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On the Cover
JLNO celebrates its new partnership with Covenant House with a birthday party. (L-R, front row: Kate Kelley, Christine Vinson, Meghann Holland, L-R, back row: Holly Paczak, Ashley Brennan, Jim Kelly, Donna Slay and Julia Dionne). Photo by: Jessica Bachmann
2017–18

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Assistant Editor: Lacy McManus
Photography Editor: Stephanie Campani
Assistant Photography Editor: Michelle Sens
Writers: Christi Dabney, Kristin Durand, Julia England, Jennifer Guidry, Jennifer Hale, Jill Holland, Laura Sorey, Autumn Town
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Custom Publishing Manager & Production Manager: Jessica DeBold
Art Director: Ali Sullivan
Account Executive: Zane Wilson
504-830-7246 | Zane@myneworleans.com
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Letter from the President

As a child growing up in a small Alabama town, I was raised to always respect others, offer help to those in need and be grateful for what you have. I could not be more grateful that my parents instilled in me the value of hard work and the drive to always do my best. At the end of any difficult undertaking, my father always asked, “if you can say you gave 110% and did your best, then we are proud of you.” It didn’t matter if I succeeded or failed. I knew my parents loved and supported me no matter what.

When I joined the Junior League of New Orleans as a Provisional member in 2004, I knew I wanted to volunteer and give back to the community. But, I had no idea the impact that the Junior League would have on my life over the next 13 years. I am proud to say that I have grown personally and professionally, but more than anything, I have grown as a volunteer.

Because of the foundation that I have been given from my family and the Junior League of New Orleans, I know I am ready to lead this organization into its 94th year. With more than 2,200 members, we are the eighth largest League in the world, and we will continue our mission of promoting voluntarism, developing the potential of women and improving our community.

In this issue, we introduce our newest community project and partnership with Covenant House. We also profile past Presidents to gain a better sense of how our members may go on to work with other organizations utilizing the skills learned from JLNO.

The strength of JLNO has been and always will be our ability to find a need within the community and come together to help build a solution. Our impact in Metropolitan New Orleans is vast, and JLNO’s best-known projects have grown into independent entities, such as The Parenting Center at Children’s Hospital, the Preservation Resource Center of New Orleans and Parkway Partners. JLNO has also created and supported programs at Audubon Zoo, the New Orleans Museum of Art, the Louisiana Children’s Museum, Charity Hospital, the Children’s Art Council, Edible Schoolyard, Second Harvest Food Bank and Kingsley House. Current community projects include the Diaper Bank, Educational Support Services, Financial Literacy, Junior Leagues’ Kids in the Kitchen, Lemonade Day University, Rebuilding Together, Safe Sitter and Woman Entrepreneur Fellowship. JLNO also aids local nonprofit organizations through the Community Assistance Fund.

True to our mission, I am so excited to see what we accomplish in the year ahead. With a membership dedicated to Advancing the Well-being of Women, we are sure to accomplish amazing things and your support is invaluable.

Sincerely,

Kristen Koppel
JLNO President

Photo by: Jessica Bachmann
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While some may say that spring is the season for new beginnings, I have always felt that fall brings with it a special kind of rebirth. Whether it’s the start of the school year, the shift in temperature (we can dream, right?), or the smell of tailgate barbecues – Autumn brings with it a fresh start. It’s a time to reflect on the year’s accomplishments and re-align your goals to finish strong. Perhaps this year I am especially inclined to view this season as one of renewed life and excitement as my husband Matthew and I welcome our first child into the world. But whatever fall brings to you, I encourage you to celebrate the season for what it is – an opportunity!

In this issue, we explore many new beginnings as well as check back in with some old friends. You will read about our new partnership with Covenant House and learn the history behind our long standing relationship with the Preservation Resource Center. You will be encouraged to try new things to improve your wellbeing (adult swim anyone?) as well as hear from two of our exemplary past presidents as they reflect upon their time in the League and how it impacted their views on community, voluntarism and leadership.

As we welcome fall and begin to gear up for the holiday season, remember that the Junior League of New Orleans believes every woman should have the opportunity to live a healthy, happy and successful life – but you can’t pour from an empty cup. Take this time to breathe in deeply, recharge your batteries and get ready to tackle the rest of 2017 with the renewed sense of excitement only autumn brings.

Cheers,

Emma C. Pegues
Editor
SHE LEADS

ADMISSION OPEN HOUSE TOURS
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8:30 – 10:00am  November 16
8:30 – 10:00am  January 11 & 25

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**Bulletin Board**

**Rebuilding Together**

Saturday, October 7
Saturday, October 14

Through a partnership with the Preservation Resource Center’s Rebuilding Together program and the Shell Corporation, JLNO has been renovating houses for low-income homeowners since 1989. This year, Rebuilding Together will focus on the Hollygrove Market & Farm and improving this important community asset.

**TOUCH A TRUCK**

Saturday, November 4
10 a.m. to 2 p.m. at Pontchartrain Center
4545 Williams Blvd. in Kenner

Join the Junior League of New Orleans at Touch a Truck, a unique experience that gives children and their families an up-close look at their favorite “big trucks” and the opportunity to meet the people that protect, serve and build Metropolitan New Orleans.

www.jino.org/touchatruck

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**Dates to Know:**

- September 27th - Sustainer Fall Social 6:00 p.m. - 8:00 p.m.
- October 7th - Bloomin’ Deals Bag Day 10:00 a.m.
- October 17th - General Membership Meeting 9:00 a.m., noon and 7:00 p.m.
- November 28th - #GivingTuesday
  www.givingtuesday.org
- December 19th - General Membership Meeting with Holiday Shopping 6:00 p.m. - 8:00 p.m.

**Deadlines**

November 30th
Sign up for Payment Plan

December 31st
Apply to Get on Board
www.jino.org/getonboard
Social Studies
Lead – Follow – Interact – Engage

In addition to the official JLNO and Bloomin’ Deals social media accounts, our 2,200 members—post by post—help tell the living, breathing story of the Junior League of New Orleans. Share your JLNO story by tagging your social media posts with #MyJLNO.

@aecllewellyn Up and about early on a Saturday for a day of training @juniorleagueuno! Service, leadership, and fellowship—grateful for this opportunity to positively impact my community. #JLNOpround #MyJLNO

@esmegraves Met these fantastic ladies at our provisional social before our first general meeting. The year is off to a great start. #MyJLNO @juniorleagueuno #newfriends #jlno

@jl_bloomindeals The little black dress never goes out of style!

