



Benefitting



*Think....dining with friends
with a twist!*

September 18, 2014

6:30 p.m. Cocktails

**7:00 p.m.-9:00 p.m. Dinner
The Main Affair**

\$70 per person
Cash bar

*For more information contact
TFAE at 985-868-5881.*

*Special thanks to the
event sponsor:*



Proceeds from this event will be dedicated to TFAE's Dolly Parton's Imagination Library. This literacy program provides one age-appropriate book per month to young children, birth through their fifth birthday, who reside in Terrebonne Parish.

Reading is a fundamental key to learning. It is our hope that by providing students with their very own books it will spark an interest in reading and help them to become lifelong learners.

Topics

1) **Living Life – A Healthier Me!** *Kate Theriot, MPS, BCC*

Living a healthy lifestyle in South Louisiana can be a challenge. We will discuss the challenges we face in living a healthy lifestyle in our community, how we are defusing those challenges and how we feel when we are healthy in mind, body, and spirit.

Coaching for Change, LLC was founded in 2002, by Kathleen 'Kate' Theriot who holds a Master of Pastoral Studies from Loyola University, New Orleans, with emphasis in Christian Spirituality, is a certified CDC Work@Health Trainer, "Circle of Life" wellness program coach and facilitator, is a Board Certified Coach with Center for Credentialing and Education, and is certified in spiritual direction from The Haden Institute. With over 30 years in the non-profit world of human resources and employee benefits, wellness has been the cornerstone of Kate's work.

Coaching for Change, LLC offers services in worksite wellness consulting, life coaching, and spiritual direction.

2) **The Buzz on Books: Fiction, Non-Fiction, Authors...what are you reading?** *Mary Cospier LeBoeuf*

Mary Cospier LeBoeuf is director of the Terrebonne Parish Library since 1995. She received her MLIS from the University of Southern Mississippi and Bachelor's in English Literature from Nicholls State University. Under her directorship, the Terrebonne Parish Library was awarded Louisiana Library of the Year, National Medal Finalist for Libraries in 2013 (one of the top sixteen libraries in the nation) and 2014 national winner of the Public Library Association Upstart Innovation Award. Mary was awarded the Louisiana Library Association's Anthony Benoit Mid-Career Award, and TFAE's James J. Buquet, Jr. Award of Distinction. She received a publishing award from the Public Library Association for her article, "Ill Winds: Louisiana Public Libraries and Hurricanes." Mary has been a Girl Scout Leader for five years, serves on the Maria Immacolata School Advisory Council, and always has a book to read.

3) **Evidence of the Afterlife: The Science of Near-Death Experiences. What are near-death experiences (NDEs)? Have you experienced an NDE? What happened?** *Jeffrey Long, M.D.*

Dr. Long has studied over 3,000 near-death experiences (NDE's) which are by far the largest number of NDE's ever scientifically studied. The results of his research were published in the New York Times bestselling book *Evidence of the Afterlife: The Science of Near-Death Experiences*. Millions of people have seen Dr. Long discuss his research on shows including the NBC Today Show, The O'Reilly Factor, The Dr. Oz Show, The History Channel, National Geographic television, and on television broadcasts around the world. He has also discussed his research with many community groups in the Houma area.

Jeffrey Long, M.D., is a radiation oncology physician with Mary Bird Perkins Cancer Center at TGMC.

4) **Experiencing the world on two wheels! Let's talk cycling.** *Alvin Justelein III, Ph.D.*

All of the senses are involved in bicycle travel. Alvin Justelien began cycling as an adult to spend time with his son and to get down a weight category in Power Lifting in 1986. During his early years of cycling, Alvin commuted to work daily-17 miles each direction on his bicycle. Throughout the late 1990's Alvin continued commuting, but stopped racing bicycles and began taking 2-4 day bicycle camping trips throughout the USA, Canada, France, Belgium, and the Netherlands. Some of Alvin's favorite trips include the Icefields Parkway from Jasper, Alberta to Whitefish, Montana; Adventure Cycling Association's TransAm from Richmond, VA to Florence, Oregon and the inaugural Underground Railroad from Mobile, AL to Owen Sound, Ontario, Canada. The relationships built during the early trips, continues with trips to southern France, Belgium and The Netherlands.

Dr. Justelien is the Integrated Production Technologies Department Head at Fletcher Technical Community College.

5) "Oh the places you will go!!" Dr. Seuss Bucket List: What destinations are on yours?

Sherri Roach, CFP

Sherri is a 25-year veteran of the financial services industry focusing on retirement planning. Her job entails helping people afford to make their dreams their reality. She has followed her daughter as she has traveled around the world working and exploring. Sherri has developed a passion for connecting with people from many corners and cultures and in the process she has learned deep down we are all the same; we want to live in peace, share our culture with others and leave the world a better place for our children.

