

Junior League of Omaha

2023 PROSPECTIVE NEW MEMBER GUIDE



CULTIVATING

..... CONNECTIONS





JUNIOR LEAGUE OF OMAHA

Women building better communities

The Junior League of Omaha (JLO) is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Since 1919, the Junior League of Omaha has trained volunteers, provided civic leadership, raised funds and developed programs and services to help make Omaha great.

Membership is open to all women, at least 21 years old, who have an interest in voluntarism, a commitment to community service and an interest in developing her potential for voluntary community participation. The Junior League welcomes all women who value our mission. We are committed to inclusive environments of diverse individuals, organizations and communities.

Each League Year begins June 1 and ends May 31.

Membership in the Junior League of Omaha provides opportunities to network with like-minded women, build professional and personal skills and give back to the community.

Junior League of Omaha

Join today in 3 easy steps!

1

Complete
New Member
Application.

2

Complete
member
profile.

3

Pay New
Member
course fee.



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NEW MEMBER COURSE FEE

Includes Annual Membership Dues, \$190.00

➔ Course Fee may be paid in full or with a three-part payment plan.

1 JLO accepts payments electronically through our digital platform.

2 JLO also accepts payments via check. Checks should be made out to Junior League of Omaha and dropped off or mailed to JLO, Attn: New Member. Be sure to write the member's name in the memo line.



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NEW MEMBER COURSE FEE

How are the funds used?

New Member Course Fees are used to support programming and activities during the New Member Year.



Membership Dues support the League's overall programmatic and administrative needs, including our physical headquarters, event facility rentals and food and beverage at in-person meetings. Additionally, a portion of your local dues are paid to the Association of Junior Leagues International (AJLI), which provides members with an AJLI membership and JLO with additional support, training and resources.

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What does it mean to be a New Member?

Each year the Junior League of Omaha welcomes a New Member class into its rich 100+ year history. The provisional year serves as the instructional foundation to the League itself, which includes the structure, the outreach and its network. The cohort-style program allows New Members to collaborate with community service partners, network with the greater Omaha league and enhance their skills as trained volunteers.

What is expected of me, the New Member?

The New Member experience is a year-long training course carefully crafted to provide you, the New Member, with an experiential look into all things Junior League. At the close of the year, you will feel empowered with knowledge of our organization, emboldened by our history and impact on the Omaha area and practiced as a volunteer in the community. You can expect mentorship, connection to empowered (and empowering) local women, social engagements and exposure to incredible service organizations from us. In return, we expect the following engagements from New Members.

Junior League of Omaha

ENGAGEMENTS - OVERVIEW

New
Member
course fee

\$190 due by August 21, 2023

General
Membership
Meetings

Attend at least four meetings

New
Member
Meetings

*Attend all meetings, or have
absence excused*

Volunteer
shifts

Complete one

Impact
options

Complete two

Membership
dues for
next year

Due by February 1, 2024

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ENGAGEMENTS - EXPLANATIONS

NEW MEMBER COURSE FEE

Due by August 21, 2023

In order to complete your registration to join the 105th New Member Class, beginning June 2023, your New Member Course Fee of \$190 needs to be paid in-full or provided in three checks (\$90, \$50 and \$50) by August 21, 2023, so that we have time to coordinate details for the year's programming and training.

GENERAL MEMBERSHIP MEETINGS

Meetings vary from in-person to hybrid to fully virtual

General Membership Meetings, also known as GMMs, are meetings held for all members of the Junior League of Omaha. GMMs educate League members on community issues and the League's strategic volunteer impact. GMMs feature prominent community leaders who showcase community and advocacy projects. Nine GMMs are offered throughout the year on the second Tuesday following the first Monday of the month. You should plan to attend at least four GMMs during your New Member year. The May meeting typically counts as two.

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ENGAGEMENTS

NEW MEMBER MEETINGS

Virtual or in-person

Once a month, the entire New Member class will meet to discuss engagements and introduce you to your core group. Your core group is a small group of New Members and typically consists of 10 New Members to foster a more intimate learning experience. Each core group will be assigned a Core Group Leader who is an Active Member in the League on the New Member Committee. Your Core Group Leader will mentor you throughout your New Member Year, offer social opportunities, answer questions and assist you with engagements. You should commit to attend all New Member meetings or notify your Core Group Leader in advance if you are unable to attend.

2023 - 2024 NEW MEMBER MEETING DATES

Virtual or in-person

2023

August 29

September 26

October 24

November 28

2024

January 23

February 27

March 26

April 23

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ENGAGEMENTS

VOLUNTEER SHIFT

Complete one

You should plan to complete **one** volunteer shift in **either** of the two categories:

Community Impact

Includes volunteer shifts hosted by our *Done-In-A-Day* and *Kitchen Connections* committees.

See the next page for additional information.



JUNIOR LEAGUE OF OMAHA



JUNIOR LEAGUE OF OMAHA

Fundraising Impact

Provides a hands-on introduction to fundraising within the League.