@juniorleagueuno JLNO Board members Holly Paczak and Lesley Davis are at the Organization Development Institutes in Pittsburgh. ODIs are leadership development meetings that provide Junior League members with mission-based training in key areas. #catalystforchange #bosswomen #jlno

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Bloomin’ Deals Thrift Shop
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Twitter: @JL_BloominDeals
Well, hello. It's so nice to see you. Here, let me take your coat and purse. I'll put those in the back with the others. Gene is in the kitchen fixing everyone a cocktail. Feel free to head back there, and I'll be with you in a minute. Dinner should be ready in about thirty minutes. Until then, make yourself at home. So glad you could make it!

Does this sound like you, or does it sound like someone you aspire to be? Welcome to the world of the Dinner Party, dear reader.

There is an art to a well-crafted dinner party. Juggling the nuance of planning the menu, table setting, seating arrangements and even background music can be daunting enough without adding in the element of a holiday or special occasion. Whether you want to host your first evening soiree or you've been invited to one, this article hopes to highlight what is expected of both host and guest.

**HOST**

Decide how many guests to invite. Intimate gatherings of six to eight guests help keep the conversation flowing. “Eight people is a great number,” says Jennifer Rosenbach, JLNO Sustaining Member. “It’s enough so it’s not awkward and not so many as you have to make multiples of each course. And everyone is still able to talk to everyone else.” Next, set the date and contact your guests personally to see if they can attend. Beverly Reese Church, JLNO Sustainer and author of *Entertaining Celebrations* and *Seasonal Celebrations*, says, “I am still a big fan of hand delivered invitations in this digital age – it makes a statement that your guest is special!” Once you know who’s attending, set the menu – taking any dietary requirements into consideration. If there will be a theme, consider your table setting and décor. Fresh flowers always add a nice touch, and remember to consider the flora from your own backyard – the epitome of locally sourced and organic.

You’ll have a lot on your plate the day of the event, so plan ahead. Most side dishes can be made up to a week in advance and heated the night of, a signature cocktail can be made in batches and the table can be set the night before. Once the day of the party arrives, tend to the décor, chill the rosé, find that perfect playlist on Spotify and prep the main dish. Pat yourself on the back for a job well done. Your guests will appreciate the work you put into creating such a memorable evening.

**GUEST**

The most important thing a guest can do to make a dinner party successful is to simply RSVP. “When you are attending a sit down dinner, a place has been set for you. It is so important that you confirm to the hosts that you will be there, and if you see that you are going to be unable to make it, let them know ASAP,” states JLNO Active Jill Holland. After that, and this is key, make sure to arrive on time. Holland adds, “The host has gone to a lot of trouble, and people have gotten babysitters. Being tardy affects the timeline for others.” Host gifts are always a sweet gesture. Jennifer suggests “champagne, wine, flowers, chocolates...something small to say thank you for a delicious meal.” Finally, come ready to sing for your supper. Conversation is what makes a dinner party sink or swim, and your contributions will help keep the ship afloat.

More than anything try not to stress yourself over making everything perfect. Beverly provides this reflective food for thought: "Entertaining is a gift you give to your friends and family, and we love opening our home for the numerous hallmark occasions we celebrate in our lives."

Bon appétit, mes amis, and laissez les bons temps rouler! •
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Wednesday, November 8, 9:30 pm
Frieret Campus, 5624 Frieret St.

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Fan Fanfare

Prepping For Your Tailgate

By Jill Holland

That’s right. Football season is here! Fall has arrived and the mad dash has begun to order supplies, apparel and gear. Whether you’rereadying your game day for high school, college or NFL tailgating, New Orleans has what you need to prepare for pre- and post-game parties. Take a look at some of NOLA’s hotspots for your fan fanfare...
Olivia’s Cookies

JLNO Active Olivia Guider specializes in making hand decorated sugar cookies. Whether you want classic footballs, helmets, and jerseys in team colors or custom creations specific for your favorite players, Olivia can satisfy your sweet tooth. Gluten Free options are available too! Find her on Instagram @olivias.cookies. $14/dozen; $18/GF-dozen.

Olivia Guider
(504)482-2781
oliviascookies@gmail.com

Party Rentals Delivered

For those fans looking to concentrate solely on the game while still having a stellar setup, check out this company’s website for a myriad of options. Whether you’re looking for tents and chairs or fans and heaters, the possibilities for your soirée are limitless.

“We understand that creating a successful event requires more than the right tables, chairs, linens and accessories. It’s the service behind our products that ensures the planning, delivery and pickup will all run smoothly. We are passionate about what we do and committed to providing you with impeccably maintained equipment, on-time delivery & pickup services and unparalleled customer attention.”

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Plush Appeal

If you are searching for party supplies to deck out your tailgate, head to Plush Appeal. While this wholesale business advertises as a Mardi Gras vendor, there is oh-so–much more to find. Find your team colors in any of their masses of beads, masks, throws, decorations, party supplies, costumes, wreaths, gifts, wine glasses, scarves, boas, novelties, LED items, footballs, tutus, music, cups, glasses, umbrellas… their inventory is astounding! They also fill custom orders as well. Head into the store or shop online!

Alyssa Fitchenger, Vice-President & Co-Owner
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www.mardigrasspot.com

St. James Cheese Company

This local dining favorite has two locations – one Uptown, one in the Warehouse District. They offer cheese and charcuterie platters featuring artisanal cheeses and meats from the best producers here in the States and abroad. They also offer our popular salads, baguette sandwiches and beautiful tapas platters to feed a crowd. A full catering menu is available on the website. All items must be ordered 24 hours in advanced, and they do offer delivery.

St James Cheese Company also offers staffed catering featuring beautiful cheese and charcuterie spreads for larger parties. For groups of 50+, they’ll set up a game–worthy spread and have an expert cheesemonger on hand to keep things fresh throughout the game.

Uptown
5004 Prytania Street
Mon-Wed 11-6; Thurs-Sat 11-8;
Sun 11-4

Warehouse District
641 Tchoupitoulas
Mon-Weekend; Thurs-Fri 11-8; Sat 9-8

Feet First

At this NOLA boutique located Uptown, you are sure to find a diverse collection of local designer fashions. Stylish, comfy shoes and boots, hats and scarves in your team’s colors, jewelry and accessories – these are just some of the amazing treasures waiting for you. Also, stay on the lookout for the shatter-proof wine glasses (perfect for tailgate hopping)! Can’t get to the store? Find them online at www.feetfirststores.com.