Sherri Roach is a financial advisor at Morgan Stanley Wealth Management.

6) Magazine Street and Uptown New Orleans -A different kind of playground for grownups and kids alike.

Dan Toepfer, CPA

A native New Orleanian, Dan has been a resident of Houma for the past 33 years. With 2 of 3 daughters, a granddaughter and a business office in New Orleans he spends approximately half of his annual weekends in the city. Dan has personally witnessed the growth of Magazine Street from a thread linking neighborhoods to a destination spot of shops, restaurants and bars 7 miles in length.

When in Houma, Dan is contributing to the Houma community as an officer and member of the Board of Directors of the Krewe of Houmas. In past years, Dan has served as an officer and/or Board member of the Houma-Terrebonne Rotary Club, Leadership Terrebonne and the Houma Chamber of Commerce.

Dan is a Certified Public Accountant and Audit Director with Bourgeois Bennett, LLC. Dan's practice includes corporations, Not-for-profits and local governmental agencies.

7) Photography – Beyond the Rule of Thirds. *Andrée Buquet-Casey*

Share your photography zealously with others by joining this "great conversation". An amateur photographer, Andrée's love for the art has been her avocation since her first camera at age 9. Her studies in photography at Randolph-Macon Woman's College, Lynchburg, VA; Nicholls State University, Thibodaux, LA; and Santa Fé School for Photography, Santa Fé, New Mexico; has strengthened her understanding in both artistic and journalistic approaches to the discipline. Applying alternative photographic techniques to her work is her passion. Andrée has participated in shows and exhibits in Lynchburg, VA; Napa Valley, CA; Houston, TX; Thibodaux, LA; and Houma, LA.

Andrée Buquet-Casey is the President of Buquet Realty.

8) Join Football Analyst Mike Detillier for an engaging discussion about the 2014 football season.

Mike Detillier

Mike Detillier has been the football analyst for WWL-870 Radio in New Orleans for the past 28 years. Mike D. is also the author of the Mike Detillier's NFL Draft Report. He is entering his 20th season as host of WWL's "2nd Guess Monday Night Radio Show" with Bobby Hebert. Mike was featured on a PBS profile on "Unique Jobs in America" and has been a pre-game and post-game voice on the New Orleans Saints and LSU Radio Network. Detillier is the host of the weekly "Saints on the Bayou" HTV broadcast and has worked for the Tennessee Titans Radio Network and ESPN Radio. Mike D. is also a spokesperson for Thibodaux Regional Sports Medicine Clinic.

9) ***Bee-friending Technology: Technology has changed and continues to change our lives.***

Brenda Leroux Babin, Ph. D.

Dr. Babin is a lifelong leader in education and technology. She is a recently retired Computer Science instructor from Fletcher Technical Community College and the current owner of the Busy Bee Clinic. Her passion is teaching others to use technology to enrich their lives and stay connected to friends and family.

Dr. Babin is the District 5 Representative on the Terrebonne Parish School Board, Chair of the South Louisiana Wetlands Discovery Center Commission, and President of Keep Terrebonne Beautiful Board.

10) ***Style at Home - Exchange ideas and inspirations on interior décor.*** *Bonnie Rushing*

Bringing a knowledge of color, texture, materials and styles along with a fresh perspective allows creativity and unique results that are reflective of the homeowner and not herself.

For as long as Bonnie can remember she has had an interest in decorating, crafting, writing, sewing, baking and all things that spark ones' creative juices. After receiving a Bachelor of Arts and Science degree and Master's Degree in public relations, Bonnie returned home and began working in the publishing field with her husband. During her time spent at their company, Rushing Media, she served as the editor of POV Magazine and The Weekly. As the product line continued to expand and her family expanded as well, she knew it was time for a change of pace. While stepping back from her job at the office, she continued to select and feature local homes in her monthly column, Chateau Chic, in POV.

Using self-taught knowledge and skills, she began dabbling in interior decorating and soon returned to school online to gain additional knowledge. While currently still taking classes, Bonnie started her business last year and has enjoyed working with clients independently and in conjunction with Chris Ledet Homes in Thibodaux.

11) ***It's party time! What are your favorite party themes? What foods do you like to serve? How do you decorate for a party?*** *Sammuel J. Castalano*

Sammy is a native of Morgan City. He is a graduate of Central Catholic High School and Nicholls State University. Sammy is involved locally in the hospitality industry and real estate. Sammy is a great supporter of TFAE, as well as other local fundraising events. He is the owner of two local restaurants, Castalano's and Milano.