

Lagniappe

Junior League

Spring 2019

95
*Years of
Legacies*

**Sustainer
of the Year
Katherine
Andry
Crosby**

Women Leading
Education for a
Greater New
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In This Issue

For the first time, *Lagniappe* includes a self-addressed envelope to make it easier than ever to support the Junior League. Simply remove the envelope, fill out the form, fold and mail out. Your contributions help JLNO to continue making an impact in the community.

Spring 2019

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Editorial Correction: In the Winter 2018 issue of *Lagniappe*, the article "Supporting Parents and Children" should have been attributed to writer Jill Holland. The editorial team sincerely apologizes for this mistake.



When The Stakes Are High

Consider representation by D. Douglas Howard, Jr., whose practice includes a focus on Family Law. He has represented many women in divorce proceedings for over 40 years, addressing spousal and child support, custody and community property issues when there is much at stake.

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Letter from the President

It is with much excitement that we announce the 2019 Sustainer of the Year, Katherine "Katie" Andry Crosby. There is never a JLNO member nominated for this honor who does not exemplify the very best in effective leadership, which makes the selection committee's task both incredibly challenging and simultaneously simple — we truly cannot go wrong. This year, Katie stood out because of her unwavering support as an active member, President, and both a formal and informal advisor to JLNO during her sustaining years. I was excited to learn recently that she's agreed to serve as Sustaining Advisor to the 2019-2020 JLNO Board of Directors again this upcoming year.

What also stood out about Katie is the impressive way she has used her skills — many of which she credits JLNO with helping her develop — to the great benefit of the entire community. Katie's incredible talents have been shared not just with New Orleans' many non profits like LCMC and WYES, but across industry sectors with businesses such as Fidelity Bank and quasi-government agencies like the Federal Reserve Bank. Katie's dynamic contributions and impact have been significant and exemplify the core of JLNO's mission.

Speaking of missions, we are pleased to announce the next phase of JLNO's multi-year mapping of our mission. As a community impact driven membership organization, understanding how our mission, vision and values align with our structure and programming are critical to our success. After thorough evaluation and with much stakeholder input, we are pleased to unveil plans for the Bloomin' Deals Legacy Project. This project honors the history of JLNO's Bloomin' Deals Thrift Store while innovating to meet the needs of today's community and JLNO members in order to maximize impact. You'll find details on this exciting initiative in the issue, with much more to come.

Thank you for your support of JLNO as we continue our legacy of Women Leading for a Greater New Orleans.

Gratefully,



Alice Franz Glenn
President



Photo by: Jessica Bachmann

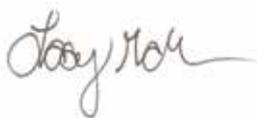
Letter from the Editor

This issue's theme of legacies is timely for me. With my first baby turning a year old, I can't help but think on a daily basis of the legacy I'm building. At the same time, constantly running in a number of directions — with a full-time career, family and a number of civic commitments — makes it difficult to feel like I'm "building" anything, especially a legacy. More often than not, I feel like I'm constantly tying up loose ends and taking two steps forward, one step back.

With this in mind, it is especially inspiring to read about our Sustainer of the Year, Katherine "Katie" Andry Crosby. Like many Junior League of New Orleans women, she doesn't shy away from a full roster of activities and engagements. Over the course of her involvement in the Junior League and the Greater New Orleans community, Katie has gone from committee member to JLNO President, civic leader to Fidelity Bank Board of Directors — all while raising her family and even earning her MBA from Tulane.

In this issue, we feature two quintessential JLNO legacy projects, Freret 5K and Bloomin' Deals, which have evolved over time as well. Though Freret 5K was a signature event for many JLNO members and the overall New Orleans community, the new partnership with the Crescent City Classic is a milestone moment for the League's commitment to community health and wellness. Similarly, Bloomin' Deals has evolved from a storefront in the French Quarter, to the Uptown location of a former K&B drugstore, to a new initiative directly influencing partner organizations and benefitting populations most at need.

For those readers and JLNO members who might feel as I do (stretched too thin and overly committed), the articles in this issue serve as a reminder that true change and impact don't occur overnight. We don't have to build Rome — or New Orleans — in a day. If together we take it one step at a time, we can achieve the same type of success experienced by Katie, Freret 5K and Bloomin' Deals. Step by step, we're building our own legacies.



Lacy McManus
Editor



Photo by: Norris Gagnet Photography

Bulletin Board

Compiled by Carrie Moulder

CRESCENT CITY CLASSIC - APRIL 20, 2019

Run or support a runner at this year's Allstate Sugar Bowl Crescent City Classic to raise funds for JLNO. For a list of runners you can support, and for information on how to register yourself as a runner for JLNO, visit www.jlno.org/runforit



GiveNOLA DAY - MAY 7, 2019

Mark your calendar for GiveNOLA Day, a 24-hour online giving event organized by the Greater New Orleans Foundation. Donations of any size provide JLNO the



opportunity to win additional donations through the Lagniappe fund. For more details, visit www.jlno.org/givenola

95TH ANNIVERSARY CELEBRATION - MAY 19, 2019

March 31, 2019 marks JLNO's 95th Anniversary! Join us as we celebrate this hallmark occasion with a festive brunch at Canal Place.

For ticket information, visit www.jlno.org/celebrating95



Celebrating 95 Years

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Mother's Day and Father's Day are just around the corner. Why not use them as a way to give back to parents in need? Motivate your school, business, church or social group to collect or purchase diapers.



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Savoir Faire

How Cervical Cancer Screenings Can Save A Woman's Life

By Guest Columnist Jacob Estes, MD (Section Head, Gynecologic Oncology, Ochsner Baptist – A Campus of Ochsner Medical Center)

Photo submitted by: Jacob Estes, MD

As JLNO Active Jen Hale attests in this issue's "Wellbeing" article, building a legacy of health prevention is a critical activity far too many women overlook. For many busy women — who juggle numerous professional, personal and civic commitments — taking the time to address a nagging concern or focus on our overall wellness can be difficult. Fortunately, our partners at Ochsner and guest columnist Dr. Jacob Estes have offered a few simple pointers for steering clear of cervical cancer, a crucial women's health issue.



Each year, more than 13,000 women in the U.S. are diagnosed with cervical cancer, and as a result more than 4,000 women die annually from the disease. It is the fourth most common type of cancer in women worldwide, but because it develops over time, it is also one of the most preventable.

Cervical Cancer Screening Guidelines

- All women should begin cervical cancer testing at age 21. Women aged 21 to 29 should be screened for cervical cancer at least every three years.
- For women aged 30 to 65 who want to lengthen the screening interval, they can be screened with a combination of Human Papilloma Virus (HPV) testing every five years. HPV is the most common sexually transmitted infection. It has 150 variant types, and 15 of these types have been found to cause cervical cancer. HPV is associated with more than 90 percent of cervical and anal cancers, as well as 70 percent of oral and throat cancers.

There are some factors that can increase your risk of cervical cancer, and your doctor may recommend more frequent screenings regardless of your age. These include:

- Smoking, which increases the risk of cervical cancer associated with HPV
- A diagnosis of cervical cancer or a Pap smear that shows precancerous cells
- HIV infection
- Weakened immune system due to organ transplant, chemotherapy or chronic corticosteroid use

The most common method to test for cervical cancer is a Pap smear, also called a Pap test.

- During a Pap smear, your doctor will collect cells from your cervix with a small brush or tool. For most women, it's painless or feels like a small scratch.
- The Pap smear can detect changes in your cervical cells that suggest cancer may develop in the future.

Parents can reduce the number of cervical cancer diagnoses by getting their children the HPV vaccine.

The HPV vaccine can provide protection from this common infection. Most commonly known as Gardasil-9, the vaccine is universally recommended by physicians and is 97 percent effective in targeting several strains of HPV, significantly reducing the risk of future cancers.

