

A PUBLICATION OF THE JUNIOR LEAGUE OF BEAUMONT

SPINNINGS

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MARCH 2020



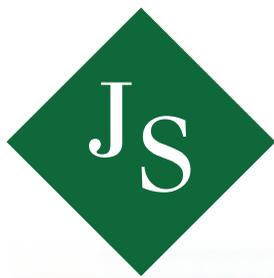
PROVISIONALS
approved for
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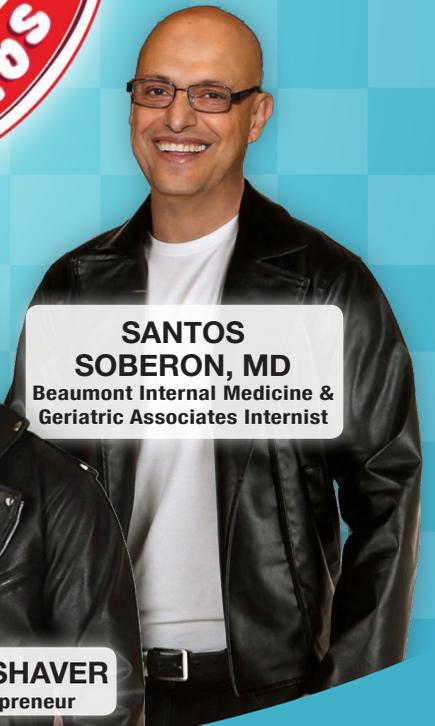
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PRESIDENT OF JUNIOR LEAGUE BEAUMONT
SHANNON FIGUEROA 2019-2020

president's message

Every year, the month of March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American History. I hope you will join me in celebrating the wonderful women of the Junior League of Beaumont this month and all that they do to make Southeast Texas a better place.

I would like to congratulate Anna Papa and her dynamic team for another successful Dancing with the Southeast Texas Stars event. The event would not have been such a success without our hardworking Stars, choreographers, and volunteers, as well as all of our community supporters. We are truly grateful for your support as it allows the JLB to continue to support critical needs in the community.

As Spring weather approaches, the JLB is gearing up for our 2020-2021 year by finalizing our community projects, preparing for budget hearings,

preparing for leadership transition, signing up prospective provisionals, and planning placement, where members are given their assignments for the new League year. Numerous meetings and much planning is necessary to ensure the League is serving the community in the best way possible.

"Alone, we can do so little; together, we can do so much"
~ Helen Keller

I hope as you read along in the March edition of Spinnings that you will learn more about the impact that the Junior League is making in the community, consider joining us in some of the activities

that interest you that are highlighted this month, and also be as proud as I am of our members who are out there making a difference every day in our community. Together, we are unstoppable.

Shannon Figueroa

"Alone, we can do so little; together, we can do so much"

~ Helen Keller

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- President:** Shannon Figueroa
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- Planning Council Director:** Brenna Rodriguez
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- Sustaining Advisor:** Diana Miles



THE JUNIOR LEAGUE BEAUMONT BOARD OF DIRECTORS

Pictured left to right: Sara Norman, Ashlee Garrett, Amber Hawk, Diana Miles, Jennifer Phelan, Shannon Figueroa, Jamie Due, Emily Wheeler, Maite Broussard, Sarah Wells and Lauren Martin. Not pictured: Brenna Rodriguez



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SPINNINGS

In Recognition of Beaumont's Historical Spindletop Oil Field.

An internal publication of the Junior League of Beaumont, Inc.

Distributed monthly September - May

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Do you have an idea for a story?

Would you like to be a featured or guest writer?

Send ideas or articles for consideration to the 2019-2020 SPINNINGS editor,

Kate Thorne at

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We welcome your input!

TO SUBSCRIBE

If you or someone you know is interested in receiving a hard copy of our publication, please email the

2019-2020 SPINNINGS editor,

Kate Thorne at

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to be added to the mailing list.

You will also see SPINNINGS all over town.

Feel free to pick one up at your favorite

boutique, hair salon, or headquarters!

MISSION STATEMENT

The Junior League of Beaumont is an organization of women committed to promote volunteerism, develop the potential of women and improve communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

JUNIOR LEAGUE OF BEAUMONT

Women building better communities

2388 McFaddin | Beaumont, TX 77702

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on the cover

Michelle Coon, Krista Hunter, and Nikki Pomonis (top left photo) earn early active status for their hard work with the League. JLB members wear blue to the January meeting to recognize and bring awareness to human trafficking (bottom right photo).



CPS

Prom Dress

DRIVE



Wow! We were overwhelmed and speechless at the outpouring from our community for the CPS Prom Dress Drive! JLB partnered with CPS to collect dresses for the youth in Foster Care. Providing these dresses for CPS is significant because their storage facility was hit during Imelda, and they lost over half their collection. JLB was able to make a big impact on February 7th by setting up a drop off location and time, and people from all over came and donated gorgeous prom dresses!

JLB has already collected thousands of dresses, and more dresses are still being donated. Shari Pulliam with DFPS did an amazing job getting the word out. The support for this cause has really been incredible! In addition to local donations, the Junior League has even received dresses through the mail from all over. The participation from this event is just another reason to be proud of Southeast Texas!



DONE IN A DAY

DIAD served beverages and snacks at the ARC of Beaumont's Mix and Mingle on January 24th. Mark your calendars for DIAD upcoming events: DIAD will be assisting with the ARC of Beaumont's St. Patrick's Dance on March 13th from 6:30 pm - 9:00 pm and the Butterfly Release on April 25th at Ford Park from 9:00 am - 3:00 pm.



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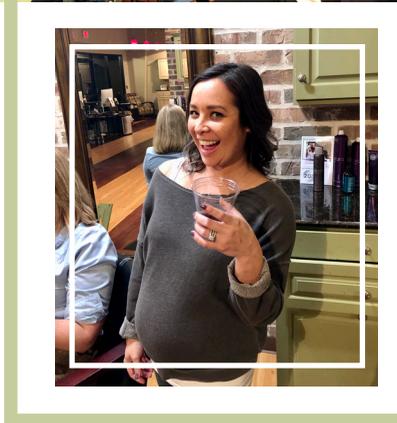




EDUCATION *and* TRAINING

The Sip & Style Event on Thursday, January 23 at Tanglz Color Studio, owned by JLB active member Anna Papa, was a success! Thank you to Tanglz for the hair tips and sips.

Members that participated: Mattie Beaver, Maite Broussard, Tamara Caputo, Stephanie Cassels, Sara Norman, Anna Papa, Linsi Walker, and Sarah Wells.





