

# Entre Nous

JUNIOR LEAGUE OF GREATER COVINGTON



JLGC IS EXCITED FOR 2024-25 PLACEMENTS!

THE APRIL 2024 ISSUE



**“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”**

**- Erma Bombeck**  
American Humorist, 1927-96

## **Happy National Volunteer Month from JLGC!!**

This April, I want to acknowledge the efforts our members dedicate yearly to engage positive change in our community.

The Junior League of Greater Covington, from the executive leadership to our newest members, is a completely volunteer-run nonprofit, supported by the hardworking philanthropic efforts of our volunteer members developing leadership skills through community impact and collaboration.

Since our national organization’s humble beginnings serving immigrants and the challenges of tenement housing in 1901, volunteering has been at the very heart and soul of the Junior League’s mission and purpose.

Every year, I’m grateful to our member volunteers’

compassion, enthusiasm, experience, innovation, dedication, mornings, evenings, weekends, and everything in between to promote the Junior League of Greater Covington and contribute their talents to serve the greater good.

The Junior League of Greater Covington is nothing without our coalition of women leaders, and for that, I thank each one of our volunteers - past and present - for rising to the occasion and serving our St. Tammany community.

In recognition of National Volunteer Month, and every month, I look forward to celebrating YOU...Cheers to our JLGC Volunteers!

**Carpe Diem,**

*Amy A.  
Puerto, D.D.*



## **Congratulations to our New Officers!**

**Bethany Boice**  
Chief Operating Officer

**Julie Conklin**  
Membership VP

**Jacque Freeman**  
Membership AVP

**DeAnne Lucario**  
Asst Treasurer

**Kristin Valerio**  
Asst. Recording Secretary

**Kim DeBrock**  
Asst. Corresponding Secretary

**Jennifer Rush**  
**Katie Roberson**  
**Susan Lenior**  
Nominating Committee



## April GMM

### DATE

Monday, April 15

### TIME

6:30-8:30p

### PLACE

Mandeville Community Center  
3090 E. Causeway Approach

### ON THE AGENDA

Placements!  
Planning for 2024-25

### FOOD



## April Provisional Meeting

**Sunday April 20**

**11am**

Home of Misty Levy

## Final Meeting 2023-24



### DATE

Sunday, May 19

### TIME

11am-1:30pm

### PLACE

Benedict's Plantation  
1144 N. Causeway, Mandeville

### PRICE

\$40 per member. Mail in or drop off check at Dogwood, Attention Bernie Taylor; pay by Square (includes processing fee); or bring to April GMM

### ON THE MENU

#### Chicken De la Croix

golden-fried chicken breast stuffed with black forest ham, fresh baby spinach and aged provolone cheese finished with a wild mushroom chardonnay cream

#### Catfish Pontchartrain

fried fillet of catfish smothered in a rich seafood cream sauce of gulf shrimp, blue crab & Louisiana crawfish



## Ride in Mardi Gras with JLGC!

Everyone loved seeing our JLGC ladies in the Krewe of Bogue Falaya Mardi Gras parade this year!

Next year, we have a chance to fill rather than share a float — a total of 30 spots!

A down payment paid by May 31 will reserve your spot. The balance will be due in Oct. 15, 2024. Participants also buy their own costumes and throws.

Contact Jacquie Freeman or Kristal Williams to get your name on the list!



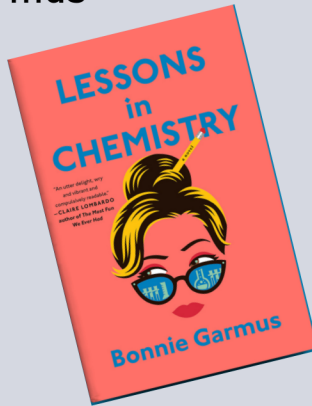
## APRIL

### Book Club

Thursday, Apr 18, 6p  
Dogwood Cottage

Potluck: Bring a Dish! Sign up in Digital Cheetah.

Book: Lessons in Chemistry by Bonnie Garmus



### Sustainer's Social

Sunday, Apr 28, 12-2p  
Dogwood Cottage

Enjoy food, wine, company and a guest speaker from the Master Gardener



## Outstanding Women Leaders

Congratulations to our recent Outstanding Women Leaders - OWLS - for February and March: **Kalisa Hobbs**, for her work on Entre Nous, and **Cecilia Hanson** for her work on the JLGC website.

Our Communications team has worked diligently this year, partnering with our Community teams to help make our events a success - from recognizing sponsors to promoting ticket sales and capturing engaging photography.