- Both healthcare providers and the Advisory Committee on Immunization Practices (ACIP) highly recommend starting HPV vaccination at ages 11 to 12 for both females and males. Vaccinating before the teenage years helps maximize immunity and can provide immunity before potential exposure through sexual activity. It can easily be incorporated into your child's routine vaccination schedules.
- The vaccine is comprised of a two- or three-dose sequence depending on age and other patient-specific circumstances •

Your annual wellness visit with your OB/GYN is a great time to discuss cervical cancer screenings.

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The Junior League of New Orleans cordially invites you to..

by Jill Holland



TOP LEFT: Elinor Bright Richardson, Elinor Bright Petagna and Adele Bright Petagna at JLNO's 75th Anniversary celebration. *Photo submitted by: JLNO Archives* **TOP MIDDLE:** JLNO member at the 75th Anniversary celebration. *Photo submitted by: JLNO Archives* **BOTTOM LEFT:** Frances Gray Fayard, Ella Montgomery Flower and Anne Flower Redd at the 85th Anniversary celebration. *Photo by Natalie Root Photography* **BOTTOM MIDDLE:** JLNO ladies enjoying the 70th Anniversary celebration. *Photo submitted by: JLNO Archives* **RIGHT:** JLNO's 70th Anniversary celebration. *Photo submitted by: JLNO Archives*

Mark your calendars! Save the Date!

In honor of the Junior League of New Orleans' legacy of service to the Greater New Orleans Area, the League is hosting a Roaring Twenties festive brunch at Canal Place on Sunday, May 19, 2019 at 12 p.m. In true New Orleans fashion, costumes are encouraged.

The soiree is appropriately themed, as JLNO was founded March 31, 1924. From its earliest days, some of the League's most impactful programs were born. **The Nutrition Center** focused on providing accessible proper nutrition to the community's most vulnerable children. The popular **Bloomin' Deals Thrift Shop** was opened in 1927 in the French Quarter. Its location changed over the years, but it remained a moniker in the New Orleans community for nine decades. Other initiatives, like the **Puppet Program** and **Children's Theatre Program**, leveraged the arts and humanities as an educational tool. These projects will be highlighted at the celebration, along with the other key programs supported by the League since 1924.

Jessica Schulman, one of the 95th Anniversary Celebration Co-Chairs, says each decade's achievements will be fêted, as will our members' efforts. After founding with only 40 members, the Junior League of New Orleans is now the ninth largest Junior League in the world out of 291 Leagues organizations. There are now over 2,100 Provisional, Active and Sustaining members, so there is much to celebrate.

Jessica says the League plans to invite the past recipients of the Woman Entrepreneur (WE) Fellowship to take part in the event. The WE Fellowship, which started in 2016, is a year-long program that supports a female business owner by providing a grant, in-kind services and mentoring to aid in her professional success and improve her economic opportunities.

"There are so many things the League was and is involved in that people do not know about," says Jessica Davidson, also Co-Chair of the 95th Anniversary. "We want to celebrate the League's achievements and also inform our members and the community about what the Junior League does."

JLNO President Alice Glenn will be one of the emcees at the brunch. She says the reason for the League's sustained community impact is their ability to adapt, coupled with effective training opportunities.

"There are so many non-profits and volunteer organizations that women can be a part of, but what sets the Junior League apart is that it is a training organization. We are training women to be community leaders," Alice says.

As part of the day's programming on May 19th, the League will hold its "Passing of the Gavel" ceremony, where Alice will be succeeded by President-Elect Christine Vinson. For those who have not observed this rite before, it is an opportunity to watch the President's gavel being passed from hand to hand of each Past President in attendance until it resides in the hand of the President-Elect.

"It is a really fun tradition seeing the community of support and the pride that these women have in the League," Alice says.

Tickets to the event will be sold in advance. As details are finalized, updates will be made available to League members and the community. Canal Place merchants have partnered with the League to offer discounts to brunch attendees, and participating stores will be announced as the celebration date approaches.

"This is going to be a fabulous day of brunching with current and sustaining JLNO members and community partners while celebrating the last 95 years!" says Jessica Schulman.

Cheers to 95 more, JLNO! •



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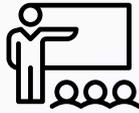
Get on Board

Compiled by Sonia Godfrey

Get on Board is JLNO's one-day, award-winning nonprofit board training program established in 2009. Ten years later, the signature program continues to impact the Greater New Orleans community.



GET ON BOARD AT A GLANCE:



TOPICS COVERED

Financial policies and fiduciary duties, legal considerations, meeting and committee management, strategic planning, effective leadership development and fundraising.



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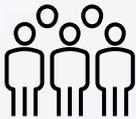
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48

attendees



14

organizations involved



SPEAKERS:

- Annette LeBlanc, VP & Chief Administrative Officer of Second Harvest Food Bank
- Yvette Jones, President/Owner of The Jones Group
- Nancy Burris Perrett, Management Consultant / Owner of Burris & Associates, Inc. d/b/a MindShare



TOP LEFT: Windi Smith, Get on Board Co-Chair speaks with Kelly Kitzman, a Get on Board participant. Photo by: Windsor V. Richmond. **TOP RIGHT:** Hannah Dimmit of Heart of Passion answers participants' questions at Get on Board. Photo by: Windsor V. Richmond. **MIDDLE LEFT:** Jennifer Coursey and Alice Thompson from Tulane University participate in Get on Board. Photo by: Windsor V. Richmond. **MIDDLE RIGHT:** Participants begin the Get on Board seminar at JLNO Headquarters. Photo by: Bailey Morrison. **BOTTOM ROW:** Representatives from various organizations answer participants' questions at Get on Board. Photo by: Windsor V. Richmond.

A New Legacy Blooms:

The Future of Bloomin' Deals

by Meghan Brown



Mrs. E. N. Kearny, Jr., in checked coat, works at the Thrift Shop, 823 Bourbon street, where second-hand clothing is sold at low prices. She is showing a dress to a friend looking over the stock.



LEFT: JLNO volunteer Mrs. E. N. Kearny Jr. at the Thrift Shop on Bourbon Street. *Photo submitted by: JLNO archives* **RIGHT:** JLNO volunteers help unload during bundle day at the Thrift Shop at 819 Bourbon Street. *Photo submitted by: JLNO archives*

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What is in store for the future of Bloomin' Deals? It's been the question on the minds of its members and of the larger community for months, and after the official unveiling of the new plan, the Junior League of New Orleans finally has an answer.

The Bloomin' Deals Legacy Project presents a fresh concept for the time-honored fundraiser that blends community partnerships to offer a new path forward, since the thrift shop on Freret Street was sold in August 2018.

To many, Bloomin' Deals has been JLNO's signature program, and it's hard to imagine the League without a

brick-and-mortar shop. The thrift store had been a fixture in the city since it opened on Royal Street over nine decades ago in 1927. Its legacy continued with the move to Freret Street in 1960, where the store served the surrounding community until its doors closed last year. It picked up its clever name in the 1980s — a play on the famous department store Bloomingdale's — signaling the high-quality inventory for which it was known.

As time passed, the League saw a need to adapt the thrift store's existing business model. The rise of "fast fashion" opened up wider access to quality clothing at low prices.



PARTICIPATING IN CEREMONIES opening the Junior League Thrift Shop at 4617-19 Freret yesterday were, from left, MRS. WALTER CARROLL JR., League president; MAYOR CHEP MORRISON, HON. JAMES L. STEUL JR., Thrift Shop chairman, and BERN JANE KOGEL, social group supervisor, Orleans Neighborhood Center. Operated on a volunteer basis by the Junior League of New Orleans, Inc., the shop was formerly on Bourbon.



TOP: The opening of the Junior League Thrift Shop at 4617-19 Freret Street. *Photo submitted by: JLNO Archives* **BOTTOM:** Pictured are the three partners with the Bloomin' Deals Legacy Project. Michelle Reinhardt, Owner of Swap Boutique, Leigh Thorpe, Board Member for Dress for Success, Shannon Brice, Board Member for Dress for Success, Alice Glenn, President of Junior League of New Orleans and Melissa Sawyer, Co-founder and Executive Director of Youth Empowerment Project. *Photo submitted by: Michelle Payne*

The daily responsibilities of running a business — historically done almost entirely by League volunteers — were soon falling on Bloomin' Deals' full-time employees as more and more JLNO women entered the workforce. With the ever-growing opportunities afforded to the modern League member, the retail training gained by working shifts in the thrift store was not as highly valued. Revenue was stagnant, and member satisfaction with Bloomin' Deals was declining while local interest in buying the property was growing.