UPCOMING EDUCATION & TRAINING OPPORTUNITIES:

Friday, March 6th: JLB Professional Headshots

Tuesday, March 10th: JLB Get On Board Training

Saturday, March 28th: JLB License to Carry Class, JLB Learn to Shoot Class (Open to Sustainers!)

Tuesday, April 14th: April Mini Meetings (Nonprofit site visits, followed by Garden Social at The Giving Field)

Saturday, May 2nd: JLB Dare to Lead Workshop

Saturday, May 16th: JLB Botox & Mimosas (Open to Sustainers!)

Thursday, May 21st: Southeast Texas Board Summit

(SAVE THE DATE)

Thursday, September 3rd: Southeast Texas Nonprofit Summit

COMMUNITY PROJECTS **JOIN FORCES**

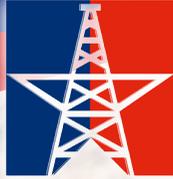
SOME *other* PLACE

Jr. Junior League and Healthy Behaviors joined forces on January 25th to serve at Some Other Place. Some Other Place serves hot meals five days a week and then sack lunches on the weekend to individuals in need. Its clients are mostly (but not all) homeless. The Jr. Junior League girls have volunteered there before, so they took the lead packing lunches while the Healthy Behaviors Committee prepared sandwiches and bagged cookies and chips for the following week. At 10:30 am, everyone came together to hand out lunches to clients.

While there, League members learned about Some Other Place's clothing "store". Patrons are able to visit quarterly and take whatever they need, within reason. Many people and local consignment stores donate to SOP, and they have done a lovely job of organizing their donations. However, help is needed to organize the rest. People often donate things in garbage sacks, so everything must be sorted by gender and then displayed for customer selection. Children and infant clothes are also available, which is awesome! There is a continued need for "non-professional" work clothing (jeans, t-shirts, khakis, sweats) for men and a HUGE need for women's new-in-package underpants and feminine hygiene products.

If you are interested in donating to the Clothing Store, please contact Some Other Place at 409-832-7976.





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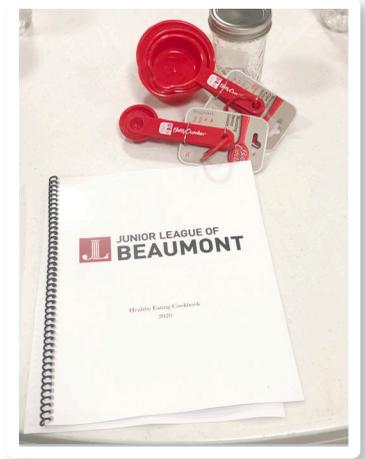
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HEALTH & *nutrition*

In January, Transitioning Youth and Healthy Behaviors came together to help educate the youth about health and nutrition. Committee members shared their favorite healthy recipes that are easy to make for the youth moving into adulthood.

Brittany Ferguson created a beautiful cookbook for each participant to bring home, and there was a great discussion about grocery shopping and healthy balanced meals. Before the night ended, everyone had the chance to make their own healthy yogurt parfait. The parfaits were a hit! Some participants were unsure of the recipe at first, but once they tried it, they went back for seconds and thirds!!! Transitioning Youth and Healthy Behaviors were able to successfully come together to create a successful event!



day in the life of

A TAX ASSESSOR-COLLECTOR



ALLISON NATHAN GETZ

I became the first female Republican woman to win a countywide race in Jefferson County.

I was born in Austin but have lived in Beaumont all of my life. My family arrived here in 1895, and I am the 5th generation to live in Jefferson County. My Mom was in the League, and I grew up with both parents heavily involved in volunteer work and helping those in need. It was no surprise that I was thrilled to join the JLB at the first opportunity when I was 23 in 1983. I was an active member until I became a sustainer at 40. Obviously, my involvement is less as a Sustainer, but I have remained involved and am proud to have received both Active and

Sustainer of the Year. My involvement with the Beaumont Children's Museum is probably where I have volunteered most as a Sustainer. I was President of the Museum when we went from a museum without walls to the site where it is now located alongside the Beaumont Civic Center. I did not have grandchildren at the time that I was President of the Museum, but I knew our community needed a hands-on place for learning. I am very proud of the Board of Directors and League members that made this project a reality. The JLB played the pivotal role in making this happen as it has done with so many projects in our community.

Day in The Life of a Tax Assessor-Collector:

I became the Tax Assessor-Collector in November of 2014. I was a Senior Financial Advisor at Merrill Lynch and was approached by a group of individuals to consider running for office due to my extensive background in finance. I graduated from the University of Texas with a BBA in Finance. I am not a political person, but I knew I had the education and financial experience to do the job and was fortunate to be successful in my race. I became the first female Republican woman to win a countywide race in Jefferson County. I ran unopposed in 2016 and am once again unopposed in 2020.

My day-to-day life as the Tax Assessor-Collector consists of working with 56 co-workers in 3 locations – the Beaumont courthouse, close to the Jefferson County airport, and the Port Arthur sub courthouse. We bring in over \$633 million dollars a year and collect for 28 jurisdictions, including the county, cities, ports, drainage districts, navigation districts, and school districts. We process over 225,000 auto registrations each year, handicapped placards, and game room machine permits and collect for hotel/motel tax and conduct sheriff sales for delinquent properties, among many other functions. I also serve as the Voter Registrar, which maintains accurate and clear voter rolls.

Top 10 Things I advise as Tax Assessor-Collector:

1. Communication is key
Always let us know if you need assistance.
2. Register to Vote
It never hurts to make sure you are registered.
3. Pay early
Waiting until the last minute means long lines or the possibility of delayed mail that will result in penalty and interest.
4. Car Inspections
Get your Inspection completed before you send in money for auto tags – you must get your inspection first.
5. Property Tax
If you mail your property tax, make sure the mail is postmarked if you are cutting it close – just putting it in the mailbox does not ensure it will be mailed that day.
6. Credit card payments
If you are using credit cards, please note that there is a convenience fee charged by the company – however, e-checks are free!



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7. Over 65 or disabled

If you are over 65 or disabled (or this year, if you have damages from Imelda), you can use the quarter pay option instead of paying in a lump sum.

8. Home appraisal

The Appraisal District handles assessing value on your home.

9. Homestead Exemption

Make sure you have a homestead exemption if applicable – exemption forms are online at the Jefferson County Appraisal District's website.