Uptown
4122 Magazine Street
(504)899-6800
Mon-Sat 10-6; Sun 10-5

Lennox + Lane

Let the #LadiesofLennox outfit you and your gals for the tailgating party at this Garden District boutique. Tops, bottoms, jewelry, shoes and accessories are all handpicked by the Lennox + Lane girls for ladies looking to express their inner hipster while keeping a timeless mien. A particular game day favorite of owner and JLNO Provisional Bonnie Eslick, is the local designer Madly Yours’ “Clearly Mad Crossbody” handbag – an NFL-approved must have for those heading into the Superdome.

Bonnie Eslick, Owner
2131 Magazine Street
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www.lennoxandlane.com

Suthon Solutions

Owned by JLNO Sustainer Sally Suthon, Suthon Solutions offers custom branded apparel, gear and accessories to enhance your game-day experience. Smartphone wallets, stainless steel tumblers, clear vinyl NFL approved tote bags, cornhole board games, blankets, chairs and barbecue sets are some of the hot items this company can provide to get you and your guests ready for kickoff.

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It’s often said that New Orleans has two New Years – the actual first day of the year, January 1 and then again on Ash Wednesday, the first day of Lent after about a month of revelry leading up to Mardi Gras festivities. For those of us with children, there’s a third New Year each fall when the school buses start rolling and New Orleans traffic gets a bit heavier. After the long, lazy days of summer – filled with travel, camp, art projects and late bedtimes – the ring of the school bell often inspires a new routine. Morning routines, bedtime rituals and extracurricular schedules keep everyone on track, and change slightly each year as kids grow and are able to take on more responsibility.

By the time this fresh copy of Lagniappe is in your hands, we’ll be a few months into the fall school semester. But, have no fear – it’s never too late to consider the possibility of introducing routines and healthy habits into your life, and the best day to begin is today.

Even if you don’t have school-aged children, the crisp temperatures and changing leaves create a perfect backdrop for hitting the reset button and establishing new habits and routines prior to the beginning of a new calendar year.

There are a number of themes that one can pursue in the quest for self-improvement this fall. Practicing regular mindfulness meditation, changing up your fitness routine (turn to page 16 to read more about swimming as an option) or becoming more involved in the community are all worthy goals. You could even consider beginning a daily or monthly gratitude practice (learn more about cultivating gratitude on page 27).

**Make a List**

Get out your favorite notebook and jot down a brainstorm list of all the new things you’d like to do. Whether it’s “become a morning person” or “eat healthier,” putting your ideas in writing helps you visualize yourself reaching your goals.

**Narrow it Down**

The American Psychological Association tells us that many people become overwhelmed when attempting to make several big changes at once. Choose one or two new habits from your list to work toward. Once you master those, considering adding another.

**Be Kind to Yourself**

Missed a day at the gym? Ate a giant piece of cake for breakfast? Pondered the latest episode of The Bachelor during your morning mindfulness meditation? Cut yourself some slack. No one is perfect, and we all have occasional lapses. Give yourself some grace and try again tomorrow.

**Celebrate Small Wins**

Each time you reach a milestone with your new goal or habit, take a moment to celebrate in a small way. Recognizing a small achievement on the path to reaching your larger goal motivates you to keep moving forward in pursuit. Not to mention that celebrating incremental progress releases small amounts of the feel-good, motivational chemical dopamine that pushes you to keep striving.
Now that summer seersucker has given way to fall flannel, we also begin to think about the fast approaching New Year. Once we clear the Thanksgiving table, it's full speed ahead during the month of December, barreling toward Christmas and Hanukkah celebrations, family gatherings, school programs and a sleigh's worth of holiday parties. Don't wait until 11:59 p.m. on December 31, 2017 to begin thinking about what you hope to accomplish in 2018.

**Set Goals, Not Resolutions**

A few years ago, I completely gave up setting New Year’s resolutions and haven't looked back. Taking time to set actionable, measurable goals can be much more fruitful than a simple list of resolutions. Not sure where to begin? Check out the PowerSheets intentional goal planner or find a multitude of printable planning worksheets by doing a quick search for “goal setting worksheet” on Pinterest.

**Prep Your Planner**

Pick up a pretty planner and a package of colorful pens and set aside some time to ready your date book for 2018. Add important dates throughout the year, such as birthdays and anniversaries, and pencil in reminders to buy gifts or send cards. Jot down the deadlines and milestones for reaching your goals. If you prefer to go paperless and keep your appointments in the cloud, double check to make sure that key activities from this past year are set to recur in 2018.

**Find a Buddy**

In Gretchen Rubin’s book on habits, Better Than Before, she outlines the Strategy of Accountability. Talk with a family member, friend or coworker about your goals, and ask someone to be your accountability partner. As accountability partners, you and your buddy can coach each other and encourage one another to stay committed to your goals.

To learn more about goal setting and habit forming, check out the following resources:

- **Better Than Before by Gretchen Rubin**
  Rubin defines the four types of decision makers and the various strategies and loopholes that can be used to create and stick to habits.

- **PowerSheets Goal Planner by Lara Casey**
  Casey’s PowerSheets is a workbook designed to help you dig deep into what matters most to you, set actionable goals, track your progress and make adjustments along the way.

- **Design Your Day by Claire Diaz Ortiz**
  Ortiz executes her morning routine using the PRESENT method, and provides additional tips for planning your perfect day.

**ABOVE:** A to do list is a great way to help organize your thoughts and keep you on task for the day. *Photo provided by: neatlydesigned.com*

**TOP RIGHT:** April Scott leads a small group planning session at Willa Jean. *Photo by: Michelle Sens*
Everyone needs a change from their normal workout. If you continue to follow the same routine without any variation, you can plateau, causing your workouts to be mundane and monotonous. Adding variation to your workout can help ensure that you continue seeing results and stay interested. Advancing the Wellbeing of Women can be applied in your every day life by trying something new to contribute positively to your personal wellbeing.