League President Alice Glenn stressed member feedback was integral in the over two-year evolution of Bloomin' Deals' future plans. A taskforce was formed, created ad-hoc groups to foster ideas and sent out surveys to JLNO members. They wanted to know what it was about the beloved program that accounted for its decades of success.

According to Alice, members were proud of the legacy of the early, impact-focused store. While it was important the new program generate some revenue for the League's other philanthropies, it was critical that its mission remained aligned with the League's values. Responses also indicated they desired efficiency — a smaller footprint for a bigger good — and that JLNO continue to elevate rather than duplicate local non-profits. Working with Trepwise, a local consulting firm specializing in fostering new organizations and businesses, the taskforce created a rubric through which they could grade potential ideas and partnerships including the criteria the League values most — efficiency, need-driven, improved member satisfaction and prioritizing impact over revenue.

The Bloomin' Deals Legacy Project commences its 1-year

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SWAP

WHO - A carefully-curated consignment boutique

WHERE - Multiple Locations

JLNO OPPORTUNITIES - Customers (League and non-League members) can designate all or a portion of the proceeds from the sale of their donations to JLNO

LAGNIAPPE - SWAP will also donate 10% of its own profit from those sales to JLNO.

Dress for Success

WHO - A non-profit dedicated to empowering women in the workplace through mentorship, training and gently-used, business-oriented women's clothing

WHERE - 1700 Josephine Street, Suite #101, NOLA 70113

JLNO OPPORTUNITIES - League members donations of women's business attire

LAGNIAPPE - Through Dress for Success, members are contributing to a program similar to the thrift store.

Youth Empowerment Program (YEP)

WHO - A non-profit that fosters the future success of the children of New Orleans

WHERE - 1604 Oretha Castle Haley Blvd, NOLA 70113

JLNO OPPORTUNITIES - League members donations of men's and youth clothing as well as casual women's attire

LAGNIAPPE - A two-fold partnership that will offer shifts at YEP Thrift Works as well as mentorships, job-training and tutoring opportunities.

• pilot program with the start of the next League year on June 1, 2019. It was born out of this comprehensive evaluation process and is comprised of new partnerships with 3 local programs — SWAP, Dress for Success and the Youth Empowerment Program. Partnerships with these programs will work together to fill the needs left by the sale and shuttering of the thrift store while still marking a path forward for Bloomin' Deals. Fortunately, all three programs were founded and/or are run by women.

• As the League looks ahead to the coming months and years, both its members and the community it serves agree that Bloomin' Deals is an institution with a beloved legacy which deserves a future in New Orleans — beyond a physical address. •

Headquarters will continue to accept clothing donations through the end of this league year. Please reach out to chairs Stacie Carubba (stacie.carubba@gmail.com) and Hayden Eustis (hayden.gunn@gmail.com) to find out how to get more involved!

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JLNO Runs To a New Tradition

by Dr. Christen Mayer | Photo by Stephanie Campani



Laurel and Natalie Beasley coming through the finish line.

Many runners describe a “runner’s high,” a feeling of euphoria that is experienced when you achieve just the right balance of physical effort and results. Similarly, Junior League of New Orleans members describe feelings of elation when achieving the right balance of effort and results — when a new initiative perfectly meets the needs of the community and the membership. Such a balance has been found in JLNO’s new partnership with the Crescent City Classic (CCC).

The goal of the new race tradition is to find a health-oriented fundraising event that’s inclusive of the Greater New Orleans community. Expanding a Junior League initiative to a broader community gathering builds an intersection with other partner organizations and enhances members’ external efforts.

JLNO’s new partnership is with the “Run For It” Program, which is the official Charity Program of the Allstate Sugar Bowl Crescent City Classic. In addition to serving as a fitness opportunity, New Orleans’ signature 10k is also a fundraising tool for local charities. Through “Run For It,” the Crescent City Fitness Foundation selects partner organizations to sponsor runners in the CCC. The Junior League of New Orleans is now an enthusiastic supporting organization in a mutually-beneficial collaboration.

The race will be held Saturday, April 20th, 2019. Runners will be assigned a number, or “bib,” with a financial goal. JLNO has secured 20 bibles for Junior League runners. Each bib will be specific to a JLNO runner with a goal of raising a minimum of \$500 per bib, though there is no limit to the potential amount that can be raised. Bibles also include a personal online funding page operated by the Crescent City Classic. For our JLNO runners, this page is an opportunity to tell individual stories about why each volunteer is running and supporting the Junior League. “Each runner will be able to tell her personal goal and reason for running,” said Committee Co-Chair Sarah Peltier.

These stories will be tailored to specific aspects of the JLNO mission and values or a community impact project that is most meaningful for that runner. Illustrating each runner’s individual motivation helps connect donors not only to the participant, but also to the significant project

the JLNO member is supporting. These custom stories will encourage support and drive connection to JLNO’s mission for everyone involved, both inside and outside JLNO.

As this new partnership solidified, the committee overseeing the new CCC initiative divided itself into teams as a way to actively engage all members. These teams will promote and fundraise for individual JLNO runners, and they are enjoying a healthy dose of friendly competition around who can raise the most funds and awareness.

“An extra benefit of breaking the committee into teams and having team-based meetings was the members being able to meet and interact in person in a committee that usually communicates through email and interacts in person just on the day of the event,” explains Committee Co-Chair Melissa Broussard. Each team will identify a runner for each bib and then be responsible for promoting that runner. A standardized promotional package is being developed to highlight the community service impact of JLNO, which can then be adapted for each runner’s story.

Additional opportunities to advertise our 20 runners will be in the *JL in the kNOW* weekly email and on various social media outlets. Through the use of these popular platforms, every member of the League and her contacts can be directly involved with raising funds and awareness for our bibles. There is also an opportunity to earn Money for Mission or Flex Credits based on donated amounts. This expansive approach maximizes the meaningfulness for our members and optimizes our fundraising capabilities.

As the Junior League of New Orleans continues into the future with this new tradition of collaborating with the Crescent City Classic, we hope to increase both the number of reserved bibles and our fundraising expectations, which will undoubtedly offer us our own take on the famed “runner’s high.” •

For more information and to sponsor a JLNO runner, visit www.jlno.org/runforit

Wellbeing

Heart Disease and Women

by Jen Hale | Photos submitted by Jen Hale



LEFT: Jen Hale is pictured working the Panthers vs. Vikings game. She was diagnosed the following Monday when she got home to New Orleans. As you can see in the picture, the swelling was getting significant, and her feet were too swollen to fit into any shoes except flip flops. **MIDDLE:** Jen Hale is pictured on the basketball court holding her heart monitor. The monitor was connected to her vest, which would shock her heart back into beating in case it stopped. **TOP RIGHT:** Jen Hale pictured with her parents. **BOTTOM RIGHT:** Jen Hale pictured with her late father Rodney Hale.

The most significant events in one's life leave a lasting impression and teach an unforgettable lesson, right? Well, only in some cases — and often only to some extent.

I lost my father and best friend, Special Agent Rodney Hale, to heart failure when he was 50 years old, just a few weeks after I graduated high school. I was 17 years old. Even now, 20 years later, I count his death as one of the most difficult, defining moments in my life. I still think of him daily, when inevitably there's something I want to ask him, share with him or even admit he was right about — when there's something I *do* understand now that I'm "older," even though I always hated when he told me that.

Given how much I miss him and how hard it was for my mother and two younger siblings to carry on without him, one would think I would be acutely aware of what cost him his life so young.