10. My door is always open if you have questions.

My favorite thing about my job is being able to help people every single day. *Love thy neighbor* is something we should all strive to do, and my job enables me to do just that.

I also have the opportunity to connect with the community through speaking engagements and participating in events throughout the county. I am always happy to attend occasions where I can help individuals and businesses or answer questions about the Tax Assessor-Collector's office.



PROPOSALS

The Junior League of Beaumont voted to approve the following project proposals at the February General Meeting on February 11, 2020. We are excited to have approved a new Signature Project and modified our existing projects to better meet our communities needs.

THE O.N.E SIGNATURE PARTNERSHIP: Our Non-Profits Elevated

THE MISSION:

The mission of The O.N.E Signature Partnership Committee is to work with a carefully selected non-profit for the term of one league year, allowing opportunities for League resources to assist the non-profit to reach its fullest potential. By selecting and supporting a new non-profit each year, the Junior League of Beaumont can maximize the impact, create leadership opportunities for members, and cultivate long lasting relationships in the community.

THE VISION:

The vision of The O.N.E Signature Partnership is to maximize the impact of the Junior League of Beaumont in the community through cultivating a long-term relationship between partners, members, and supporters, while assisting an organization that shares the values of the League, is relevant to the needs in the community, and could benefit from the resources of the League to reach its fullest potential.

GOALS:

- To select and partner with an eligible and willing non-profit with shared values for the period of one League year. Non-profits must meet criteria and will be selected by the Project Committee for the following League year.
- Maximize the potential of a non-profit through more exposure, greater impact and higher efficiency for one League year with volunteers, resources, expertise, promotion, and other available League resources.
- Promote leadership values and integration of League membership through chosen non-profit activities by establishing a League member as either a Board Member or Ex Officio Board Member for at least one year prior to being active as non-profit partner.

VOLUNTEER NEEDS:

- Project Chair: The Project Chair will guide the committee in selecting an eligible non-profit and ensuring criteria is met by the non-profit for the following year. Project Chair will work directly with the selected non-profit director in establishing the needs of the non-profit and arranging for the organization to receive resources effectively. Project Chair will ensure there is a cross-council initiative within the League to ensure all councils are advised of and have the opportunity to assist in the promotion of the selected non-profit.
- Project Co-Chair: The Project Co-Chair assists the Project Chair to coordinate activities, volunteers, and events.
- 3 Committee Members

TIME COMMITMENT:

The Project Chair and Co-Chair will make a determination of time commitment based on individual needs of the non-profit. All League Members will be encouraged to contribute time and / or resources to The O.N.E Signature Partnership to make it successful.

FUNDING:

The first year will require funding in the amount of \$1,000 for advertising, publications, and other sources used to recruit and select applicants. Subsequent years may receive funding ranging from \$5,000 to \$50,000, depending on the annual budget and needs identified in coordination with the selected non-profit. Funds will be used for tangible items, similar to other projects.

TRANSITIONING YOUTH

THE MISSION:

The mission of the Transitioning Youth Committee is to work with the Court Appointed Special Advocate Association Staff and Child Protective Services Staff for the best interests of abused and neglected children in the foster care system. The committee provides support to help ease the transition out of foster care and prepare children for independent living.

THE VISION:

The project's vision is to promote a successful transition to independent living for youth ages 14 and older who are currently in the foster care system.

GOALS:

- To mentor the children in completing required tasks to access Foster Care Services.
- To have monthly educational events which promote and enhance self-reliance and self esteem.

VOLUNTEER NEEDS:

- Project Chair: The Project Chair will work directly with the Court Program Director of CASA of Southeast Texas to coordinate educational activities with the children. The Project Chair and other JLB members will be required to have background checks, reference checks, and attend orientation training on the CASA program. The Chair will be responsible for getting speakers and planning events that will facilitate the transitioning youth into becoming productive adults.
- Project Co-Chair: The Project Co-Chair assists the Project Chair to coordinate education activities, obtaining speakers, and planning events.
- 4 to 8 Mentors/Committee Members

TIME COMMITMENT:

The Project Chair, mentors, and Directors of CASA and CPS will set the times of the educational/mentoring events. These events will be on weeknights or weekends.

FUNDING:

Approximately \$2,500 for food and supplies for events.

HEALTHY BEHAVIORS

THE MISSION:

Healthy Behaviors (Project 5210) aids families in making lifestyle changes to live a healthier life. The program encourages healthy eating habits and physical fitness to combat childhood obesity.

THE VISION:

5210 represents a code for healthy living for children:

- 5 servings of fruits and vegetables per day;
- 2 hours or less of TV/computer viewing per day;
- 1 hour of physical activity/exercise per day; and
- 0 tolerance for alcohol, tobacco, and drugs.

Sessions will provide children and families with education and training related to nutrition, fitness, health, and behavioral issues.

GOALS:

- To educate children and families about healthy eating, physical activity, and a healthy lifestyle by engaging with our community partners in 10 events over the year.
- To empower SETX children to make healthy lifestyle choices by watching our committee members model behavior of healthy eating and physical activity throughout events.

VOLUNTEER NEEDS:

- Project Chair: The Project Chair schedules events and presentations promoting healthy eating habits and physical fitness.
- Project Co-Chair: The Project Co-Chair assists the Project Chair in scheduling events and presentations promoting healthy eating habits and physical fitness.
- 4 to 8 Committee Members

TIME COMMITMENT:

Time commitments vary and may be during the day, summer, week nights, or weekends.

FUNDING:

Approximately \$2,000 for food and supplies for events.

(continued on next page)

JLB SERVICE SQUAD (Formerly DONE-IN-A-DAY)

THE MISSION:

JLB Service Squad supports the JLB's community partners by providing skilled volunteers for projects and events that further the mission of the JLB. JLB Service Squad serves as a way for the JLB to be more visible in the community and give community volunteers more options and flexibility to complete their placement. JLB Service Squad provides a structure to explore, develop, and examine potential new projects and continue to support projects that do not need a full committee placement.

THE VISION:

JLB Service Squad will focus on projects that further the JLB's mission and will provide volunteer opportunities during selected events and projects. JLB Service Squad will be a resource to continue projects that do not need the support of a stand-alone committee. JLB Service Squad is also a resource to examine and explore possible new projects. JLB Service Squad will be structured with selected, scheduled events during the year. It will provide volunteer opportunities with other community organizations and give volunteers the opportunity to work with other JLB members. The JLB Service Squad Committee will consist of the JLB Service Squad Chair, the JLB Service Squad Co-Chair, and the JLB Service Squad Liaisons. Each JLB Service Squad Liaison will be assigned to a specific community organization/agency to coordinate and organize volunteer events. All JLB members, including all JLB members with community placements, may volunteer at the events scheduled by the JLB Service Squad Committee.