The Comms team promotes and protects our brand image in the community and is a valued part of JLGC! Thank you to these Outstanding Women Leaders for sharing their talents with us!





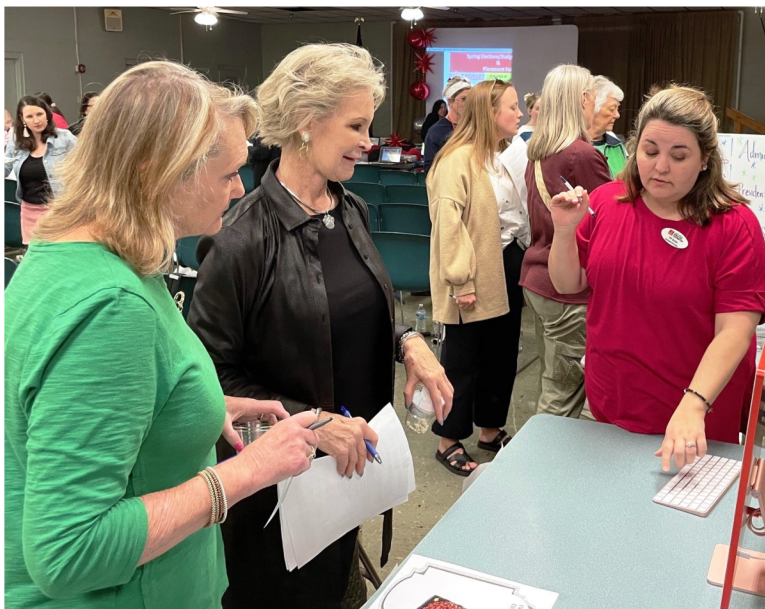
# Placement Carnival Fun!

ENTRE NOUS | APRIL 2024



**COMMUNICATIONS  
SIDE SHOW**

**JOIN THE SIDE SHOW!  
HELP US TO MAKE JLG  
COMMS BETTER!**





# Girls Health Day Keynote Profile

## Social Media Education

### Kati LeBreton: The Redhead Method

#### What is the Redhead Method?

The Redhead Method is a digital education for anyone with the internet. It's designed to help people of all ages and stages learn how to thrive in the digital age, not just survive. Using the concept of "positive digital habit training", TRM is tailored to the needs of each audience, helping to reframe the concepts of the social media landscape and develop healthier relationships with devices.

#### Why is social media education important for our youth?

Social media education, but ultimately "digital education", is crucial to the development of our kids. We are living in the digital age. Parents and decision makers can no longer ignore the online space or view it as a "fad." To put it simply, our lives are now digital and there's no turning back.

We are doing a huge disservice to future generations by not properly educating them on how to navigate their online lives. It's as if we gave every child a high-speed race car with a full tank of gas but haven't taught them how to drive it safely.

#### How has social media changed our childhoods?

I could write a book on how social media has changed our childhoods, but I will focus on one specific point: The digital landscape has changed how we make memories. Sure, it is wonderful that we can easily share precious moments with our family and friends online. But ask yourself this: when was the last time you took a photo without the intent to post it to social media?

**"It's as if we gave every child a high-speed race car with a full tank of gas but haven't taught them how to drive it safely."**

#### What are the biggest threats that social media poses to girls age 8-15?

One of the biggest threats, in my opinion, is to the self-worth of young girls. Growing up is already hard enough. As young women, our bodies are changing, and hormones are raging. And studies show that an overwhelming number of young women do not like their physical appearance. Couple



those challenges with unmitigated access to heavily-edited, filtered, and AI-generated content showcasing what our society deems as "beautiful", and it will wreak havoc on the self-confidence of any young women. Most of the content we see online today is not real, or it's at least severely altered. The developing brains of young women aren't equipped to know the difference. We owe them the training to understand how to navigate those feelings and realize that all of them are talented and gorgeous in their own way.

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How can girls create a more positive online experience? We forget that we, girls and women, can somewhat control what we see on a daily basis. One simple way to create a more positive experience is to only "follow" accounts that generate positivity. I'm not l'm not saying to hide under a rock and avoid the world. But if you follow someone who isn't very nice or makes you feel a certain way about yourself, the solution is simple: UNFOLLOW, SIS! You don't owe anyone your energy just because they're your coworker, classmate, or someone you went on a date with once.