The predicament of heart disease and who it can affect only became devastatingly clear to me three years ago, when I was diagnosed with cardiomyopathy after months of

strange symptoms. Doctors told me the realistic prognoses were either a five-year life expectancy or a heart transplant. Mercifully, after two years of waiting and trying different medicines, it turns out I'm in the minority of dilated cardiomyopathy patients who find medication to be effective in remodeling a damaged heart. I'm in that number of approximately 1/3 of dilated cardiomyopathy patients who can simply take medication a few times a day and avoid a transplant. . . or a death sentence.

There are many times I now feel silly and irresponsible for letting my condition deteriorate so badly. When I was finally diagnosed, my heart was down to 16% pumping capacity. Shouldn't I have known the risks and the warning signs of heart disease? Shouldn't I have known the preventative tests I should have been undergoing since my father, uncle and grandfather all died at age 50 or below of heart trouble?

Looking back, yes, I should have; however, the reality is that I didn't. I was a female, non-smoker who had never tried illegal drugs. I didn't even eat red meat. I did cycle, run, cross



Jen Hale pictured wearing a defibrillator vest, which she wore for 8 months after her diagnosis. The vest would shock her heart back into beating in case it stopped. She was able to stop wearing it when her heart got to 35% pumping capacity.

fit and lift weight several times a week. I was good to go, right? I led a very healthy lifestyle, except for red wine or champagne at dinner. In my mind, even though I had a family history, I was too young, too fit and too healthy to worry about heart trouble. I'd pay attention and get checked when I was "older."

Excusing, ignoring and justifying the symptoms of heart failure almost cost me my future. My intent isn't to turn anyone into a hypochondriac; however, I wish I'd put the pieces together. I wish I'd read about someone healthy, in their 30s, with my symptoms. Then maybe I wouldn't have chalked up the constant exhaustion to work, the increasing shortness of breath to allergies or acid reflux, and all the swelling from water retention to food allergies or eating too much salt.

Please believe me when I say you need to be aware of what symptoms like these could mean in terms of heart trouble, especially if you have a family history of heart disease. Take the time to write down that history in case you need it someday: who was diagnosed with what, their symptoms and at what point in their life this occurred. Genes are powerful things that sometimes deliver blessings and other times deliver curses.

One of my biggest mistakes: I thought heart attacks and heart failure were the same thing, triggered by an unhealthy lifestyle and eating fried foods that clogged your arteries. Looking back at my dad's medical records, they do say heart *failure*. All these years though, in my mind, I incorrectly remembered heart *attack*, because I didn't differentiate the two. Yes, both conditions fall under the heart disease category, but they are actually very different.

In broad terms, a heart attack usually happens suddenly, because blood flow — and therefore the heart's oxygen supply — is cut off, generally from a blocked artery. Heart failure usually develops gradually: your heart muscle gets weaker and weaker, your heart pumps less and less blood

throughout your body and eventually your heart simply stops. Heart failure can be caused by a multitude of things, including cardiomyopathy.

There are four known types of cardiomyopathy. The good news is we now know so much more about what causes heart disease. Cardiologists have many weapons to treat it and enable you to lead a full life. Help doctors help you by paying attention to telltale symptoms, catching problems early and having a detailed family history ready. If I had told doctors in checkups throughout the years that my family history involved heart failure instead of a heart attack, perhaps they would have suggested precautionary tests that would have identified my problem early on.

Looking back, I also realize part of the reason I ignored my symptoms is because I was busy competing in a man's world. I didn't think I had time to keep going to doctors just because I was tired, nor did I want to say anything that might make my co-workers feel like I was too weak or soft to hold up my end of the job. We as women push ourselves incredibly hard, whether it's in the professional workplace, the

familial workplace or both.

So many moms, including my own, always put their family's needs ahead of their own. Since first telling my story, I've heard from so many stay-at-home moms who also ignored their symptoms for months because they were busy tending to children and husbands. Ironically, one type of cardiomyopathy is directly related to pregnancy and childbirth. Peripartum cardiomyopathy usually begins around the last month of pregnancy and often isn't identified until after the mom delivers her baby. Many women struggle to get accurately diagnosed because the cardiomyopathy symptoms are attributed to just being a new mom. Who would think incredible fatigue would be caused by anything other than a newborn waking you up all night long?

As women, we need to take as much care of ourselves as we do the other responsibilities in our lives like families, jobs and community commitments. We need to recognize, respect and protect our own health — not minimize its importance because there are other demands on our time.

Despite not identifying my heart failure until it was critical, I'm blessed to be off the heart transplant list and living an amazing life. Now, there is virtually nothing I'm restricted from doing, other than redlining my heart rate when I exercise. I do rest more, take medication daily and avoid second-hand smoke; however, I'm doing virtually anything I want, instead of lying in bed awaiting a transplant or something worse. I thank God daily for giving me a second chance and figure He must have a reason for that.

Please learn from my mistakes and be pro-active when it comes to heart disease — for yourself and for your family. •

Katherine Andry Crosby

Sustainer of the Year

by Jen Hale



Sustainer of the Year Katie Crosby and her mother Judith Becker Andry who is also a JLNO Sustainer. *Photo by: Jessica Bachmann*

Today, many tend to think of “girl power” as a millennial phenomenon, when young women serve as bright, new examples of progress to mothers and grandmothers. The truth is that females have been blazing away at that trail for decades, sparking the change the latest generation now strives to grow. Just look at Junior League of New Orleans Sustainer of the Year Katherine “Katie” Andry Crosby, a modern New Orleans woman who defines the idea of having it all, from stay-at-home mom to Chairman of Fidelity Bank.

In the late 1970’s and early 1980’s, Katie earned her degree in Business Administration from Vanderbilt University (1983), married E. Howell Crosby (July 1984), began a family and followed in her mother’s footsteps when she joined the Junior League of New Orleans.

“I joined the League in 1988,” Katie says. “At the time, my two older children were ages two and one. I was familiar with the League because my mother was a Sustainer. As a child, I remember her working on placements in children’s theatre and



Sustainer of the Year Katie Crosby
Photo by: Jessica Bachmann

on the Follies fundraiser. From my perspective then, it seemed like fun! The League offered me an opportunity to meet and interact with other women and to be involved in the community.”

Katie relished being at home to raise her growing family of three children and working on a variety of JLNO committees: Cookbook, *Lagniappe*, Community Assistance Fund, Holiday Marketplace and Placement. The native New Orleanian began tackling JLNO leadership roles in 1995, when she assumed the office of JLNO Treasurer, followed by Nominating Chair in 1997, President in 2000, Endowment Campaign Steering Committee from 2001-2003, Nominating Committee Advisor in 2002, and finally Sustaining Advisor to the Board in both 2004 and 2013.

“My League involvement helped me to learn about fundraising, community organizations and how the League operated,” Katie says. “It was important to me to choose placements across the community, fundraising and internal League workings for education and variety. I learned a lot about leadership when I served as a committee member and ultimately chaired the Nominating Committee. Ensuring that all voices were heard and that all opinions were respected while working towards consensus was critical to the process. It continues to be an important leadership trait for me.”

Indeed it does, and it’s a trait that has served Katie well. The Country Day alumna has held multiple leadership positions besides her JLNO service, including serving as a Board Member for the New Orleans Branch of the Atlanta Federal Reserve Bank, on the Selley Foundation’s Board of Trustees and as a WYES-TV Board Member. She credits the lessons she learned from her JLNO service with helping her to tackle these and other challenges in life.

“As I reflect on my time in the League and how it influenced my future, what stands out is how the League gave me confidence to accept placements that may have been out of my comfort zone,” Katie says. “While I may not have believed I had the skills to step into certain roles, members that I respected did, which encouraged me to take those scary steps, especially when asked to be Treasurer and, later, President. Each time that happened, I learned and gained confidence. I also learned to ask lots of questions and to ask for help when needed.”

Katie’s largest leadership challenge came in 2003, when she became the first female director in the history of New Orleans-based Fidelity Bank. Besides the pressure of being the first woman to hold this position, Katie also had family expectations to meet. She’s the great-granddaughter of Allain C. Andry, Sr., one of Fidelity Bank’s original founders.