GOALS:

- To assist various community agencies with selected events and projects.
- To increase volunteer support in the community.
- To offer members the opportunity to serve through volunteer opportunities with other JLB members, to meet new members, and develop new friendships.
- To continue to support projects that do not need a full committee placement.
- To examine, explore, and develop potential new programs.
- To open a form request system on the JLB website to assist community agencies which do not have a need for league volunteers on an ongoing basis.



VOLUNTEER NEEDS:

- Project Chair: The JLB Service Squad Project Chair will coordinate with the JLB Service Squad Liaisons (described below) to ensure that volunteer events are scheduled throughout the year. The JLB Service Squad Chair will also coordinate with community agencies other than the agencies to whom the JLB Service Squad Liaisons are assigned, will schedule selected volunteer events, and will notify and coordinate with JLB volunteers to attend those events. The Project Chair will also review volunteer requests from the website and fill volunteers for that specific event.
- Project Co-Chair: The JLB Service Squad Co-Chair will assist the JLB Service Squad Project Chair in her responsibilities.
- Beaumont Children's Museum Liaison: The JLB Service Squad Beaumont Children's Museum Liaison will coordinate with the Beaumont Children's Museum, schedule selected volunteer events, plan and organize those events, and coordinate with JLB volunteers to attend those events.
- Make-A-Wish Liaison: The JLB Service Squad Make-A-Wish Liaison will coordinate with Make-A-Wish, schedule selected volunteer events, plan and organize those events, and coordinate with JLB volunteers to attend those events.
- JLB Service Squad Committee – 6-10 Volunteers
Volunteers will be responsible for coordinating, communicating, and reporting to the JLB Service Squad Chair and Co-Chair to participate in community events. The volunteers will help fill the community requests when volunteers are needed.

TIME COMMITMENT:

Schedules will be set by the Chair and liaisons and communicated to the JLB membership well in advance of the scheduled events. Volunteer opportunities will be during the day, week nights, and weekends, to fit all schedules.

FUNDING:

Approximately \$5,000 for food and supplies for events.

ABOLISH

THE MISSION:

The mission of the ABOLISH Committee is to work in collaboration with the Harvest House for the best interests of victims / survivors of human sex trafficking. The committee provides support to help Harvest House in their mission of providing a safe environment for long-term care, rehabilitation, and healing for victims of sex trafficking.

THE VISION:

THE VISION: The project's vision is to promote awareness, advocacy and action for victims of human trafficking.

GOALS:

- To mentor at least two victims/survivors of human sex trafficking.
- To coordinate at least two opportunities / events for League members to contribute and assist Harvest House in their mission of providing advocacy for and services to victims/survivors of human sex trafficking.

TIME COMMITMENT:

The project Chair, mentors, and Directors of Harvest House will set the times of the educational/mentoring events. These events will be various times, including weekdays, weeknights and weekends.

VOLUNTEER NEEDS:

- Project Chair: The Project Chair will work directly with the Program Director of Harvest House in Beaumont to coordinate activities with the victims and activities to support Harvest House in their mission and vision of their organization.
- Project Co-Chair: The Project Co-Chair assists the Project Chair to coordinate activities and planning events for volunteer opportunities.
- 2 to 4 Mentors/Committee Members: The Project Chair and other JLB committee members will be required to have background checks and attend orientation training on human trafficking awareness.
- General Membership: Opportunities to receive training as well as to volunteer and assist the Harvest House will be available for general membership in which background checks and training will not be required.

FUNDING:

2,500 programming budget to assist with educational programs, events, and needs of the Harvest House clients.



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A man with a beard, wearing a dark cowboy hat and a long, textured brown coat, stands in a field of tall grass at dusk. He is looking back over his shoulder towards the camera. The background shows a hazy landscape with distant lights under a twilight sky.

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2019 FALL JUNIOR LEAGUE OF BEAUMONT GRANT REPORT



The following are reports from Birthright of Beaumont, Inc. volunteers from this year:

Clients appreciate that Birthright can rely on local resources. "Ya'll are always so nice."

One client said, "I lost everything when Hurricane Imelda hit. We did not think it would get so bad until it

was too late. I was frantically making baby bottles. All of my baby's clothes were under my baby's bed. We evacuated and everything under the baby's bed was ruined. I was heartbroken; it was all so cute, and I could tell those things had been thoughtfully chosen for my baby by the Birthright Volunteer. I called in to Birthright and was able to have most of my baby's clothes replaced."

Clients are happy to receive calls checking on them. They appreciate the caring gesture. One client was devastated that she was pregnant and told her Birthright Volunteer that she couldn't cope with the pregnancy. They talked for a while. When the Birthright Volunteer called to check on her, the client told her that she had things in order and was looking forward to the baby.

A youth minister at a local church, Debbie, stopped by with this report. "I was purchasing baby items for our youth group to donate to Birthright. The sales associate asked if we had a new baby in the house. I told her that we were donating these items to Birthright. She burst out crying! Then explained through tears that the Birthright Volunteer is the only one that didn't abandon her when she was pregnant. Her family had disowned her."

"N" brought her sister to Birthright for a pregnancy test and shared the following story, "I have been to Birthright with all three of my pregnancies. First, when I was 16 and had no idea what I was doing. I basically ignored the gift basket voucher. With my second pregnancy, I completely forgot. With my third, I made sure to come back, and I was just amazed at all the nice items in my basket! The outfits were all so cute and brand new! The blankets, diapers, and wipes sure came in handy. I told my sister to make certain she came back for the basket because it is such an exceptional gift."

BIRTHRIGHT OF BEAUMONT, INC.
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PROVISIONALS

As always, the Junior League of Beaumont Provisional 2019-2020 Class has been hard at work! Through the amazing sales that the Provisionals made at their Mistletoes Booth, 312 pairs of socks were delivered to CASA of Southeast Texas.



CASA will be able to distribute those socks to children in need. Unstoppable Provisionals Michelle Coon, Krista Hunter, and

Nikki Pomonis have officially met all of their Provisional obligations, and were approved for early Active status by the Board. All of the Provisionals are shining stars, and the future of the Junior League of Beaumont is bright!



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spinach & prosciutto

Quiche

If you have been following along with me this past year, you know at the start of me writing for Spinnings, I did not enjoy cooking. Through each issue, I have been trying out new recipes in different Junior League cookbooks to not only taste new things, but also to learn how to cook. By no means do I consider myself an accomplished cook, but I can say that I have come to enjoy it so much more than before and now get excited to try new recipes!

