

House News

Empowering Female Leaders of Tomorrow

Winter 2020/2021

Issue 1

A Note from Carol Nash, Founder and CEO of Bernadette's House



Since closing our doors on March 16, 2020 we have continued to move forward and our organization is stronger than ever. I'd like to introduce you to our newest members of the team. Monica D Green, Ijeoma Ofoha, Jennifer Keyser Bryan, Ricky Procter, Neal Buck, Kaila C. Randolph, Anae Goodwin, Tina Strothers and Cristina Armeni.

Each team member brings a wealth of experience and skills that will continue to make Bernadette's House a well-rounded organization.

They will report to me and Monica D Green, Program Operations Administrator. Below are their roles with Bernadette's House, and their responsibilities with BH:

- Monica D. Green, Program Operations Administrator (Returns)
- Ijeoma Ofoha, Grant Writer Assistant
- Jennifer Keyser Bryan, Volunteer/Mentor
- Ricky Procter, WebMaster
- Neal Buck, Graphic Designer (Returns)
- Kaila Randolph, Vice President of Internal Affairs
- Anae Goodwin, Vice President of Finance
- Jayson Green, Board Secretary
- Tina Strothers, Customer Service Manager (Andie's direct report)
- Christina Armeni, Social Media Intern (Monet's direct report)

Thanks for joining me in welcoming Monica, Ijeoma, Jennifer, Ricky, Neal, Kaila, Anae, Tina, and Christina to the team. We hope to open our doors soon.

UPCOMING EVENTS

Christmas
December 25
New Year's Day
January 1
Schools Reopen
January 4
Martin Luther King Jr Day
January 18
Inauguration
January 20
Valentine's Day
February 14
Daylight Savings
March 14



Free Holiday Gifts and Hot Cocoa Community Event

On December 13th, Bernadette's House offered a free community event featuring holiday gifts and hot cocoa.



FREE Community Event
Registration not required

Come out for this amazing community event and pick up some **free holiday gifts** and hot cocoa provided by various community leaders.

Pick up between 1pm and 3pm
Dec 13, 2020
Bernadette's House
306 Montgomery Street, Laurel, MD 20707

Safety precautions strictly adhered to. Mask wear mandatory. We are committed to staying Safe, Sane and Blessed

For additional information feel free to contact
Angelique Lopez @
Mahdil130@yahoo.com



bernadette's house
empowering female leaders of tomorrow



House Talk For Teens - Entrepreneurship Made Easy



On December 16th Bernadette's House aired another episode of Teen Talk, with the topic of Entrepreneurship Made Easy. Founder and CEO of Bernadettes House shared her journey in opening a non profit and establishing Bernadette's House, going on strong now for eight

years. When considering embarking on the worthwhile challenge of starting your own business, Carol and Monet shared the following advice. There are four critical elements to starting your own business:

1. Research
2. Business Plan
3. Your mission and vision
4. Flexibility

In regards to the first element, research, you should ask yourself what does the community need? In the case of Bernadette's House, Mrs Nash focused on determining if there was a need for an after school program to benefit twelve to seventeen year old girls. Her research revealed that there was a need, so she went to work on establishing a business model to make that research a reality.



Carol and Monet delivering their House Talk for Teens message via WBGR Networks cable station.

With a community need identified, the next step is defining your business plan. Even if your business plan is a single page write up, get it written down on paper! Consider some of most invaluable things to get your business off the ground- getting help with resources (there will be a lot), people to help you get started, and networking for knowledge, assistance, and guidance.



Your vision for the business coupled with a mission statement is vital to the successful establishment of your new venture. This solidifies the research you did for the business, into the core values and goals your business will strive to achieve and guide it moving forward.

Last, but certainly not least, you must be flexible to be a business owner. There will be challenges and change, but maintaining a flexible nature and keeping your cool will be invaluable in aiding in you in facing those challenges, and helping your business.



Bless
 the Food that is before us,
 this Home around us,
 the Family beside us
 and the Love between us.
 Amen

Virtual Master Classes to Support BH

In 2020, Bernadette's House had a very successful fundraising season, hosting three fabulous and fun Virtual Master Classes in the fall!

Our first event was a Caribbean Jerk Chicken Cooking & Music Class, held September 19th. The Jamaican Duo of Carol and Patrick set the scene for great food, music, and fun, by teaching participants about Jamaican culture and history, along with step-by-step help to create a wonderful Caribbean recipe favorite.

In November, we switched gears to explore food offerings from the Tuscan hillside of Italy with a Homemade Pasta Making Class with Chef Wendy (www.pastaacasa.com) on November 7th. She led participants through preparing gnocchi alla sorrentina, a soft dough dumpling made from flour & potato, along with a classic home-made red sauce with fresh mozzarella.

To end the year, we offered a special holiday class on December 2nd to learn about French Desserts with Pastry Chef Melissa! Everyone had a great time learning to make a rustic French apple tart and a homemade vanilla ice cream. These events brought in over \$800 to support critical BH activities! Keep an eye on the BH website calendar for more of these opportunities in 2021!



We learned to make a traditional Jamaican dish, Jerk Chicken, with Carol and Patrick.



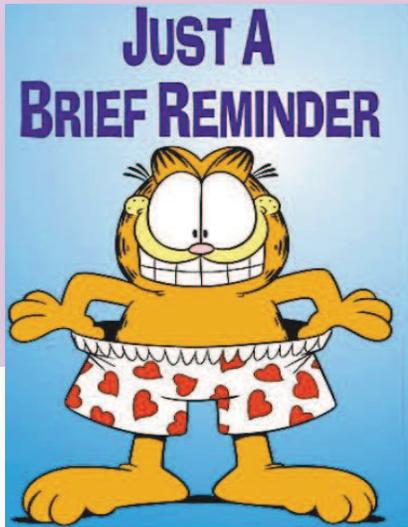
We also learned to make an Italian dish, gnocchi alla sorrentina, with a homemade red sauce, courtesy of Chef Wendy.



Many thanks to Melissa Holton Svehla for teaching the pastry class!



Making French apple tarts and homemade vanilla ice cream with Chef Melissa.



A few friendly reminders:

- Visit our BH website
- Follow our BH Facebook page
- Follow us on Instagram
- Be sure to check in for our weekly Teen Talk sessions



We have work to do!

By making a tax-deductible donation now, you can help us to continue our most critical programs in the upcoming year. Please visit our website www.bernadetteshouse.org, and click the "Donate Now" button.



"What I want young women and girls to know is that **you are powerful and your voice matters."**

*Vice President
Kamala Harris*



A note of appreciation to all of our anonymous donations through facebook.

The mental health issues related to our lockdown and the pandemic are especially hard for people with depression. NAMI, The National Alliance on Mental Health, has a 24 hour helpline: 800-950-6264.

Please could any two of my Facebook friends just copy and repost to share the helpline far and wide?

Just two. Any two. Say done.