New Members may assist with our city-wide rummage sale, *Bargain Bash*, Topgolf fundraiser, *JLO Classic* or signature fundraiser, *Savor the Night*.



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ENGAGEMENTS

Community Impact

Includes volunteer shifts hosted by our *Done-In-A-Day* and *Hunger and Access to Healthy Foods* committees.

Done-in-a-Day

The *Done-In-A-Day Committee* provides volunteer opportunities for League members to make an impact in our community, build relationships with other local service agencies and raises awareness of the Junior League of Omaha. For example, *Done-In-A-Day* shifts have included service with the following Omaha community organizations: MICAH House, Assistance League, Omaha Children's Museum, The Omaha Symphony, The Hope Center, Project Everlast, American Red Cross, Life House, Youth Emergency Services and The Rose Theatre.

Hunger and Access to Healthy Foods

Members of the Junior League of Omaha can be found volunteering and supporting the community in a variety of ways across the Omaha area. As a League, one of our primary focus areas is *Hunger and Access to Healthy Foods*. We have partnered with a number of organizations to support their efforts to reduce hunger and increase access to healthy food for all members of the community. Some of our key partners in this area are: [Heart Ministry Center](#), [No More Empty Pots, Together](#) and [Big Garden at the Union for Contemporary Arts](#).

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ENGAGEMENTS

Community Impact



Our signature program, Kitchen Connections, pairs a JLO mentor with a mentee who's recently aged out of the foster care system. Together, each pair will create healthy cuisine, community, and a love of home cooking.

Each quarter, JLO mentors pair with young adults through Project Everlast. And then each month, the teams meet to:

- Learn a healthy new recipe and nutrition basics
- Cook together in a safe, fun and friendly environment
- Share a meal and create community

At the end of each quarter, the participants receive a complete kitchen kit including: mini-indoor grill; pots & pans; silverware, plates & cups; knives & cutting boards; food storage; turners, spatulas & cooking spoons; oven mitts, kitchen towels and cloths; mixing bowls; and measuring cups & spoons.



IMPACT

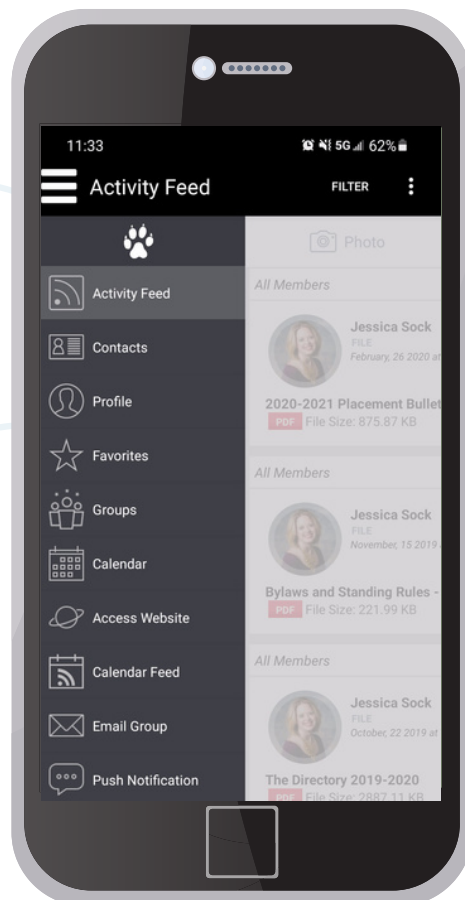
- 80%** increase in perceived health of their meals
- 140%** more **confident** shopping for food
- 114%** more **confident** preparing meals for themselves
- 175%** more **confident** storing food
- 180%** more equipped to prepare healthy meals at home

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MEMBERSHIP DASHBOARD

Online or mobile

Our membership dashboard is available online through the [Junior League of Omaha's website](#), or through our mobile app, Digital Cheetah. Both provide a checklist to monitor your activity throughout the year so you always know where you stand. This is also where you will find a directory, calendar of events and other resources for your membership journey.



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WHY YOU SHOULD JOIN

DEVELOP SKILLS

The Junior League of Omaha is a training organization! We train women to be volunteers and leaders in the community. We also like to have fun and develop other skills.

Here is a sample of some of the trainings we have had the past League Year:

- CliftonStrengths Finder workshop with Sammi Kaiser, SB Consulting
- *Tame Your Imposter Monster* with Kelli Thompson, leadership coach
- *Challenging Conversations* with Toni Monette, training facilitator
- Interview tips and techniques with HR professional and League member Veronica Ploetz



Junior League of Omaha

WHY YOU SHOULD JOIN

CONNECT

Whether you like to network professionally, volunteer within the community, or socialize with others, there are plenty of opportunities each League Year to meet and connect with fellow members.

The Junior League of Omaha has close to 170 Active Members and almost 400 Sustaining Members. Joining this organization provides an opportunity to connect with these women across the Omaha-area while making a difference.

Connect with us!

For more information, email Join@JLOmaha.org.

Membership Application and New Member
Course Fee are due August 21, 2023.

Payment plans available



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FOLLOW US
@JLOMAHA