When picking a recipe for this month, I was trying to think of something I could use for a little party I was doing with my friends. Instead of Valentine's Day, we celebrated GALentine's Day with a brunch! When going through dishes that I know are staples at brunch, I immediately thought, quiche! Lucky for me, this Spinach and Prosciutto Quiche in the Dining Without Reservations cookbook caught my eye, and I knew I had to make it.





Spinach and Prosciutto Quiche

Dining Without Reservations: Serves 8

- 1 unbaked (9-inch) deep-dish pie shell
- 1 onion, chopped
- 1 tablespoon olive oil
- 1 (10-ounce) package of frozen spinach, thawed and drained
- 2 or 3 dashes of freshly grated nutmeg
- Pepper to taste
- Freshly minced garlic to taste
- 5 ounces of chopped prosciutto
- 2 ounces of feta cheese, crumbled
- 1 cup of half-and-half
- 4 eggs, beaten
- 1 cup (4 ounces) of cheese

Bake the empty pie shell at 400 degrees for 10 minutes or until light golden brown; let cool.

Sauté the onion in the olive oil in a skillet until tender. Add the spinach, nutmeg, pepper and garlic. Sauté until warm.

Spread the spinach mixture in the bottom of the pie shell. Top with the prosciutto and feta cheese. Whisk the half-and-half into the beaten eggs until well blended. Mix in the Cheddar cheese. Pour the egg mixture slowly into the pie shell.

Bake at 375 degrees for 40 to 50 minutes or until the center is set.

I have never attempted to make a quiche before because I always thought it would be so difficult. But I am here to tell you, I was so wrong! This quiche takes little prep time and is virtually throwing things into a pie shell (praise the Lord for pre-made shells). When it comes out of the oven, it doesn't look like it was thrown in - this quiche is a showstopper! The prosciutto adds the perfect salty bite, the onions and spinach mixture is fresh and delicious, and the crisp bite of crust with fluffy egg make this the perfect dish.

You can definitely substitute out ingredients in this recipe. If you don't have prosciutto, then bacon or diced ham will work perfectly! I didn't use the fresh nutmeg and minced garlic that the recipe calls for. Instead, I used the pre-packaged items of them both, and it was still tasty. The recipe requests one onion, so I used half of a large white onion.

This quiche hit the spot for me and was a hit at the party! I really encourage you to try it when you are in the brunch mood. It was so easy and flavorful and will be a hit in your house.

As always, if you have a favorite recipe from a Junior League cookbook that you would like me to try, please email me at mallory.cross5@gmail.com.



MEMBER SPOTLIGHT

EMILY HALLEMANN TREVINO PROVISIONAL SPOTLIGHT



NAME: Emily Hallemann Trevino

HOMETOWN: Beaumont, Texas

EDUCATION: Bachelor of Science in Exercise Science from University of Mississippi (Ole Miss)

PETS: A boxer named Rebel and a “beagle” mutt I rescued named Maverick. (He came with the name - he was not named after Tom Cruise.)

OCCUPATION: I work at All Saints School as the Director of Marketing, Director of Alumni, Assistant to Advancement, and Cheer Coach.

HOBBIES: Being with friends, watching trash TV, eating good food, and traveling.

FAVORITE THING ABOUT SOUTHEAST TEXAS: It’s nice to be able to know everyone to some degree.

WHICH ACCOMPLISHMENTS ARE YOU MOST PROUD OF? I am most proud of the way I am raising my daughter. I am teaching her to be an advocate for herself, while still being sweet and silly!

WHAT IS THE BEST ADVICE YOU’VE EVER RECEIVED? “Be kind to everyone, you don’t know what they’re going through.”

WHAT IS THE LAST SHOW YOU BINGE WATCHED? The Blacklist

WHO WOULD YOU WANT TO PLAY YOU IN A MOVIE ABOUT YOUR LIFE? Meghan Markle - I hear she’s looking for a job.

WHAT INSPIRED YOU TO JOIN THE LEAGUE? My mom was in the League and very involved while I was growing up. When she passed away, I figured that this would be a good way to honor her by being involved in something she loved so much.

IF YOU HAD TO PICK A COCKTAIL THAT BEST DESCRIBES YOU, WHAT WOULD IT BE AND WHY?
A hot toddy because I always try to make others feel better.

NATALIE TINDALL ACTIVE SPOTLIGHT

NAME: Natalie Tindall

HOMETOWN: Tampa, Florida

EDUCATION: B.S. from Florida A&M University, M.S. from University of South Florida, and Ph.D. from University of Maryland College Park

FAMILY: My husband, Lorenzo.

PETS: Vashti and Max

OCCUPATION: Associate Professor, Department of Communication and Media at Lamar University

HOBBIES: Playing bridge, writing, gardening, reading, and dancing.

FAVORITE THING ABOUT SOUTHEAST TEXAS: I met my partner here, so this area brought us together.

WHICH ACCOMPLISHMENTS ARE YOU MOST PROUD OF? Being the chair of a growing academic unit, achieving tenure, and publishing my first book.

WHAT HAVE YOU ENJOYED MOST ABOUT THE LEAGUE SO FAR, AND WHAT ARE YOU LOOKING FORWARD TO THIS YEAR? I have loved meeting new people and being able to connect with the community during my time in the League.

WHAT IS THE LAST SHOW YOU BINGE WATCHED? Good Girls and any British or Nordic murder mysteries on Amazon.

WHAT IS YOUR DREAM VACATION? I would just like a vacation, period.

WHAT IS YOUR FAVORITE DESSERT? Who can pick just one? Chocolate chip cookies are my go to.