“Being the first female director of Fidelity Bank was both invigorating and intimidating,” Katie says. “Not only was I the first female director, but I was also significantly younger than my fellow directors. As a young director, I challenged myself to learn all that I could about the business of banking in general, and Fidelity specifically, so that I could actively engage in Board discussions. It was important to me that my fellow directors saw me as a peer that added value to the conversation and perhaps a slightly different perspective. What I learned is that we all earn respect through hard work and commitment.”

If the load of family, career and volunteer service weren’t enough, Katie added another role shortly after becoming a director for Fidelity Bank. In 2006, this mom of three and volunteer extraordinaire concluded she could grow more personally and professionally. She decided to return to college, a daunting goal she knew she could achieve after reflecting on her JLNO experience.

“The confidence JLNO gave me was especially important when I decided to pursue my MBA at age 45,” Katie says. “While that was a big hurdle, I was encouraged remembering all of those times at JLNO when I learned tremendously from placement opportunities that felt challenging.”

Although her life was brimming, Katie decided to pursue her graduate degree when her youngest son was a freshman in high school and her two oldest children were in college. The driven mom wanted to ramp up her professional life as her children were leaving or preparing to leave home. Her role as a director with Fidelity Bank required some time commitment, but she knew since her children were growing, she had more to offer.

Katie was accepted into Tulane’s A. B. Freeman School of Business. Tulane’s Executive MBA program runs for 18 months with classes every other Friday and Saturday. It’s designed for employed students that have attained a certain



PICTURE TOP ROW Elizabeth and Billy Crosby, Howell and Katie Crosby, Tac and Caroline Crosby
BOTTOM ROW Tippins, Wils, Jackson, Elle, Wilson and Emery Gandy. *Photo by: Grevy Photography*

“As a Sustainer, I have been honored to serve as Sustaining Advisor to the Board two times and also as Sustaining Advisor to the Nominating Committee,” Katie says. “My favorite part of serving in those roles has been meeting members and keeping abreast of League activities. Ironically, the challenges are [much] like those we faced when I was an active, including membership requirements, community involvements and fund-raising. The Diaper Bank is serving such a huge need in our communities and is a great project for JLNO.”

Katie is a shining example of how impactful sustainers are to the mission of JLNO and the city of New Orleans. Her service, not just as an Active but also

leadership level within their professions. Katie did not fit that exact description, but her admirable service to JLNO helped pave the way for her acceptance into the program, despite her nontraditional resume.

“While I was not employed full-time, my role as a director at Fidelity Bank, and also my volunteer experience, including JLNO President, provided a unique perspective,” Katie says.

She received her MBA in 2007 and also became a member of the exclusive business honor society Beta Gamma Sigma. Katie then channeled her energy and education into Fidelity Bank and became Chairman of the Board in 2010, a position she still holds today.

Her closest friends and fellow JLNO sustainers are not surprised by her success. Melanee Usdin has known Katie since grammar school and was President of JLNO in 1999, the year Katie was President-Elect.

“Katie is a team player. She brings to the boardroom many talents: financial expertise, community experience, professionalism and, most importantly, an ability to build consensus,” Melanee says. “Katie is unflappable; a total delight to work with. She’s easygoing but committed. She’s knowledgeable, smart and experienced, but always respectful. She seems to have struck that enviable balance between work and family, between professionalism and a genuine personal interest in others.”

Katie’s interest in others has kept her actively involved in the League well into her sustainer years. She and her husband now have four grandchildren, but she still finds time to volunteer with many organizations across the city, including JLNO.

as a Sustainer, was a significant part of Wendy Beron’s decision to co-nominate Katie for the honor of JLNO Sustainer of the Year. Wendy is also a JLNO Sustainer and Past President, who now serves as President and CEO of Methodist Health System Foundation.

“Not only did Katie do an amazing job during her active years, but she has assisted JLNO at every turn as a Sustainer — with personnel issues, Thrift Shop and Endowment efforts and as a Sustaining Advisor to the Board,” Wendy says. “When you are lucky enough to get Katie on your board, she always goes above and beyond and never with the focus on herself. She comes prepared, and her contributions are thoughtful and on-point. Don’t just take it from me. Look at her service in community organizations, besides JLNO, all who quickly catapult her to leadership positions.”

In addition to Katie’s roles with Fidelity Bank and as an impactful JLNO Sustainer, she currently serves on the Children’s Hospital Board and as Board Chair of LCMC Health. All these accomplishments — a successful career, a loving family and a myriad of community service commitments — beg the question, “How does Katie do it all?”

“My family has been incredibly supportive, and my husband, Howell, is my biggest cheerleader,” Katie says. “Throughout my active years at JLNO and continuing today, he is always encouraging me to ‘Go for it’ and accept the opportunities and challenges.”

“Go for It” is a mantra Katie has clearly taken to heart and one that we can all use to inspire and empower our own lives. •

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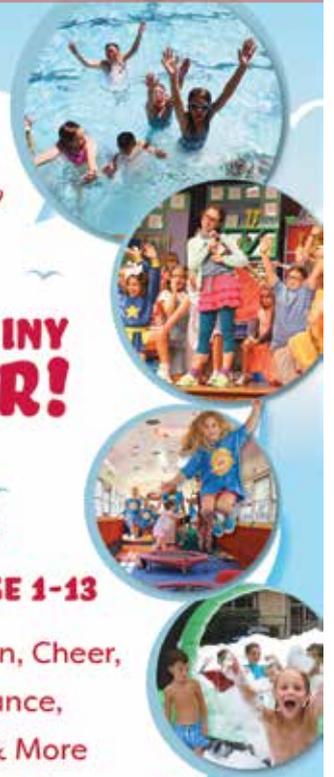
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Women Leading *Education* for a Greater New Orleans

As the Junior League of New Orleans inspires the next generation of women leaders, “Women Leading for a Greater New Orleans” has been adopted as the new slogan for JLNO. To illustrate this ongoing tradition of empowering women leaders, *Lagniappe* looks forward to highlighting female changemakers making an impact across industries, throughout Greater New Orleans. As we celebrate our 95th Anniversary, the following testimonies from women educators within the JLNO network provide powerful insights into the strength of our League leaders, as well as the ripple effect these women have in our community.



Jennifer Couvillon
RN-BC, PhD, CNE President, Chamberlain University College of Nursing at Ochsner Health System

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How I've Gotten Where I Am Today

I started my career as critical care nurse at Georgetown University Hospital, which led to an opportunity to train as a Family Nurse Practitioner and enabled me to pursue a PhD in Nursing Education and Technology. I served as an Assistant Professor of Nursing at Louisiana State University Health Sciences Center, and I joined the Ochsner Nursing leaders to help build a professional development program and support regulatory education. I'm fortunate to be able to blend my teaching experience with my knowledge of nursing administration and operations. This allows me to ensure the Chamberlain University College of Nursing at Ochsner is a fully-blended program where students can experience clinical training while caring for patients. My goal is for those interested in nursing to be fully welcomed and integrated into the Ochsner Health System during their Bachelor of Science in Nursing training. The key to a seamless transition is the institution's commitment to care. Chamberlain Care leads to the Ochsner culture of care, and our campus supports professional development along the way.

Chamberlain Care is more than a concept; it is a culture. When an individual listens to their heart and realizes that caring for others is their gift, looking for a nursing school

that can enhance that passion and spark a desire for lifelong learning is their goal. Chamberlain does just that. The campus is made up of colleagues who care for themselves and one another so that we have capacity to care for our students, who care for our patients. Caring is not limited to an act of kindness: to truly care means to help another in their darkest times, and to be present physically and emotionally when the student or patient may not even understand that they need support. Caring is not always easy, but it is the premise of the program and the profession — it is ultimately in the soul of the individuals who chose Chamberlain University and Chamberlain Care for their educational experience.

My Best Advice for My Peers

My best advice is to follow your passion. You will find ways to serve that offer a career and bring you joy on a daily basis. Serving others has always been my passion. Recently, I was appointed to serve the State of Louisiana and represent nurses to ensure the wellbeing of our community, which is a true honor. I am hopeful I can carry on the hard work of those that served before me and those that will continue to serve in this capacity long after me.