Kimmi Jo LeBon, Freret 5K committee member and head swim coach at Kehoe-France, translated her lifetime love for swimming into “Making a SPLASH,” a swimming program based entirely on the individual needs of each participant. Kimmi Jo, who swam competitively throughout her life, believes that swimming may just be the change up your workout routine needs. Regardless of age, fitness level or medical conditions, swimming can be incorporated in everyone's daily life. Whether it's to increase strength and mobility or to learn stroke technique, she will complete an initial assessment of these abilities and goals and discuss what is desired of the swim program. Addressing these needs, she will develop a uniquely individualized program.

Swimming is a healthy activity that can add much needed variation to your workouts and can be continued for a lifetime. It is a low-impact activity that has many physical and mental benefits. While building endurance, muscle strength and cardiovascular fitness, swimming also helps maintain a healthy weight, heart and lungs. Swimming is a peaceful form of exercise that reduces stress while improving coordination, balance, posture and flexibility. It is also a great form of low-impact therapy that helps release those feel-good endorphins improving mental health. Your whole body moves against the resistance of the water, you can get an intense workout while being able to move freely. “Even your lungs get a beneficial workout, because the water pressure makes them work harder than they would on land,” explains Kimmi Jo. Doctors often encourage swimming to help maintain a healthy lifestyle that will sharpen the tools one needs for daily functioning and normal activities like climbing stairs and carrying heavier objects.

Kimmi Jo is also an advocate of good nutrition and believes that “combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases like heart disease and cancer, and promote your overall health.” The average swimmer will burn around 600 calories per hour in her program. That’s more than a cocktail for sure.

If you are looking to lose weight, Kimmi Jo encourages swimmers’ interval training. “Interval sets are designed to allow the swimmer time to rest and recovery after each individual swim within a particular set. The added rest and recover helps build endurance, allows the swimmer to maintain proper stroke technique and form by remaining fresh throughout the set, allows the swimmer to challenge themselves by increasing the effort during a set without becoming too fatigued and can also increase weight loss.”

You can contact Kimmi Jo LeBon by email at kimmijonaparis@aol.com or by phone at 985-592-7552. “Enjoyment is the best motivator for exercise” believes Kimmi Jo, so whether you decide to get in the pool or get involved in a different exercise regime, just make sure to get out there, get moving and enjoy what you are doing!
Poydras Home Bicentennial Gala
Juried Art Competition & Sale

Bicentennial Gala
Thursday, October 26
6:00 to 8:00 p.m.
Gala Tickets: $100

Juried Art Competition & Sale
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New Orleans has always been an eclectic mix of historic architecture and neighborhoods, but it would be a drastically different city without the dedicated work of the Preservation Resource Center (PRC). The PRC is committed to the preservation of New Orleans’ historic architecture and unique neighborhoods. Patricia “Patty” Gay, the former Executive Director of the PRC, and Maria Pardo Huete, past Junior League of New Orleans President and current Director of Development and Community Relations at the PRC, are key resources in getting the scoop on the PRC’s journey from JLNO project to a pillar of our community.

The PRC was founded in 1974 in response to rampant bulldozing of historic buildings throughout the city, as well as an attempt to build an elevated Riverfront Expressway through the French Quarter. Concerned community volunteers started the Building Watchers Tours in 1973 with funding from the Junior League of New Orleans. The tours had trained guides who led monthly tours into different historic neighborhoods around New Orleans: however, the tours alone were not creating the impact JLNO felt was necessary to preserve our communities. Realizing the need for more sustained impact these volunteers went back to the Junior League and petitioned to get the funds to hire a full-time director. “It was because of The Junior League [of New Orleans] that PRC was able to hire a director. That was the key thing... Once we had our director, we knew we had to keep going,” says Patty. And keep going they did!

Once a small, JLNO volunteer-led effort, the PRC now has several projects and programs of its own. Patty and Maria highlight a few of the PRC’s projects and programs, including Operation Comeback, Rebuilding Together, First-time Homebuyers Educational Series and First-time Renovators Educational Series. With the Operation Comeback project, the PRC acquires vacant and blighted property, renovates the buildings and sells them to homebuyers. Rebuilding Together is a volunteer-driven effort that aids homeowners in repairs and renovations that they otherwise would not be able to make. According to Patty, the PRC’s work in the Holy Cross neighborhood has resulted in the rehab of almost 50 vacant or blighted Operation Comeback properties, which have since been sold to homebuyers. Additionally, Patty shares that the PRC has completed nearly 125 Rebuilding Together homes for low income homeowners in the neighborhood. "So, we helped more than twice as many low income homeowners down there," Patty proudly states. Overall, the majority of the PRC’s work with homeowners lies with Rebuilding Together – having completed approximately ten times as many of these volunteer homes than Operation Comeback homes.

Where Are They Now?
Preservation Resource Center of New Orleans
From League Project to Community Pillar

By Kari Shelton
The First-time Homebuyers and the First-time Renovators Educational Series are there to educate homebuyers and homeowners on what it means to buy and own an older home. “One of the things that we’re trying to do is encourage folks who would not be, or who are worried about, buying an older home and to help dispel the myths of what it is to buy an older home. So that we maintain these old homes and the neighborhoods, and the fabric of the neighborhood is preserved. Because we’re a city of neighborhoods,” explains Maria.

The PRC also has a Cultural Heritage Program devoted to the preservation of New Orleans’ unique heritage through education, community awareness and advocacy. Currently, they are working on a project located at 1432 N. Claiborne Avenue to preserve the last remaining structures of Straight University, an African American college that operated between 1868 and 1934, later becoming today’s Dillard University. Past projects have focused on identifying and preserving the homes and cultural legacy of New Orleans jazz musicians, including the former homes of Edward “Kid” Ory, Henry “Red” Allen, and Kid Sheik Colar. In 2014, the PRC launched the Preservation Resource Center Jazz House App with maps of the Jazz Houses and other resources on New Orleans’ jazz and architectural heritage.

For the last four decades, the PRC has been essential to the development and preservation of all the different New Orleans neighborhood identities with a strong focus on advocacy and education on the importance of preservation. “I think our push is to get folks out into the different neighborhoods. Because Mid-City is going to have a completely different vibe from Uptown, and Gentilly is going to be completely different from the Garden District. So it’s that flavor of the different neighborhoods,” says Maria. For those who don’t know where or how to begin exploring New Orleans diverse communities, visitors and locals alike are encouraged to visit PRC headquarters on Tchoupitoulas Street. The guides and exhibits the PRC has available highlight that in New Orleans we are truly a city of neighborhoods—the PRC is the ideal place to start your journey and learn more.