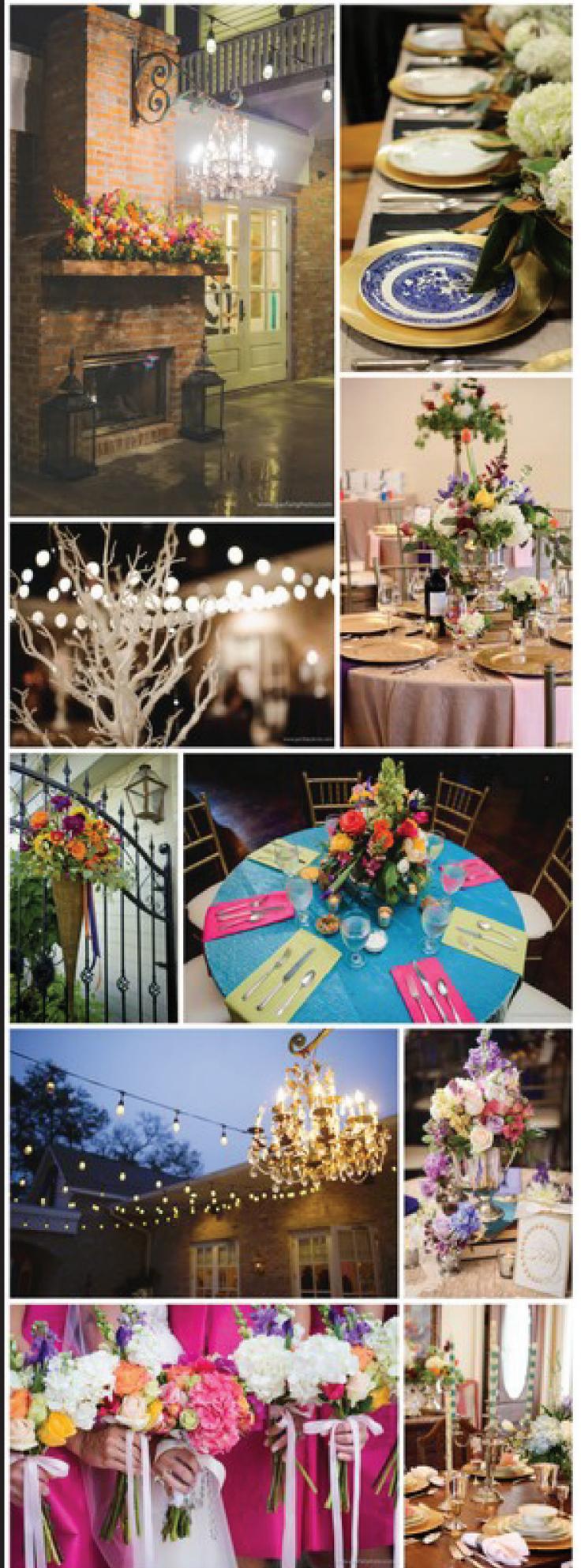
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EAT RIGHT



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

20 Health Tips for 2020

1. Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Dine Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts labels or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without.

Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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**DON'T
PEAK AT THE
ANSWERS!**



FACT OR FICTION?

National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

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**Find out if you circled the correct answer.
Answers can be found on page 29.**

JLB **OUT** *and* **ABOUT**

[ACTIVES & SUSTAINERS]



Former Member Annie Tyner and Sustainers Heather Shoemaker and Molly Bennett with their husbands



Sustainer Janci Kimball receiving a check from M&D Supply Ace Hardware on behalf of Nutrition



Upcoming President Maite Broussard and President Elect Brenna Rodriguez at AJLI Winter Leaders



JLB at the January General Meeting in blue in honor of Human Trafficking Awareness Month



Active Lauren Cavett and husband at Baptist Gala



Active Ashley Willis and husband Brandon Willis at Sherman Eagleton's Valentines Gala



Sustainer Mayor Becky Ames receiving the 2020 Nation Award for Local Arts Leadership



Sustainer Kathryn Fuller with fellow Rotaians visiting American Valve & Hydrant.

(continued on next page)

JLB **OUT** *and* **ABOUT**

[ACTIVES & SUSTAINERS]



JLB at Shorkey Center Ducky Derby



Active Loni Lilley on a hike with family



DWTs Sustaining Advisor Michele Smith with Chair Anna Papa at the Shorkey Center Ducky Derby

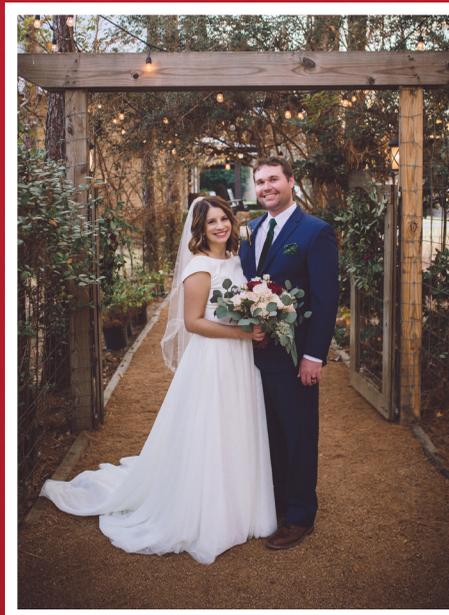


Sustainer Meg with Husband Jarrod Brown at the 40th Season Lutcher Gala.



Sustainer Lindsey with husband Baylor Wortham at 2020 SETX Symphony Ball

ANNOUNCEMENTS



Olivia Kay married Austin Warner on December 7, 2019 at Post Oak Farms in Kountze, Texas.

Laren Chapman Fabela welcomed son Grandville Chapman Fabela on February 10, 2020.



THANK YOU TO:

Marleen Roosth Swerdlow for her donation to the Memorial Fund for Transitioning Youth in memory of Mary Frances Owen Jowers, Mary Jo Broussard Ford and Patricia Willard.

The Beaumont New Car & Truck Dealers Association (Classic of Southeast Texas, Mike Smith AutoGroup and Kinsel Ford/Lincoln/Mazda/Toyota) for their contribution to support League activities with the Beaumont Children's Museum.

IN MEMORIAM

It is with great regret that the League sends its sympathies to the following members and families:

Sustainer Paula Lovoi on the loss of her husband, Johnny Lovoi.

* If you would like to be featured, please contact Kate Thorne at katebthorne@gmail.com.

FACT OR FICTION?

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2020 Quiz

Answers

1. A healthy eating style includes a limited number of foods.

FICTION: A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more information.

2. Vegetable oils are an appropriate substitute for solid fats.

FACT: Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.

3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.

FICTION: Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the **Move Your Way** website at: <https://health.gov/moveyourway>.

4. Portion sizes and serving sizes are the same thing.

FICTION: A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.

5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.

FACT: Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.

6. At least half the grains eaten daily should be whole grains.

FACT: Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.

7. One cup of calcium-fortified soy milk is considered one cup from the Dairy Group.

FACT: Calcium-fortified soy milk is an option in the Dairy Group for people who choose not to consume milk, such as vegetarians.

8. Meals that include seafood are recommended weekly.

FACT: Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

9. Most Americans get enough dietary fiber on a daily basis.

FICTION: It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.