### What are some examples of accounts that exist positively in the digital space?

It's not all doom and gloom out there. I can see the social media landscape changing for the good, to some extent. My advice is to seek out accounts that are simply fun. What are your hobbies? And I don't mean anything related to work, school, parenting, or health. I mean a TRUE hobby. Is it fly-fishing? Crocheting? Crossword puzzles? Pickleball? Follow accounts that make you love your hobbies again. We've gotten too serious on social media.

### Who can benefit from The Redhead Method?

While The Redhead Method's audience is mostly families (parents and their children), my hope is for people to realize that this education is for everyone. It's so desperately needed in every arena. If you're a coach who is looking to improve the digital lives of your athletes, this is for you. If you're a leader seeking to train your employees on better habits, this is for you. If you're retired and want to learn more about why you can't seem to stop scrolling on your iPad in the middle of the night, this is for you. The Redhead Method is for anyone with the internet.



### Free Health Screenings Vision, Scoliosis, Dental Hygiene

**Health Talks & Demonstrations**  
Yoga & Zumba, Healthy Eating, Tobacco Hazards, Safe Dating, Puberty, Internet Safety, Sexual Health

**Plus**  
Glitter Bar, Door Prizes & Giveaways!

### Thank You to Our Great Donors!





# JLGC Celebrates 20 Years at Dogwood Cottage

For nearly half a century, the Junior League of Greater Covington has advanced women’s leadership through transformative community impact.

This year, we celebrated the 20th anniversary of our historic downtown Covington headquarters, Dogwood Cottage.

We honored these histories in March at the Dogwood Cottage Founders Day Brunch and a panel discussion with **Sue Osbon**, **Blanche McCloskey** and **Lisa Barnett**.

Thank you to everyone who supported the Dogwood Cottage campaign that will help maintain our beautiful headquarters, allowing the money earned through fundraising and membership dues to better serve and support our many mission-based community projects.



**Back Row:** Lisa Barnett, Rebecca Dougherty, Leslie Martin, Amy Puerto, Connie Bentevegna, Janet Neidermeier, Molly Burns **Front Row:** Sue Osbon, Joanne Champagne, Founder, Blanche McCloskey, Bernie Taylor **Back Row 2 - Joanne Champagne, Founder**

**Right:** The table scape was a celebration of spring including the collectible oyster ornament with the watercolor of Dogwood  
**Bottom left:** Panel discussion with Sue Osbon, Blanche McCluskey and Lisa Barnett  
**Bottom right:** Dogwood Cottage the year it was purchased in 2004.





## Training Two Cents



Presented monthly by JLGC Training & Development Committee

The following financial education tips have been provided by our own **Hannah Varnado**, CFP, APMA, MSF, Financial Advisor with Ameriprise Financial Services, LLC & co-chair of the JLGC provisional class project.

### Emergency Fund

You should typically have 3-6 months of expenses set aside as an emergency fund.

Some instances may require a larger emergency fund, so consider things such as:

- Am I the homeowner of an older home?
- Do I have high-deductible insurance policies?
- Does my family have variable income?
- Do I have loved ones out of state that may require emergency travel?

Your emergency fund doesn't all need to be in a savings account.

To help you keep pace with inflation, you can do a tiered strategy where your money is split between a savings account, money market mutual funds, or short-term CDs.

### Retirement

It is recommended that you save at least 15% of your pre-tax income toward your retirement (including an employer match).

If your employer offers a match, TAKE IT, or you are leaving money on the table. The earlier you start saving, the more wealth you can build. There is no better time than today to start saving!

## UPCOMING TRAINING OPPS

Sign up in Digital Cheetah

**Sunday, Apr 21, 2p**  
**Dogwood Cottage**  
**Digital Marketing for**  
**Non-Profits**  
**with Tiff Butler**



**Thursday, May 9, 6:30p**  
**Dogwood Cottage**  
**Floral Arrangements &**  
**Tablescaping**  
**with Susan Lenior**



## League Birthdays

APRIL

Katie Palazzo 1  
Kristal Williams 9  
Bethany Boice 13  
Saray Petty 14  
Arpil Carpenter 16  
Caroline France 17  
Alicia Dabezies 17  
Jennifer Rush 18  
Hannah Varnado 26  
Rochelle Heap 28



MAY

Janet Neidermeier 1  
Nichole Eues 2  
Sarah Khalili 5  
Jessica Brewster 10  
Paula Meiners 10  
Katie Roberson 10  
Leslie Robinson 14  
Rebecca Dougherty 18  
Valerie Mascorro 18  
Adrienne McDaris 19  
Christina Diestelkamp 22  
Taylor Nicholson 27  
Anna Dearmon Kornick 29  
Mary Lou Davis 30





## Provisional Class Project is in Full Swing!

### Food Drive

#### *Food Bank Committee*

The Samaritan Center, in partnership with Second Harvest Food Bank, offers emergency food assistance to those in the community who are in need. In some circumstances they also support securing utilities, rent/mortgage, transportation, and medication - whatever it takes to help people get on the path of self-sufficiency.