TOP RIGHT: The last remaining building of Straight University is undergoing renovation. Photo provided by: Preservation Resource Center. BOTTOM RIGHT: Henry “Red” Allen’s house is also featured on the Preservation Resource Center’s Jazz Houses App. Photo provided by: Preservation Resource Center.
Great ideas often come from chance meetings in the most unlikely of places — a common enough experience in a city like New Orleans. So it stands to reason that the impetus for a new Junior League of New Orleans partnership began last summer with a chitchat in the produce section at Rouses Supermarket. Sustainer Laura Claverie recalls running into then League President Maria Pardo Huete while grocery shopping and having a conversation that would eventually lead to JLNO’s newest community project.

At the time, Laura and her husband Phillip were serving as co-chairs of the 2016 Sleep Out fundraiser for Covenant House New Orleans, a shelter for runaway, homeless and at-risk youth, mothers, and children. The event invites participants to sleep on the sidewalk with just a sleeping bag and piece of cardboard to raise money for Covenant House programs including a 24-hour Crisis Center and services in counseling, health, education and employment. When Laura and Maria’s conversation turned to the Sleep Out, others might have politely stated, “How interesting,” before seguing into farewells. However, Maria’s enthusiastic response of, “Oh, I’ve always wanted to do that!” set the wheels in motion for seven participants from the JLNO Board of Directors to spend the night on Rampart Street last November.

The 2016 Sleep Out, which featured 145 participants and raised over $400,000, included small group sessions with Covenant House residents. These interactions made a lasting impression on the JLNO team members. According to JLNO Active Christine Vinson, you couldn’t help but be impacted by meeting the residents and seeing the role Covenant House services play in their lives. “Everything there is about giving a chance to these young people,” explains Christine. “They find support. For so many of them, their perception of normal is totally different than what we might take for granted. Covenant House is important because making that change without help is almost impossible.”

As a result of her experience, Christine’s involvement with Covenant House extended past last year’s Sleep Out. Christine and Active Kate Kelley now serve as co-chairs for the newly formed JLNO Covenant House Committee, one
initiative of which is organizing monthly birthday celebrations for Covenant House residents. The parties will be open for all residents to attend and will feature all the birthday classics like cake, ice cream and presents. But Christine points out that the gift of these celebrations is more than just the trappings of a simple birthday party. “These parties,” she states, “are about doing something tangible as well as intangible where we celebrate the people who are there and trying to grow. These residents are the people who need to be given a chance and opportunity to see that they’re appreciated and cared for.” Covenant House New Orleans Executive Director Jim Kelly echoed this sentiment when describing why the parties are important for residents. “What our kids often lack, number one, is love, and part of love is joy. These celebrations bring joy.” The Covenant House birthday celebrations have gone through several iterations over the years.

According to Jim, approaching JLNO about reviving the birthday celebrations felt like a natural step. His first experience with the Junior League came in 1988 as Covenant House prepared to open its doors in New Orleans. The shelter was open at partial capacity during the holiday season, with the plan being to open the full residence in January at a kick off celebration. However, when construction wasn’t complete by the deadline, a group of 20 JLNO provisional members arrived to help get Covenant House across the finish line. Jim described the unexpected sight of young women spread out across the facility sweeping, mopping, cleaning bathrooms and even using hair dryers to dry freshly painted hand rails as inspirational. “If those 20 provisionals hadn’t been there…I don’t know what we would have done.”

His experience with other JLNO volunteer work that touches Covenant House—like the Diaper Bank, the Parenting Center and Dress for Success—makes him excited to strengthen this new partnership and to look for more ways to work together. Jim “salutes the Junior League because they get it. They get it and do something about it.”

Much of the legacy of service within the New Orleans community is derived from the efforts of League members like former JLNO President Sally Suthon. As JLNO’s 1998-99 President, Sally now pulls double duty as the current Sustaining Advisor to the JLNO Board while simultaneously serving on the Covenant House Board of Directors. She shares Jim’s enthusiasm for the partnership and described its importance to JLNO’s mission with, “If you want to see a program that’s truly working and helping kids and families, this is where you can make a meaningful impact. I love Covenant House because it takes the kids that other people have thrown away. It works, and it saves lives. What more can you ask?”
What child doesn’t dream about getting behind the wheel of a fire truck, an ambulance, a bulldozer or a tow truck? The sixth annual Junior League of New Orleans Touch a Truck makes this a reality. This year the event is seeing big changes to better accommodate its popularity within the community. Moving to the fall, Touch a Truck will be held on Saturday, November 4, 2017 and will allow families to touch and learn how a wide variety of businesses and vehicles protect, serve, invest in, and build our community. This unique, interactive event will also be taking place for the very first time at a new location — the Pontchartrain Center from 10 a.m. to 2 p.m. — eliminating weather concerns.

Discounted advance tickets are available for purchase at www.jlno.org/touchatruck or by calling JLNO’s Headquarters at 504-891-5845. Day of individual tickets will be $15, and Family Packs of five tickets will be $60. Children under 12 months of age will be admitted to the event for free. This year, birthday party packages will also be offered and, once available for purchase, will be announced on our website.

Another exciting change is the introduction of Touch a Truck Field Trip Friday. On Friday, November 3, Touch a Truck will be opened to select schools in Orleans and Jefferson Parishes to allow for children to experience the wonder of Touch a Truck with their fellow classmates.

Sponsor and exhibitor spots are still available! Please contact the 2017 Touch a Truck co-chairs, Nicole Patel and Emily Lewis, for more information at touchatruck@jlno.org.

TOP: The fire truck is always one of the favorites at Touch a Truck. Photo by: Michelle Sens
MIDDLE: Officer John Cusimano shows Charlotte and Bitsy Koppel all the cool gadgets inside the police car. Photo by: Michelle Sens
BOTTOM: George Stemberg was excited to sit in the excavator during Touch a Truck. Photo by: Michelle Sens
Parents today have a problem on their hands. With the available alternatives to daycare, how do they choose what's best for their families? Nannies, sitters, au pairs – these are just a few of the options available. No matter which route is taken, much of what parents encounter with the childcare challenge is the same: communication, collaboration and consistency.

