: Sheryl Thompson, Bridget Bories and Ann Middleton.) *Photo by: Brian Dufour*



Junior Laeague of New Orleans 2017-18 Board of Directors at the Sustainer of the Year luncheon. *Photo by: Jessica Bachmann*



Sustainer Connections Committee Members attend the Mint Julep sustainers event on April 25, 2018 (L-R: Regan Dupuy, Ellie Dupuy and Danielle Sizemore.) *Photo by: Brian Dufour*



Sustainers, Susan Johnson, Barbara Bush, Lynn Mann, Kathy Eastman and Fran Villere, enjoy the Sustainer of the Year luncheon. *Photo by: Jessica Bachmann*



Sustainer, Katie Hardin, President-Elect, Alice Glenn and Sustainer, Jessie Haynes at the Mint Julep sustainer event on April 25, 2018. *Photo by: Brian Dufour*



Sally Suthon, Alice Wright, Myra Gaudin, Melanee Usdin, Monique Garder, Julie George, Cathy Burka and Katie Crosby, showed their support for Sustainer of the Year, Melanee Usdin. *Photo by: Jessica Bachmann*



President, Kristen Koppel, and Host, Sustainer Susan Gundlach, at the Mint Julep sustainer event on April 25, 2018. *Photo by: Brian Dufour*



Sustainer Connections committee at the Mint Julep sustainer event on April 25, 2018. *Photo by: Brian Dufour*



Sustainers, Wendy Beron, Alice Wright, Ninette Eastman and Katie Crosby, are all smiles at the Sustainer of the Year luncheon. *Photo by: Jessica Bachmann*

Passing of the Gavel



JLNO members and partners joined together at The Audubon Tea Room to celebrate the Passing of the Gavel, from the 2017-2018 Board of Directors led by President, Kristen Koppel to the 2018-2019 Board of Directors led by President-Elect, Alice Franz Glenn. The event honored Scholarship Awards and also recognized Community Assistance Fund recipients.
Photo by: Jessica Bachmann



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Héritage

Growing the Store: From Thrift Shop to Bloomin' Deals

By Jill Holland

The Junior League Thrift Shop has seen many changes and moves since it was established in 1927. Originally located in the French Quarter at 111 Royal Street, the League quickly outgrew the space. In 1931, it was moved to 819 Bourbon Street, “an enormous old 18-room house.”

An article found in the JLNO archives offered a more informative description. “The building is a large two-story mansion which in its day was a pretentious home. The sweeping galleries on both floors, the wrought iron gate and driveway, and the ornately decorated interior all bear witness to its one-time elegance.” How very different this is from the modern store we know today at 4645 Freret Street!

The Bourbon Street location also housed the Junior

League’s Thrift Store, Nutrition Center, the children’s play theater and child welfare clinic. The Thrift Store could not be contained to its designated rooms at this location though, and as the business grew over the years, the need to find a larger location to house just the store became necessary.

“The thrift store we know today began in the early 1990s when it moved from the next door annex into its current 8,000 square feet of retail space and renamed to Bloomin’ Deals” (jln.org). Regardless of location and size, the mission of the Thrift Shop started long ago and has not changed. Every purchase made at the store is one that helps the New Orleans community. •



Mrs. Robert McInyre, Gretchen Jahnke, model: Mrs. Edmond E. Talbot, Jr., and Mrs. William P. McCord



LEFT: At the Junior League Welcome Party on February 24, 1957, Provisionals enjoyed a fashion show with clothes from the Thrift Store modeled by Active members. *Photo provided by: Louisiana State Museum Historical Center. Gift of the Junior League of New Orleans. The Junior League of New Orleans Collection, record group JLSB25, 2014.011.01 - 2014.016.039.*

TOP RIGHT: From the Times-Picayune in 1935, “Looking over some of the many items to be in the Christmas Sale at the Thrift Shop... are (from left) Mrs. James Covert Wendland, Mrs. Stanley R. Tucker and Mrs. Eugene Kelley. They are among the sustaining members of the League...” *Photo provided by: Louisiana State Museum Historical Center. Gift of the Junior League of New Orleans. The Junior League of New Orleans Collection, record group JLSB3, 2014.011.01 - 2014.016.039.*

BOTTOM RIGHT: A local New Orleans newspaper featured two Active League officers assisting with the move from Royal Street to Bourbon Street. *Photo provided by: Louisiana State Museum Historical Center. Gift of the Junior League of New Orleans. The Junior League of New Orleans Collection, record group JLSB2, 2014.011.01 - 2014.016.039.*

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