

DEDICATED TO DOING GOOD

Katie Goodson, Mary Frey Eaton Community Service Award

Katie Goodson is commended for demonstrating fine qualities of dedicated community service through voluntarism while maintaining upstanding personal character. For this, she is recognized as this year's recipient of the Mary Frey Eaton Community Service Award. This award recognizes an active member excelling in service to our local community, both in the League and beyond. Her life exemplifies the legacy of Mrs. Eaton, whose life enriches the Baton Rouge community with an enduring commitment to service.

An active member since 2007, Katie has also invested her talents throughout the years with First United Methodist Church, BREC, Baton Rouge Area Foundation, Leukemia Lymphoma Society, Baton Rouge Bar Association, Cancer Services of Baton Rouge, BR 10, Louisiana Art & Science Museum, Woman's Hospital and Early Learning Center, among others. She also works in her family's non-profit, Lauren's Nest Egg, which is dedicated to the memory of her sister—who died unexpectedly from cardiac arrhythmia—and her selfless love of others.

Katie remembers her most rewarding League placement as being a Patient Activity Days Committee member, where she could see the direct community impact. "Even though you work with children who are sick. . .when you are there, it is a happy occasion," she says. "The families are encouraged." Her years of in-league service taught her how JLBR works together as a team, which "can be hard to see from the outside," she reflects. In her current placement as chair of the Susan G. Komen Breast Health Awareness Committee, she brings fresh encouragement by sharing personal inspiration of watching her father's victorious battle with cancer.

Katie originally joined JLBR upon the recommendation of friend and past president Amy Groves Lowe. Katie credits Amy's mentorship for encouraging her to continue a life of philanthropic work beyond college. She remembers how Amy "explained the huge impact of JLBR" and how there were "many different ways to be involved." Her own experience has proved that to be true.



Although "your heart goes out to many different issues" facing the community, Katie says she has learned to evaluate what she is most passionate about. For her, it is "faith first, family next and everything else after that." Within that "everything else," she is able to make a great community impact by identifying her priorities with a mindset of not dismissing a community need by saying "no" but instead saying "not right now." "Prioritize," she says, "and everything falls into its place."

As the wife of Mark Goodson, the mother of three children ages 7, 5 and 2, and an attorney with Taylor Porter Brooks & Phillips, Katie gets lots of practice balancing priorities. That is one thing that impresses her about the League: there is "something for everyone." No matter how she needed to juggle everyday life and volunteering through the years, there has always been a role to play in JLBR. Whether newly married with more time for work and community or working less while raising young children, "it was never an issue with the League because you can do so many different things to make an impact and still balance life."

What Katie loves most is the joy of sharing her volunteer spirit with her children. She is teaching them to give generously of their time and talents. Her oldest son now volunteers with her at HYPE (Helping Youth Prepare for Excellence). With another mother, she started Missions Mondays, a project aimed at teaching kids the "simplicity of sharing God's love" through projects like a lemonade stand to raise money for veterans, packing summer lunches for kids, cleaning at a charter school, or making get-well cards for kids in the hospital. By seeing philanthropy "through the eyes of a child," she has been inspired that doing good is as simple as a child showing kindness to another.

—Crystal French