"Communication is important – you must talk," says JLNO Sustainer Debbie Skrmetta. The Skrmetta Family has two children and employed au pairs from the time their first child was three months old until just a few years ago (their children are in high school now). Being direct with prospective au pairs during the matching process was key in finding the best fit for their family. Debbie says it was important for candidates to know what their expectations were whether it was activities, meals, household chores or how best to communicate with the children. "Being an au pair in the Skrmetta house is not a spectator sport," she quips.

Active Megan Muncy was a nanny for nine years after completing her undergraduate degree. She also asserts that communication is key to a successful relationship between the employee and employer. "You are providing support both ways," she says. The family needs to clearly communicate their needs and wants, and the nanny needs to also convey what she feels works on her end as well. Being "clear, direct and up-front" makes for the best collaboration.

Dr. Jennifer Bennet is a veterinarian who became a mother in her first year after her internship. She wanted an active role in her daughter Kinley’s care – something that would offer her a work-life balance while also enabling her to be more hands-on with her daughter. Luckily, her supervisor had been in a similar situation years before and offered the Bennets an option to hire a nanny who would keep Kinley in a nursery room at the veterinary office. By having them close during the day, Jennifer can collaborate with the sitter and ensure that Kinley is getting the exact care that she would give her if they were at home. In addition, "Kinley has a wonderful opportunity learn healthy, ‘grown-up’ social interactions," says Jennifer, something she feels is very important.

Conveying the important details and working as a team to guarantee your children are being brought up just as you want them to be is necessary if you want a successful partnership.

"Parents need to have their values reinforced whether it’s discipline, manners, or education," says Megan. Debbie agrees, relating that this is something she looks for when screening candidates before interviews – similar ideals and principles are the first step to matching with the right candidate. This is also one of the reasons Jennifer finds having an in-office sitter so reassuring: she sees her values are being instilled even when she cannot be hands-on.

Whether you are expecting a child for the first time or it is your first time envisaging an alternative to daycare, these three C’s – communication, collaboration, consistency – are an important jumping off point to exploring today’s parenting conundrum; how to choose the best childcare for your family. Good luck to you as you research the possibilities!
Anne McDonald Milling’s parents instilled in her a commitment of giving back as a young child growing up in Monroe, La. and she has dedicated much of her life to bettering New Orleans in bold ways, including projects few others wanted to tackle.

Anne’s service to the community includes being one of the first volunteers to work with AIDS patients in the 80’s, when many were afraid to have contact with anyone infected. Anne calls that experience the most meaningful hands-on volunteer work she’s ever done. “In 1987, when I first went to Project Lazarus as a volunteer, I felt the men and women with AIDS were the lepers of the twentieth century,” Anne recalls. “They were the poorest of the poor and needed our support. Yes, I was aware of the dangers of this illness, but after speaking with numerous doctors and taking a serious training course, I became comfortable with caring for those who were sick and dying at Lazarus. My life was totally enriched and broadened by the years I was there.”

Anne has never shied away from a need, and in the aftermath of Hurricane Katrina, she was concerned that many national leaders had not visited the Gulf Coast to personally see and truly understand the devastation. Anne decided a little girl power could go a long way in helping New Orleans rebuild, so she founded Women of the Storm to lobby Capitol Hill and help lawmakers “get it.” She had a specific vision for how the group needed to be comprised. “Anyone who knows me is aware that I am a proponent of diversity,” Anne explains. “I intentionally wanted the charter flight to DC be filled with a cross section of our community, a true representation of a rich, diverse New Orleans. We invited Asians, Hispanics, African Americans, women of all ages and backgrounds to go with us. Having women from all walks of life enriched our group tremendously. New friends were made, women understood what other women were enduring by this devastation and the folks in DC were stunned by this impressive group of women!”

Anne joined JLNO in 1966 when she was pregnant with the first of three sons, after completing her undergraduate studies at Newcomb College and her master’s work at Yale University. Her service to the Junior League has multiple highlights, especially in her role as President from 1977-78. That year, JLNO hosted a spirited mayoral debate ahead of the election that ushered Dutch Morial into City Hall. JLNO also broke ground on the Louisiana Nature Center in New Orleans East to introduce children to the Mississippi River Delta and the Louisiana Coastal Zone. Now that center is known as the Audubon Louisiana Nature Center, which is re-opening its doors after a $10 million restoration in the wake of Hurricane Katrina.

Today, she and her husband of 53 years enjoy the challenge of keeping up with eight grandchildren. Anne is the recipient of many prestigious community honors, including the Times Picayune Loving Cup, the Project Lazarus’ Guardian Angel Award and the Association of Junior Leagues International, Inc. 2012 Mary Harriman Community Leadership Award. She has this advice for young women who want to become impactful leaders: “Follow your passion: whether it be education reform, feeding the hungry, mental illness. To be an effective volunteer or fundraiser, you must honestly in your heart believe in the cause. That is the key. Then just ‘Do it!’ Participate and improve the quality of life for those around you.”
Junior League presidents seem to share several of the same qualities – including vivaciousness, a heart for serving others and a spirit of infectious encouragement. Katherine Kleinpeter Raymond, JLNO President from 2014-15, sets the standard in those departments for the leaders following her.

Katherine, a mother of three and Professor of Practice in Tulane University’s Biomedical Engineering Department, became involved in JLNO through fellow advisors for Chi Omega Fraternity. “It’s not surprising that it was smart, accomplished women who I’m lucky to still call friends that knew the value of a women’s organization that fosters leadership and opportunity for women, as well as philanthropy and support for our community,” Katherine says.

Katherine certainly juggled a full plate, but she found her placements so enjoyable and impactful that she wanted to do more. Despite already serving her community as a JLNO member while balancing an impressive professional career and rewarding family life, Katherine decided to step into the JLNO presidency.

“Through my experiences with JLNO, I’d discovered you can and do ‘figure it out,’” Katherine explains. “Former presidents told me despite the challenges and high expectations placed on you, it is the most rewarding thing they’ve ever done. I’m so glad I believed them, because that is 100 percent true! It is difficult to articulate how much you gain through serving as president: invaluable experience in a myriad of areas, a greater understanding of your own capabilities, the chance to work with city leaders and accomplished colleagues, lifelong friends in New Orleans and across the nation and the knowledge that you are helping to significantly aid your community. I am still so grateful for the opportunity to serve.”