10. Everyone needs the same amount of calories, which is 2,000 calories per day.

FICTION: Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit www.eatright.org.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition and Dietetics

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VOLUNTEER OPPORTUNITIES

MARCH	6	Dancing with the Stars (All day) @ Civic Center
	13	DIAD at ARC St. Patrick's Dance 6:30PM-9:00PM @ ARC of Beaumont
APRIL	4	Headquarters Workday with Lamar
	25	DIAD at Harbor Hospice's Butterfly Release

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MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 ● Melissa Cornwell ● Shirley Donnelly	3 ● Sierra Fisher	4 Finance Council & Committee Mtg ● Dixie White ● Nadine Ona	5	6 Dancing with the Stars Fundraiser	7 ● Jennifer Gordy ● Sallye Hartel ● Tillie Hickman ● Lula Potter ● Denise Truncale
8	9 ● Sandy Eaves ● Diane Shaver	10 Membership Council Mtg ● Paula Ede ● Claudia Gilson ● Ashley Klamfoth	11	12 ● Shari Brewer ● Emily Wilson	13 ● Kara Hawthorn	14 ● Margot Gage
15 ● Nancy McGrade ● Kelsey Fairchild ● Victoria Rocha	16 ● Laura Shipman	17	18 ● Gillian Jenkins ● Paula Nichols	19 ● Tyneil McFaddin ● Brittney Ferguson	20	21
22 ● Bessie Chisum	23 Provisional Mtg ● Lindsay Brake ● Tonya Toups	24 Placement Mtg & Planning Council Mtg @ JLB Headquarters ● Julie Ayala ● Helen Baker ● Hillary Shanning	25 ● Jane Parker	26	27 ● Vicki Carroll ● Carolyn DuBois ● Anna Papa	28 ● Courtney Hooker ● Mallory Roebuck ● Kara Timberlake
29	30 ● Ronda Harkey ● Melaney Vilery-Samuel	31				

● Member Birthdays

2019-2020 SCHEDULE OF EVENTS

BOARD MEETING

Held at the JLB Headquarters

Tuesday, April 7th @ 12:00 pm

Tuesday, April 28th @ 5:30 pm Transitional Board Meeting

GENERAL MEETINGS

6:00 pm Social, 6:30 pm Meeting

Tuesday, March 24th Placement @ JLB Headquarters

Tuesday, April 14th Mini Meetings @ Clifton Museum

Tuesday, May 5th May Dinner @ The Laurels

FUNDRAISERS

DANCING WITH THE STARS

Friday, March 6th

FINANCE COUNCIL

Meetings at 5:30 pm @ TBD

Wednesday, March 4th: Finance Council and Committee

(Overview of DWTS)

Wednesday, March 25th: Finance Council

Wednesday, April 22nd: Finance Council and Committee and

Transitional

PROVISIONAL MEETINGS

Held at JLB Headquarters

Monday, March 23rd

Monday, April 13th

BUDGET HEARINGS

Monday, April 6th @ 5:45 pm

Communication Council, Spinnings Committee,

Membership Council, Community Council,

Resource Development

Tuesday, April 7th @ 5:45 pm

Planning Council, Finance Council

Wednesday, April 8th @ 5:45 pm

Main Street Market, DWTS

MEMBERSHIP COUNCIL

Nominating and Placement Meetings 5:30 pm; location TBD

Tuesday March 10th

PLANNING COUNCIL

At 12:00 pm before General Meeting

Tuesday, March 24th

MARKETING STRATEGY #1

ADVERTISE WITH JLB!

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5865 BICENTENNIAL * 7980 JACKSON * 1175 AROSEWOOD * 1265 SAXE * 5610 LORI6060 * 8350 EVANGELINE2197 CENTRAL * 1096 INWOOD * 8695 LAFAYETTE * 0705 ARKANSAS 8075 TURNBERRY * 4355 THOMAS LN * 3501 SUNFLOWER * 8830 LAURA LN * 7825 LANTANA WILLOW GLEN * 200 SARAH * 840 LOCKWOOD MONICA * 11180 CHURCH * 6510 WINDSOR WESTCHASE * 1690 HYDE CT * 880 PARSONS 842 EAST * 9344 DEBRA * 8665 BROUSSARD * WOODSFIELD * 10010 JONATHON * 3195 NORTH * 1142 GREENMEADOW * 225 CREEKWOOD MONTCLAIRE * 3590 PRESCOTT * 5095 ADA * * 585 21ST * 5955 PINKSTAFF * 835 FENWAY * 1455 MIMOSA * 5555 CLINTON * 6525 LANSING 7350 CLICK * 8195 HOMER * 6920 LIMERICK * SHADOW LN 990 PARKMEADOW * 105 GEORGE JENNY * 14317 DUBOIS * 7455 CALDER * #2 * 8481 OAK BROOK * 2240 TURNINGLEAF * 5015 5335 CAMBRIDGE * 750 W LUCAS * 989 PARK MEADOW * 1026 PINE TIMBERS * 8485 GARDEN OAKS * #8 DOWLEN PL * 13355 ROLLING HILLS * 895 CENTRAL * 2250 SAVANNAH TR * 695 SHAKESPEARE * 2170 PRIMROSE * 3915 KIPLING * 9375 WASHINGTON * 25 BRIARWICK * 8085 PALMETTO DUNES * 8035 GLENEAGLES * 810 22ND * 3475 DURWOOD * 6536 POINT PARK * 330 YUPON * 5770 PHYLLIS * 6838 MARSHALL PL * 6970 SHANAHAN * 4845 ASHLAND * 11075 MARK CIR * 2410 HARRISON * 13590 ROLLING HILLS * 995 BRANDYWINE * 760 CALLOWAY * 2580 GLADYS * 2035 SAVANNAH TR * 7670 MERION * 4970 SASSAFRAS * 7850 STONE CIR * 317 PINCHBACK * 1060 NORWOOD * 4770 MONTICELLO * 5595 MINNER * 104 S MAIN * 4590 REAGAN * 4695 FORD * 7915 BUTTERCUP * 1605 COVINGTON * 6255 PARK WEST * 1405 ACADEMY * 6059 AFTON * 6125 AFTON * 5755 ALEVE * 8425 ALLISON WAY * 1495 AMELIA * 8275 ANASTASIA * 2385 ANGELINA * 4183 ARTHUR * 4189 ARTHUR * 4495 ARTHUR * 4535 ARTJUR * 4680 ARTHUR * 2369 LONG * 4705 ASHDOWN * 4740 ASHDOWN * 2227 ASHLEY * 12965 ASPEN * 1570 AVALON * 52 AVE OF THE OAKS * 5595 AVIE * 6010 BARRINGTON * 6055 BARRINGTON * 4 BAYOU BEND * 3780 BAYOU RD * 4635 BEAUMONT * 6190 BEDFORD * 6385 BEDFORD * 49020 BELLECHASE * 13 BELLECHASE GARDENS * 15 BELLECHASE GARDENS * 610 BELVEDERE * 6330 BENTON * 2050 BICENTENNIAL * 8635 BIENVILLE * 8650 BIENVILLE * 6990 BIRCH * 7060 BIRCH * 7140 BIRCH * 8679 BIRCH * 555 BLANTON * 6910 BLARNEY * 7065 BLARNEY * 1465 CENTRAL * 7875 BLUEBONNET * 7875 BLUEBONNET * 7920 BLUEBONNET * 7935 BLUEBONNET * 7741 BOARDWALK * 2945 BONNEY BRIAR * 285 BRADFORD * 975 BRANDYWINE * 1060 BRANDYWINE * 730 BRANDYWINE * 3370 BRIAR CT * 3440 BRIAR CREEK * 3450 BRIAR CREEK * 1055 BRIARMEADOW * 250 BRIGGS * 10277 BROOKS RD * 11782 BROOKS RD