We are always learning as nurses, and I plan to share with our nursing students that our responsibility to serve others is not limited to the bedside environment. We also have a responsibility to be professionally engaged so we advance our profession while serving our community. I truly believe if we say “Yes!” to opportunity and share the talents God has graced us with day by day, we are successful.

JLNO's Impact on My Success

I benefitted from my time with the Junior League of New Orleans because I was exposed to and trained in servant leadership by Junior League leaders. The foundation of servant leadership cemented my commitment to lifelong learning and hence influenced my career.

Nurses care for the human body, which is part science, part art. Therefore, no experience is ever identical. Our best asset is our ability to think critically as our patient's environment and wellbeing changes. We are always following the nursing process, which is a series of organized steps designed for nurses to provide excellent care. By virtue of these tasks, we are lifelong learners. It is a natural paradigm and should be celebrated as such. Nurses don't return to school; they are always in school — even after the diploma is earned or the official nursing board licensing exam is complete.

To be a health care provider is to be a lifelong student of the ever-changing human body and mind. To be a Junior League member — whether Provisional, Active or Sustainer — is to be a lifelong volunteer, and the synergy is caring for others.



Photo by: Jessica Bachmann

Melissa Eversmyer

Learning Specialist, Louise S. McGehee Lower School

How I've Gotten Where I Am Today

When I was just starting out as a Speech Pathologist in Metro Nashville Public Schools, I was overwhelmed with a large case-load of students with a wide range of learning styles, differences and disabilities. Although I felt like I was completely in over my head, I was lucky enough to have a highly experienced Speech Language Pathologist, Renee Booth, and Occupational Therapist, Cindy Wood, to learn from. I learned that it's okay not to know everything right away. Asking these women for help improved my skills as a Speech Pathologist, which most importantly improved the academic life of my students. Focusing my energy on ensuring my students' success rather

than on my own perceived shortcomings has led to a more successful career as an educator. Using my mother, a school librarian, as an inspiration, I make sure my students feel loved. When students feel loved and successful, they are inspired to take risks, which leads to future success.

My Best Advice for My Peers

Throughout my career, I've sought out women whose skills and strengths I admire, then made a point to reach out to them for advice and mentorship. There's a saying in yoga: "Don't compare your beginning to another's middle." Rather than focusing on your limitations, get inspired by those you admire. Ask questions. Ask for help. Focus on your work's greater purpose, and seek out others to help you achieve your goals. In turn, help others who are just starting out in your field, and inspire them to reach for their fullest potential.

JLNO's Impact on My Success

I wouldn't be where I am today without the people I have met and the skills I have gained during my years in JLNO. "Advancing Women's Wellbeing" certainly rings true when I think of the inspiring leaders who shepherd our efforts for a greater New Orleans, volunteer opportunities that focus on community impact and training opportunities that provide the skills to be better women for JLNO, our community, our families and our careers. The three JLNO core competencies I've used most as a Learning Specialist at Louise S. McGehee School include leadership, communication and teamwork. I strive to motivate and energize my students to work through a challenging skill or concept, then enjoy the success of mastering that skill. I also collaborate with classroom teachers, counselors, administration and parents to enhance the academic success of our students, while relying on our individual strengths. Since JLNO and McGehee both focus on training and lifelong learning, I'm aware that I need to grow in some skills, including Patience and Flexibility. I'm okay with being a work in progress!



Mollye M. Demosthenidy

Clinical Associate Professor,
Department of Health Policy and Management, Tulane University

How I've Gotten Where I Am Today

I think I've been helped by saying yes — to projects, positions, volunteering or whatever interesting opportunities presented themselves. I originally trained as an attorney and I practiced law locally for almost five years. At the same time, I was teaching as an adjunct professor at Tulane. I hadn't envisioned myself in an academic setting, but I realized I was at my best when I was in the classroom. When a full-time position opened up, I pursued it. I realized that, when I was in my early 20s, I hadn't known to even envision this career. But by saying yes to opportunities, even when I was nervous, I was prepared when this path appeared, and I was ready to seize the moment when the right set of circumstances developed.

My Best Advice for My Peers

Be yourself. We are all at our best when we find a position that aligns our personal strengths with the purpose and value of the organization we're working with. You can only find the right fit if you share your authentic self with others. When you find the right fit, you're giving yourself the best chance for success; however, you can't do that if you're not truly yourself in the lead up.

JLNO's Impact on My Success

Through JLNO, I met a network of women from different backgrounds and with different perspectives but who all shared fundamental values and a commitment to our community. Working with these women taught me so much. Listen first. Be a team player. Contribute your talents in whatever way you can. Don't be afraid to question. And, above all, be mission-driven and goal-oriented.



Kiki Baker Barnes, PhD
President/CEO, Kiki Baker Barnes, LLC

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How I've Gotten Where I Am Today

My journey has been filled with many twists and turns. When I graduated from the University of New Orleans (UNO) in 1997, I had hopes of landing a job in the television industry, but my participation in college athletics made it difficult to intern due to my hectic practice and travel schedules. As a result, I did not have the experience to get hired by a news station.

Since I wasn't sure what I wanted to do next, I decided to enroll in graduate school at the University of Louisiana at Lafayette. I was offered a graduate assistant (GA) basketball coaching position, and I was able to learn all aspects of running an athletics program. This was just the preparation and foundation I would need to eventually build a women's basketball program during my first year as Head Coach at Southern University at Shreveport.

This opportunity was not without its challenges. A caveat of the position was that I not only served as Head Coach of the basketball team, but also led the cheer and dance teams. Little did I know that just like the GA position, this would prepare me for the opportunity of a lifetime six years later.

Managing three of the four teams at the university was the first time I had considered becoming an Athletic Director (AD). I realized there were not very many women ADs and even fewer women of color. I knew that to compete, I would need to further my education by enrolling in a doctoral program. After experiencing a #metoo incident, I decided to resign from my position as Head Coach and focus on transitioning to athletic administration.

I moved back to New Orleans and was accepted into the UNO educational and leadership doctoral program. During that time, Dillard University hired their first African-American female AD, Dr. Robin Martin. Dr. Martin hired me

as her assistant, and I was grateful for the opportunity to learn from a phenomenal woman like her. Unfortunately, our time was cut short in 2005 when Hurricane Katrina devastated our city. All athletic staff with the exception of Dr. Martin were laid off.

In August of 2006, Dr. Martin left Dillard for another opportunity, and I was then hired as the Athletic Director and Head Women's Basketball Coach at the age of 31. The University had decided to only retain three sports as they continued to deliberate on next steps to restoring the campus. While I had not been an AD, I had the experi-

ence from my time at Southern University at Shreveport. During my interview with the hiring manager, I was able to share the steps that I took to build and manage those programs and how I would use the knowledge gained from that experience as a blueprint to rebuild Dillard University athletics.

I attribute the successful rebuilding of Dillard University athletics to being positioned on purpose *for* a purpose. When I reflect on my experiences, I realize that I was uniquely prepared and positioned for an opportunity like this. I had learned the importance of developing strong relationships internally and externally. I learned to be an ambassador for the University. I learned to identify talented individuals. I learned success doesn't happen right away, but rather through consistent and strategic actions driven by a strong mission statement, goals and objectives. These experiences enhanced my leadership ability, leading my peers to acknowledge me as a top leader in the industry.

My Best Advice for My Peers

Operate with a spirit of excellence and accountability. Be passionate, focus on the job at hand, and pursue actions with purpose that will lead to a positive outcome. Be a problem solver and not a finger pointer.

JLNO's Impact on My Success

I was already an Athletic Director when I joined the Junior League; however, the connections I've made have helped me grow my business, Kiki Baker Barnes, LLC, a great deal. The networking and training opportunities are informative, insightful and impactful. I have been amazed at the willingness of League members to connect me to others who can help me advance my career and business.

Lagniappe looks forward to highlighting the female community leaders making impact across a range of industries as we celebrate 95 years. Stay tuned for more "Women Leading" testimonies in future editions!