We honored National Nutrition Month in March with our food drive for the Samaritan Center. We collected 19 boxes of food from League members who brought non-perishable food donations to the March GMM.

All of our donations will be given to families and individuals experiencing food insecurity right here on the North Shore.

The Samaritan Center hosted the Provisional Class for our March meeting. Colleen Legoria, Communications Chair of the project, was impressed by the variety of food available. "They had sugar-free and gluten-free options for people with different dietary needs," she said. "They had fresh vegetables, fruits and dairy items.

And they have a full open-concept kitchen where they plan to teach nutrition classes and how to prepare healthy meals."

The kitchen can also be used to prepare food for the community in times of crisis, like a hurricane.

### Fund Raiser

#### *Fundraising Committee*

The Samaritan Center Cancer Assistance Program provides financial assistance to ease the burdens faced by local families battling cancer, including providing essentials from groceries to medical bills.

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Our fund-raising goal is \$5,000, which would double the Cancer Assistance Program's annual budget.

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\$5,000, which would double the Cancer Assistance Program's annual budget.

Join us at our upcoming events in April to help the Samaritan Center meet the needs of vulnerable families across our community.





## Join the Provisional Class in these fun upcoming events to support The Samaritan Center!

April 10-26

### Scavenger Hunt

Embark on an adventure throughout the Mandeville & Covington with our "Give-Back" Scavenger Hunt! Explore participating businesses and capture memorable moments with photo opportunities placed strategically across the city.

Stay tuned to our social media channels on the following dates for clues:

- Wednesday, April 10th
- Friday, April 12th
- Wednesday, April 17th
- Friday, April 19th
- Wednesday, April 24th

It's not just a hunt; it's a chance to make a difference.

See the Scavenger Hunt rules at [jlgc.net/2024-provisional-project](http://jlgc.net/2024-provisional-project)

#### Example Clue:



April 10-26

### Silent Auction

Get ready to bid and win big in our virtual Silent Auction!

From unique experiences to coveted items, there's something for everyone. Browse through our diverse selection of offerings and place your bids from the comfort of your own home.

And come see the items in person at our Tandem Trivia Night!

The auction will go live on our Give Butter page April 10!



Scan to learn more, donate & bid

April 26



### Trivia Night at Tandem 7 pm

We will wrap up our fundraising efforts with a bang at Trivia Night hosted at Tandem Coffee and Cocktails!

Gather your friends and family for an evening of brain-teasing fun and friendly competition. Test your knowledge across various categories while enjoying delicious drinks and tasty bites.

Silent Auction items will be present and open for bidding.

This fun night will cap off our journey together in support of The Samaritan Center!

Your participation directly supports the Samaritan Center's Cancer Assistance Program, providing crucial aid to those in need.

You can find more information and ways to help The Samaritan Center of Mandeville at [samcen.org](http://samcen.org)

Monday, April 15



## April GMM

**Roux to Do Shifts Available**  
**6pm**  
Dogwood Cottage

Thursday, April 18



## League Day at the Capitol

**Register in Digital Cheetah**  
**9am**

Thursday, April 18



## April Book Club Potluck

**RTD Shifts Available**  
**6pm**  
Dogwood Cottage

Saturday, April 20



## April Provisional Meeting

**11am**  
Home of Misty Levy

Sunday, April 21



## Digital Marketing for Non-Profits with Tiff Butler

**2pm**  
Dogwood Cottage

Sunday, April 28



## Sustainer Social

**12-2pm**  
Dogwood Cottage

Tuesday, May 7



## Give NOLA Day

Sign up to join us on this day of giving! Let's snag some funds!

**Email [communications@jlgc.net](mailto:communications@jlgc.net) to join the effort!**

Thursday, May 9



## Floral Design Class with Susan Lenoir

**6:30p**  
Dogwood Cottage

Sunday, May 12



## Mothers Day



# Around the League...

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*Sustainers Get Social*



*Sara Pivetz this year's recipient of the Susan Lenior Leadership Scholarship!*



*Board Transition Planning for the new year*



*Best Wishes to Jacquie!*



*Members gather for the Chef Soiree VIP Party!*



*Election Commissioners Jessica & Kalisa*