1005 23RD * 1976 REINS RD * 6175 AFTON LN * 435 LONGMEADOW * 3320 FOXBRIAR * 598 COUNTRYWOOD BRYANT WAY * 5045 EAHEART * 2636 MCFADDIN * 6684 LEXINGTON * 1375 AVALON * 7665 MYRTLE BEACH * 4380 THOMAS GLEN * 4740 LITTLEFIELD * 705 20TH * 2020 BICENTENNIAL * 5710 EMILY * 180 CREEKWOOD * 3495 CRESTWOOD * 6230 DAISY * 4715 DUNLEITH * 955 TURNER RD * 441 YORKTOWN * 9202 GLENMEADOW * 2030 ROSEWOOD * 5710 DERBY * 4124 TOLIVAR CANAL * 7318 HIDDEN VALLEY * 590 20TH * 1085 MONTERREY * 6265 GLADYS * 12885 SEQUOIA * 104 REMINGTON * 190 GILES * 7669 CLEARVIEW * 2395 LOUISIANA * 3760 STEELTON * 7999 GLENBEOOK * 290 GILES * 406 WATERWOOD * 30 MORROGH * 4775 MONTICELLO * 1625 BELVEDERE * 9255 MEADOWBEND * 1520 REYNOLDS * 1551 1040 MADISON CT * 4 BRYANT WAY * 985 MONTERREY * 11481 PECK RD * 9304 GLYNN LN * 1630 BRIGHTON * 4970 WYATT * 2325 LOUISIANA * 5785 SUNBIRD * 9017 HILDEBRANDT RD * 2315 WOODSIDE * 8845 LAURA LN * 7660 ROSEWOOD * 1427 CHURCH * 11040 MADISON CT * 7495 COLONIAL * 9245 TERRY * 5615 LEXINGTON * 8355 WESTGATE * 925 STACEWOOD * 2439 MCFADDIN * 195 N 7TH * 1760 KAREN * 1670 COVINGTON * 640 W LUCAS * 650 W LUCAS * 13 5W CIRCUIT * 4360 THOMAS LN * 979 MPARK MEADOW * 9010 MANION * 5742 FALCON CREST * 7945 PECAN * 1416 EAST DR * 6990 BLARNEY * 2370 EVALON * 114 VERNADOTR * 2085 CHEVY CHASE * 13020 CHESTNUT * 6506 POINTE' PARK * 9250 MAPES * 7945 SHIRE * 35 SANDELWOOD TR * 423 YORKTOWN * 3545 WINDROSE * 6616 MARSHALL PL * 5975 VENTURA * 1237 PINESHADOWS * 6920 BURLINGTON * 2050 IVES * 7065 KILLARNEY * 135 PINATA * 1152 WESTMEADOW * 5855 HOMEYSUCKLE * 5740 TOWNHOUSE * 85 CANDLEWICK * 5710 LONGWOOD * 3101 BERRY * 6876 MARSHALL PL * 6680 WOODRIDGE * 7970 DORAL * 6940 GLENWILLOW * 7880 N WINDEMERE * 4560 FORD * 3749 CHAMPIONS * 6950 BLARNEY * 2055 DRISKELL * 5675 MINNER * 2518 11TH * 1080 19TH * ,874 W LUCAS * 630 BELVEDERE * 3775 SEMINOLE * 5995 WESTCHASE * 7475 PEBBLE BEACH * 1155 BRIARMEADOW * 815 CENTRAL * 220 PINE * 4865 BELLECHASE * 4395 WILLOW BEND * 140 DUCOTE * 15 CHESKA JHOLLOW * 2285 ORCHID * 2440 LONG * 17694 OLD NOME * 3570 WINDROSE * 1355 FENWICK * 145



MARY JANE MOUTON

Buying + Selling
Southeast Texas
35 years



STACEWOOD * 2570 AMBERWOOD * 875 ASCOT * 6230 WEST BEND * 575 7TH * 2755 SAN JACINTO * 3147 NOTTINGHAM * 4555 TIBBITS * 5770 VIKING * 4805 ASHLAND * MONTERREY * 1475 SHERIDAN * 6899 PIKSTAFF * 2390 MONICA 4710 GLADYS GREENMEADOW * 5130 LITTLECHASE * 120 * #3 OLD TRAHAN * 4015 NEUMANN * ROANOKE * 86470 WELLINGTON * 2425 * 2477 LONG * 690 19TH * 6410 WILDER * 2355 * 6330 SIERRA CIR * 6360 BENTON * 2190 OKWY * 445 JAY * 4770 CHADWICK * 5965 * 1794 YORKSHIRE * 4450 THOMAS CT * 8705 WASHINGTON * 3525 PRESCOTT * 2145 * 5164 BOYT * 2135 23RD * 7920 LANTANA * 415 GEORGETOWN * 18 ESTATES OF 934 SUNMEADOW * 441 HARBOR OAKS 4915 GLADYS * 1585 DRISKILL * 2905 19TH * * 8095 GLENEAGLES * 7985 GLENEAGLES * 2495 WHISPER WIND * 6895 TALLOW * 5025 * 3950 INVERNESS * 6690 WESTWOOD * 6415 BELLECHASE GARDENS * 6570 WINDWOOD BRACE * 795 YOUNT * 6915 SHANAHAN *