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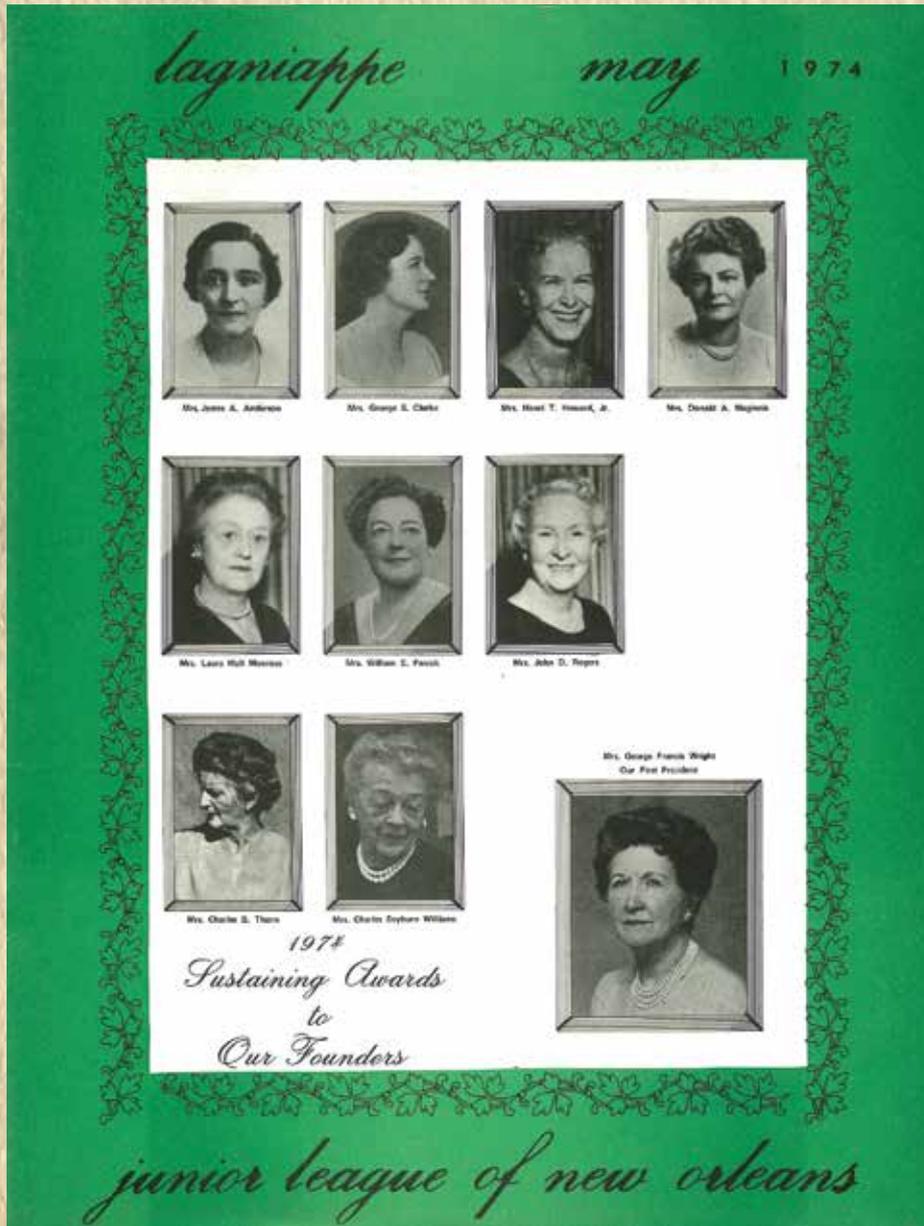
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Héritage:

Sustainers Sustaining New Orleans

By: Jill Holland



The Junior League of New Orleans presents its Sustainer of the Year Award to a Sustaining member who exemplifies the organization's educational and charitable mission. The recipient has a demonstrated commitment to promoting voluntarism, developing the potential of women and improving communities through her commendable action and leadership. Nominations for the award come from the Sustaining and Active membership, and a committee reviews nominations and letters of support to determine the award.

In May of 1958, Gladys Eustis Reily (Mrs. James W. Reily) became the first recipient of JLNO's Sustainer of the Year Award (SOY). According to an archived *Lagniappe* article, she "has taken her League volunteer training, continued it and expanded it to become an outstanding volunteer worker for the betterment of the Community." A little research into Mrs. Reily's League background reveals she was a member in 1925, JLNO's second year. She also served two successive terms as the League's President.

Since the SOY Award was created, there have been 62 recipients, many of whom served as JLNO President and all of whom took the training they received as members of this organization out into the Greater New Orleans area and beyond.

The 2018 SOY recipient was Melanee Usdin. When asked for her message to Actives approaching Sustainer status, she says, "Congratulations! You are about to graduate from a high-level course in non-profit training with an advanced degree in board governance. While you were making new friends and networking with like-minded women, you were also learning best practices, consensus building, how to run

In May 1974, *Lagniappe Magazine* featured JLNO's joint Sustainers of the Year — its Founding Ladies — as part of the League's 50th Anniversary Celebration. The cover of this 1974 *Lagniappe* edition pictures these amazing women who sparked the Junior League of New Orleans' 95 year legacy. Photo provided by: JLNO Archives.

Thank you to all past contributors to *Lagniappe Magazine* who highlighted a Sustainer of the Year — your articles assisted in the research for this Heritage piece.

Past Sustainers of the Year

2018	Melanee Gaudin Usdin	1998	Jean Flower Tompkins	1977	Katherine Foster Duncan
2017	Margaret "Margo" Sanders Phelps	1997	Georgia Monsted Simmons	1976	Anne Kock Montgomery
2016	Ann Thorpe Thompson	1996	Ann Mahorner	1975	Margot Bennet Logan
2015	Peggy LeCorgne Laborde	1995	Joan Walet Hartson	1974	The Founding Members
2014	Claire Ferrier Stahel	1994	Frances Gable Villere	1973	Charolotte Hillyer Dupuy
2013	Harriet "Muffin" Balart	1993	Sally Upham Hays	1972	Helen Martin Shaw
2012	Margaret Garrett Wall	1992	Marjorie Leverich Moran	1971	Shingo Dameron Manard
2011	Julie Livaudais George	1991	Beth Stocker Cary	1970	Virginia Logan Halsey
2010	Janet White Bean	1990	Anne McDonald Milling	1969	Susan Buck Mayer
2009	Beverly Reese Church	1989	Gladys Gay LeBreton	1968	Rosa Freeman Keller
2008	Susan Read Johnson	1988	Kathryn Eshleman Rapier	1967	Isabel McMain Ewing
2007	Alice Wright	1987	Adelaide Wisdom Benjamin	1966	Charlotte Felder Favrot
2006	Ruthie Frierson	1986	Sybil Muths Favrot	1965	Frances Kittredge Burke
2005	Margie Villere	1985	Florance Scott Conway	1964	Jane Pharr Gage
2004	Barbara Gott Bush	1984	Lynne Hecht Farwell	1963	Peggy Weaver Waechter
2003	Cynthia Rainold Hammond	1983	Virginia McConnell Walker	1962	Althea Wuerpel Rainold
2002	Flora Fenner French	1982	Diana Monroe Lewis	1961	Nancy Reeves Dreux
2001	Susan Jones Gundlach	1981	Molly Ferrell Reily	1960	Murray Percy Hurley
2001	Eugenie Jones Huger	1980	Catherine Bensabat Schneider	1959	Eleonor Luzenberg Pratt
2000	Patricia Crane Mason	1979	Bruce Witherspoon Rafferty	1958	Gladys Eustis Reily
1999	Elizabeth Shaw Nalty	1978	Nell Winston Saussy		

an effective meeting and how to build a strong board. Many of us didn't realize how much we had learned until after we had 'graduated' from JLNO and joined other boards."

This is a belief echoed across the decades. In past *Lagniappe* articles which highlight these accomplished SOY women, ranging from 1958 through today, each woman attributes her success as a volunteer and leader in the community to the training received as a Junior League member.