A few of the highlights of Katherine’s term include the advent of the Diaper Bank and the Women’s Entrepreneur (WE) Fellowship, as well as the completion of the new kitchen inside JLNO’s Headquarters, which was featured in House Beautiful Magazine.

Today Katherine continues to raise her family and teach at Tulane, while serving as a board member for Trinity Episcopal School, the Tulane University Women’s Association, and Sci High’s Advanced Technology Advisory Board. She is also this year’s chair for the American Cancer Society’s Belles and Beaus Ball.

One might wonder how Katherine balances it all.

“No one knows the key to doing it all, so I hope answering the balance question doesn’t imply that we should all be superhuman or that I am,” Katherine relates. “Primarily, family comes first. After that, for me, balance is about having fun and enjoying what you do. My friend and mentor Charlotte Cook told me we choose to be involved with what we enjoy. I remind myself that, so rather than see negatives, I appreciate my choice and savor the experience. I don’t keep anything compartmentalized. If it’s engaging, I share it! My kids know about my work and volunteering, and come when they can to both. My friends and colleagues are often committee members with me. When we can all get together, have fun and accomplish meaningful work, it’s a win-win.”

It doesn’t come as a surprise that Katherine’s advice mirrors Anne’s, despite the fact their terms as president are separated by almost four decades. Certain principles stand the test of time. “Go for it! Don’t wonder ‘what if,’” Katherine exclaims. “Give your heart and soul to something you believe in, accept a position out of your comfort-zone, introduce yourself to new people, believe in your ideas. Know that even little things make a difference.”
INTRODUCING:
YOUR 2017-2018 JLNO PROVISIONAL CLASS

By Miriam Taylor

HOW MANY ARE THERE?
120 LADIES

WHERE ARE THEY FROM?
40% CONSIDER THEMSELVES LOCALS!
NEARLY 60% FROM OUTSIDE OF NEW ORLEANS

THERE ARE 17 DIFFERENT STATES REPRESENTED IN THIS YEAR’S PROVISIONAL CLASS, INCLUDING NEW YORK AND HAWAII
LOUISIANA IS THE HIGHEST REPRESENTED STATE, FOLLOWED BY MISSISSIPPI AND ALABAMA

MORE THAN 50% ARE ENGAGED WITH OTHER COMMUNITY ORGANIZATIONS INCLUDING:
Alpha Delta Pi
Alpha Kappa Alpha
American Cancer Society
Association for Women Attorneys
Beautifully Restored Inc.
Belle Reve
Bridge House/ Grace House
Broadmoor Improvement Association
Catholic Charities
CHAIRish
Creative Alliance of New Orleans
Crew of New Orleans
Daughters of the American Revolution
Dress for Success
Edible School Yard
Einstein Group
Emerge America
Firstline Schools
Friends of the Cabildo
Greater New Orleans Sports Foundation
Independent Women’s Organization
Kids ReThink New Orleans
Krewe of Iris
Leukemia Cup Regatta
Louisiana Appleseed
Lusher Parents and Teachers Association
Marine Reconnaissance Foundation, GLMA
Movember
Muses
Mystic Krewe of Femme Fatale
Mystic Krewe of Nyx
New Leaders Council
New Orleans 9/11 Memorial Stair Climb
New Orleans Bar Association
New Orleans Museum of Art
New Orleans Speech and Hearing Center, Big Class
NOCP Homebuilders
Orleans Public Education Network
Preservation Resource Center
Propeller
Rau for Art Foundation
Second Harvest
Sirens of New Orleans
Soul Revival Fundraiser
Symphony Chorus
Taste of the South
The Beautiful Foundation
Tulane Kappa Alpha Theta
Urban League
Women’s Leadership Council
Young Leadership Council

FAMILY LIFE
ALMOST HALF OF THE PROVISIONAL CLASS MEMBERS ARE MARRIED AND 6 ARE ENGAGED
22% HAVE CHILDREN (WITH A FEW ON THE WAY!)
OVER 15% OF THE WOMEN WITH CHILDREN HAVE 3 OR MORE!

WHAT THEY DO
97% OF PROVISIONALS WORK OUTSIDE THE HOME

TOP REASONS THEY JOINED JLNO
COMMUNITY SERVICE/ VOLUNTEERING
MEETING NEW PEOPLE
NETWORKING
LEADERSHIP SKILLS
PERSONAL DEVELOPMENT
NON-PROFIT INVOLVEMENT
As children, my mother would ask us to go around the table at Thanksgiving and offer one thing for which we were grateful. At the time, it was easy to list something silly or immediate—the delicious meal, or staying up late because relatives were visiting. As I have gotten older, this is a tradition I have kept when hosting my own Thanksgivings, and it is interesting to see how everyone’s statements have changed. Now we are thankful for good health and happy families—things that mean more than a late bedtime.

But I also have noticed that we share our thoughts on that special day, and then move on with our hectic schedules. The opportunities to sit down and discuss things for which we are grateful are diminishing, as is our acknowledgement of those things. Being actively mindful of the positive aspects of our life is forgotten while we are busy running between appointments, checking emails at lunch with friends, or trying to keep up with the Joneses. We forget to take a breath and be thankful.

Ralph Waldo Emerson suggested that we “cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously.” By taking time each day to cultivate gratitude, Derrick Carpenter notes in his article, The Science Behind Gratitude (and How It Can Change Your Life), that “people who regularly practice gratitude by taking time to notice and reflect upon the things they’re thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.”

In the piece 5 Ways To Be More Grateful Everyday, Meral Kolblinger also emphasizes the idea of mindfulness, recommending that we ‘savor the ordinary’. “If we only value and wait for extraordinary experiences, we will overlook the small, daily ones that can give us just as much pleasure.” By becoming mindful of your circumstances, we can learn to appreciate the simple beauty around us. “To start, spend a few days simply pausing when you notice that you are in your head. Next, identify just one nice thing around you and truly take it in.”

Another method to start cultivating gratitude is to keep a gratitude journal. In the 2010 article Why Gratitude Is Good, Robert Emmons, professor of psychology at the University of California, Davis, suggests this can be as simple as listing five things every week, “because it consciously, intentionally focuses our attention on developing more grateful thinking and on eliminating ungrateful thoughts.” Dr. Emmons also advocates writing a gratitude thank you letter to someone who has had a positive impact on your life. Additional, simple ways to develop thankfulness includes volunteering, scheduling alone time, physical activity, and reducing the negative comparisons to other people.

While adding another project to your routine may seem overwhelming, there are small steps you can take to increase mindfulness. Anna Dearmon Kornick, Junior League of New Orleans’ Communications Council Director, is an advocate for Powersheets, which is “a goal setting workbook that helps you drill down into what is most important to you, and then turn your ideas into actionable goals. Each month, you set aside a day to complete a Cultivating Gratitude worksheet—the exercise reminds you of everything you have to be thankful for in your life and the progress you’re making toward your goals.”

Cultivating gratitude as a path to happiness is a common theme in mindfulness work. As Gretchen Rubin, the New York Times bestselling author of The Happiness Project, who writes about happiness and good habits, notes, “[y]ou’re not happy unless you think you’re happy.” By taking a moment to stop and simply appreciate your surroundings—acknowledge the blessings you have in life, or complete a small act of gratitude—whether it’s a thank you note or a volunteer hour, setting small goals can lead to a happier life.

ABOVE: Women Entrepreneur Fellowship Vice-Chair Kristyn Tramel and son, Penn Tramel, read Thank You Bear on July 14, 2017. Photo by: Shawn Scott
League Faces

Christina Crane, Erin Mouledoux and Meg Baldwin are all smiles at the July Membership Meeting. *Photo by: Taylor S. Pospisil*

President-Elect Alice Franz Glenn (center) and two fellow Junior League members from sister chapters served on a panel discussing Building Non-Profit Capacity at the Points of Light Conference on Volunteering and Service. *Photo provided by: Alice Franz Glenn*

JLNO Bloomin’ Deals Manager Debbie Burke helps a shopper choose the right handbag. *Photo by: Kari Shelton*

Safe Sitter students demonstrate how to cough in the presence of children. (L-R: Kylie Vignaud, Zoe Martinez, Marcelo Calderon, Dennis Dongieux, Charlie Ackler). *Photo by: Windsor Richmond*

Safe Sitter Committee Member Jeanne Goedecke demonstrates how to perform the Heimlich Maneuver on a young child. *Photo by: Windsor Richmond*
Provisional Member Laura Ressell shops after completing her Bloomin’ Deals orientation. Photo by: Kelly Brouillette

Provisional Members Kimberly Tara, Monica McShan and Tracey Henneman, learning the ropes at Bloomin’ Deals orientation. Photo by: Kelly Brouillette

Provisional Members Kendra Reade and Chantelle Pierce help out the community with a little shopping after Bloomin’ Deals orientation. Photo by: Kelly Brouillette

Provisional Advisor Dana Jones with Provisionals Kenyatta Miles and Terrica London at the Provisional Summer Social at Superior Seafood. Photo by: Taylor S. Pospisil

Provisional Advisors Hunter Charnock, Katie Andrews and Chelsey Richter cheers to the 2017-2018 Provisional Class. Photo by: Taylor S. Pospisil
Touch a Truck Co-Chairs Nicole Patel and Emily Lewis sell tickets for the upcoming fundraiser at the July Membership Meeting.  
*Photo by: Taylor S. Pospisil*

Provisional Chairs Mae Hill, Ashley Lusk and Tomoro Wilson introduce the 2017-2018 Provisional Class.  
*Photo by: Taylor S. Pospisil*

JLNO Board Members, Alice Franz Glenn, Shannon Hickey Sarrat, Kristen Cocke Koppel, Heather Milican Doyle, Shannon Stover Zink, Courtney Perschall Nalty, Holly Adkins Paczak getting together to kick off our first Joint Council training of the new year.  
*Photo by: Stephanie Campani*

Former President of Junior League of Palo Alto-Mid Peninsula and Founder of Great Leader Consulting, Naomi Chavez Peters, and JLNO President Kristen Cocke Koppel are excited to begin the first Joint Council training.  
*Photo by: Stephanie Campani*

Provisionals Haley Maples, Rebecca Cooper and Sonia Hartner enjoying the Provisional Summer Social at Superior Seafood.  
*Photo by: Taylor S. Pospisil*
NOLA CHRISTMASFEST
INDOOR FAMILY HOLIDAY FESTIVAL
DECEMBER 21-31 2017
NEW ORLEANS CONVENTION CENTER - HALL I

★ NEW ORLEANS' ONLY REAL ICE SKATING RINK
★ AMAZING ICE SLIDES
★ CARNIVAL RIDES
★ HOLIDAY CHARACTERS
★ GINGERBREAD HOUSE EXHIBIT
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★ INFLATABLES, CRAFTS AND MUCH MORE!

NOLACHRISTMASFEST.COM
Héritage
Preserving Healthy Habits
By Laura Sorey

Even with just a cursory overview of newspaper headlines from 1920’s New Orleans, one is able to track the arc of growth within the early Junior League of New Orleans. One of the first mentions of the Junior League comes in 1923 with a “Dear Diana” society column of the New Orleans Item-Tribune. Though the piece spends some time on the “ravishing mauve velvet hat with violets at the brim” worn by one founding member, “Dear Diana” goes on to describe the spirit of service and welfare that would imbue the efforts of the women who brought the Junior League to the city: “Already our chapter-to-be has started working for the Kingsley House, the Child’s Welfare, the Day Nursery, and the Y.W.C.A.,” the columnist proudly shares. Little could Diana know (or perhaps she had a hunch) that JLNO would continue to grow and serve the New Orleans area with an even wider variety of community partners over the next 94 years.

In the latter part of the decade, items in the Times-Picayune and the national Junior League Magazine document our League’s growth into the organization closely resembling the modern JLNO. This coverage includes the 1927 opening of the Nutrition Center in the French Quarter to provide recreational opportunities, nutrition education and health care to malnourished children. In addition to nutrition programs for these children, the Nutrition Center offered classes in dance, sewing and modeling, as well as opportunities for the more “dramatically minded.”

Though the Junior League has not yet staged revivals of the Nutrition Center’s 1928 productions of The Little Vegetable Men and The Land of Health, JLNO continues this legacy of supporting underserved mothers and children, training volunteers, and improving the community through dedicated effort and programs such as Kids in the Kitchen and partnerships with organizations like Edible School Yard.
SAY ‘I DO’ BESIDE THE STEADFAST, ANCIENT OAKS OF THE COUNTRY’S MOST MAGICAL CITY.
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