Sustainer and Past President (2017-18) Kristen Koppel says, "When you [become a] Sustainer, you quickly realize the aspects of the League that were most important to you, and these things stay important. You look for ways to incorporate the League into the community." She goes on to say that the League prepares you as a Sustainer to continue talking about the issues in the community and how to tackle them.

Kristen also says that each SOY recipient and every Sustainer she reached out to when she was President gave assistance without reserve. "They were always available for counsel and were there to help with the warmest welcome. I always knew I had their support."

To these women, Kristen says, "Thank you! Thank you for your work in the community, for attributing your success to the League. You are change makers, and you are raising awareness. You are role models to our members and the community. I am so proud of you."

Melanee also reiterates the influence and support past JLNO leaders have had on the current membership.

"SOY recipients and past-presidents were inspirational role models," she says.

With a League as large as JLNO, provisionals, sustainers and actives may not all have a chance to interact. The provisionals and the actives are aware of those sustainers who continue to work with the League and in the community, though.

"Some [of these women] played a key role in my training," says Melanee. "But so many I admire simply for being effective, talented, lovely people. Two ladies who were especially inspiring when I was a new member were Lucille Andrus and Fran Villere. Others, closer to my age, were part of a posse of trained volunteers who worked together as a team then and now."

That original group of trained JLNO members were its founders. The 10 women who came together to create the Junior League of New Orleans in 1924 were trailblazers in a time when women were often limited in how they could impact their community — simply because they were women.

The Founders of JLNO were honored as the Sustainers of the Year Award winners in 1974 as part of the League's 50th Anniversary Celebration.

"During this Fiftieth Anniversary celebration, it is with great pride and humble gratitude that the members of the Junior League of New Orleans, Inc. pay tribute to Mittie Clark

Anderson, Marjorie Bobb Clarke, Elise Mason-Smith Howard, Ruth Hobson Maginnis, Laura Hall Monroe, and Veva Penick Miller Wright, and honor the memory of Elizabeth Hill Penick, Josephine Witherspoon Rogers, and Delphine Charles Williams," wrote Katherine Gage, *Lagniappe* Staff Writer (*Lagniappe*, May 1974).

These pioneers of League voluntarism in New Orleans partnered with the Child Welfare Association, the New Orleans Day Nursery (which became a part of Kingsley House) and the YWCA to build a foundation upon which JLNO's members stand today. Kristen says it is a testament to the League that 95 years later, what these women set out to do is still relevant and impactful.

"I encourage all women interested in voluntarism to consider the Junior League because it is unique in its emphasis on training," says Melanee. "JLNO's stated mission is not only to improve the community, but also — and perhaps more importantly — to do so by training its members for service on other boards and leadership positions in the community. It's a superb education, and you'll have a lot of fun along the way."

As JLNO celebrates 95 years of service in the Greater New Orleans Area, it wishes to honor its Founders and each Sustainer of the Year whose commitment to the wellbeing and empowerment of women in this community is beyond compare. •

League Faces: *Looking Back*

As JLNO celebrates 95 years, we look back at League anniversaries, celebrations and birthdays from years past...



Photos submitted by: The JLNO archives.

League Faces



JLNO volunteers bag hats for the AHA Little Hats, Big Hearts, in preparation for Heart month in February. *Photo submitted by: Caroline Holland Phillips.*



JLNO ladies PJ Lentz, Sarah T. Aucoin, Jessica Krinke Bean and Gina Gendy at Cavan during Front Porch Friday. *Photo submitted by: PJ Lentz*



JLNO ladies enjoyed a King Cake baking class at Marchand Kitchens sponsored by the Esprit Committee. *Photo submitted by: Katie Millet.*



JLNO volunteers at the MLK day diaper sort. *Photo submitted by Dana Schmitt.*



JLNO volunteers at the MLK day diaper sort. *Photo submitted by Dana Schmitt.*



JLNO volunteers at the MLK day diaper sort. *Photo submitted by Dana Schmitt.*



JLNO ladies learn the secrets of making a homemade King Cake. *Photo submitted by: Katie Millet.*



JLNO volunteers at the MLK day diaper sort. *Photo submitted by Dana Schmitt.*



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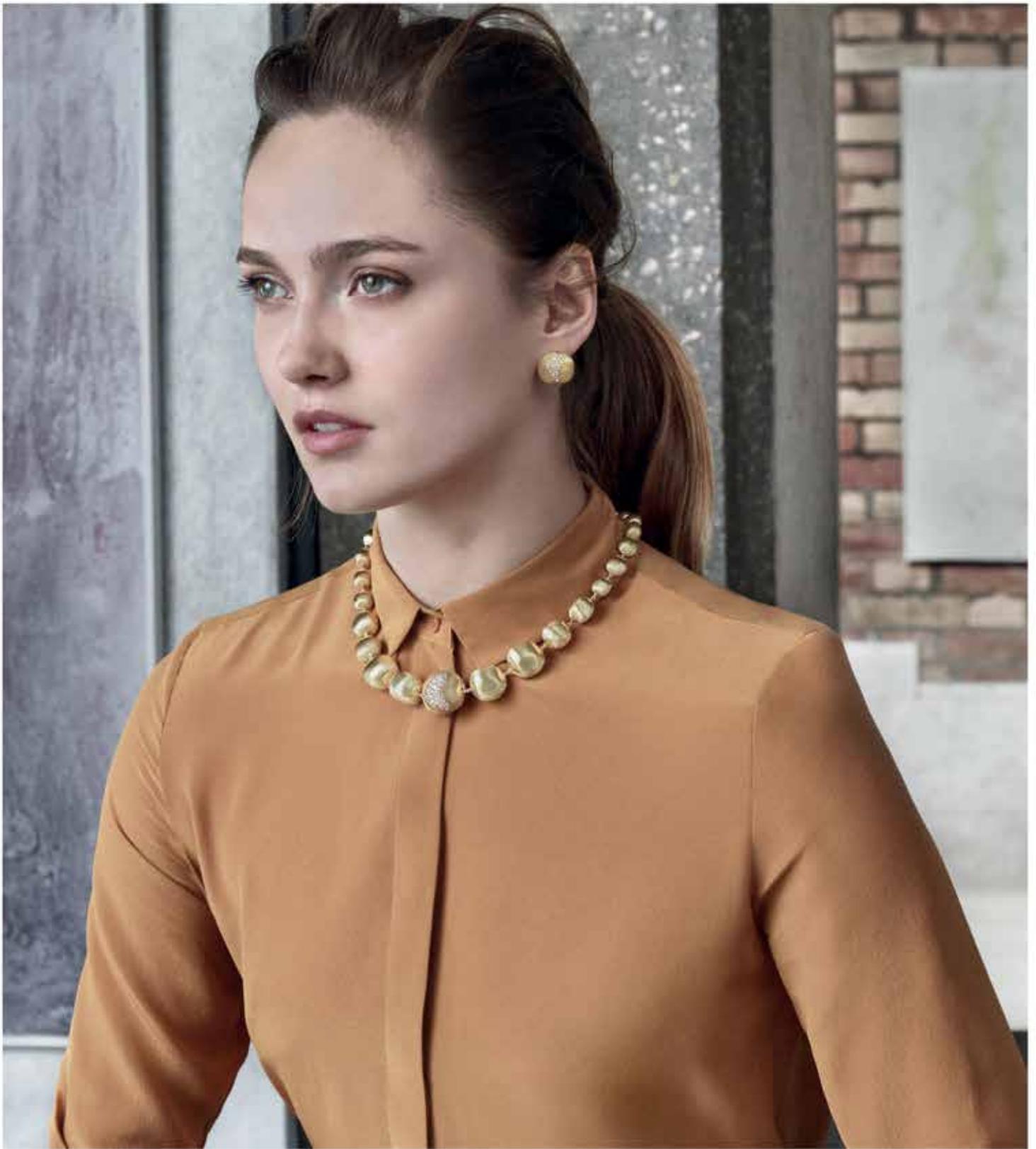
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