

## Girls Night Out at Boutique

### Bubbles, Baubles, and Bags



It is that time of year again! Holiday shopping in one place! The third annual JLWS Boutique will once again be held at Benton Convention Center located at 480 North Cherry Street in Winston-Salem. Changes have been made to the event in order to widen appeal and attract more shoppers. In addition to the new name and updated logo, the date of the event has been moved to later in the year, to encourage shoppers preparing for the holidays to attend. The 2012 Boutique will run Friday, November 30, 2012 through Sunday, December 2, 2012.

This year's pre-Boutique shopping event's theme is "Bubbles, Baubles, and Bags" and is not to be missed! There will be a fine jewelry raffle with pieces from Windsor Jewelers and Schiffman's as well as a designer handbag silent auction, including designers such as Marc Jacobs, Louis Vuitton, and Botkier. Pre-night tickets are available for \$30.00 or four for \$100.00. Tickets at the door are \$35.00 and all those attending "Bubbles, Baubles, and Bags" will receive a free weekend long shopping pass for Boutique.

With almost one thousand members and in its ninetieth year of history, the JLWS is committed to making this holiday market the premiere shopping event in the city. This event, along with other fundraisers, makes it possible for the JLWS to support and promote many projects throughout the Winston-Salem/Forsyth County community. Visit [www.jlws.org/boutique](http://www.jlws.org/boutique) for more information or to purchase tickets.

### Inside This Issue

- Membership 3
- Community 7
- New Members 8
- Finance 11
- Volunteer Development 12
- Sustainers 13
- Noteworthy 14

### Girls Night Out

Bubbles, Baubles, and Bags

**Friday, November 30, 2012**

Shopping Hours:  
6:00 p.m. to 9:00 p.m.

### Boutique

A Shopping Event

**Saturday, December 1, 2012**

Shopping Hours:  
10:00 a.m. to 6:00 p.m.

**Sunday, December 2, 2012**

Shopping Hours:  
10:00 a.m. to 5:00 p.m.

### Junior League of Winston-Salem, Inc.

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**Hours:** 8:30 a.m.- 4:00 p.m., Monday- Friday

## Letter from the President



At my daughter's recent birthday party, a friend and I were reminiscing over just how quickly the past ten years had passed and how different our lives were today. Thinking back to those days: I was in the early years of my marriage, had just completed graduate school, and was working forty to fifty hours a week as a Nurse Practitioner with oncology patients. I was thinner, less gray, but just as obnoxious of a UNC fan as I am now (sorry Wake friends, some things

never change). JLWS wise, I was serving in my first leadership position, working alongside some amazing women to create the first Preschool Boo Bash at Franciscan Child Development Center. Many an evening was spent at our previous Headquarters in Reynolda Village devising crafts and activities to entertain the children while teaching them and their parents about the importance of reading. I learned a lot from that placement and the women on that committee: not only about the JLWS, but also about becoming a mother and striving to find the balance between family, work, and life. Some of them have sustained (Jennifer Ballsieper, Becky Ebert, Carol Mitchell, and Valerie Saddler), one is still active (Cornelia Groce), and sadly, many have left the JLWS. I still see some of them from time to time, and when I have asked why they left, I usually get the same reply: "life simply became too busy."

In a previous *Informer*, I encouraged you to think back to why you joined the JLWS and now, for just a moment, I want you to consider the reasons why you remain a member. It is an increasingly busy world. What is it that keeps you a member? Is it because of the relationships you have created or friendships you have made? Perhaps the opportunities for networking or volunteer work? The personal rewards or fulfillment your JLWS experiences bring? Or your commitment to our organization? To our mission? To our legacy? I can honestly say that for me, it is all of the above. Now I will admit, some years it has been more difficult to find the time to devote myself fully to the JLWS. But that is the great thing about today's JLWS: there are options! Perhaps you don't serve as a leader, or you request a special placement, or as I have done - you take a sabbatical. Some years, you can give more; other years, you take a step back. Let the JLWS meet you where you are. Ten years ago, I can assure you, that I never envisioned myself sitting where I am today as president. Thanks to that flexibility and not losing sight of all those very reasons above, I remain committed to this organization and our future.

So fast forward ten years: life is much busier, I still work full time (albeit now from home), and my "JLWS Widow" husband and I have been married for sixteen years. There are a few more lines around my eyes and thanks to my colorist, the gray is not as noticeable. The weight is harder to come off, but I'm still trying. My daughter is heading to middle school next year and her almost seven year old brother alternates between melting my heart and testing my patience on an hourly basis. I am blessed and this holiday season, I am thankful for all the challenges of life, and for each member of the JLWS. Thank you for remaining a member and for your commitment to our organization. Never lose sight of its value.

Heather

The Junior League of Winston-Salem 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.

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**Julie Groves:** Sustainer Advisor

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**Margaret Sattler:** Administrative Assistant

The *Informer* is published six times a year in August, October, November, January, March, and May by Junior League of Winston-Salem, Inc.

The *Informer* accepts advertising.

For more information, visit

[www.jlws.org/informer](http://www.jlws.org/informer)

**Advertising deadline for the March/April issue: January 25, 2013**

### 2012- 2013 Informer Staff:

Csilla Dunn, Managing Editor  
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Jo Alice Hall  
Heather Mackey  
Layla Manning  
Genevieve Riebel  
Carmen Sauls  
Mara Schilly

## September 2012 Board Briefs

The JLWS Board of Directors met on September 17, 2012. The meeting began with the finance report which was given by Stephanie Moser and Teresa Inman and discussed by the Board. Teresa Inman then provided the Management team update and reiterated the need for additional Boutique vendors for the event scheduled for November 30, 2012 through December 2, 2012 as well as the need for support from all JLWS members. Erin Jelinek provided a Nominating committee update. Applications for Nominating committee will be online in October. All eligible members are encouraged to apply. To help with the nominating process, Placement Liaisons are working to obtain information and feedback through the fall interviews. Placement for 2013-2014 leadership positions will begin in January.

Elizabeth Dampier reviewed the Strategic Plan. After the August meeting, a motion to approve the Strategic Plan was distributed via e-mail to the Board of Directors. The Strategic Plan passed with a majority vote.

To assist with execution, each member of the Long Range Planning committee has been assigned to a council. Elizabeth reminded the council vice presidents that the Long Range Planning committee members are able to assist with research that would aid in completing Strategic Plan objectives.

Motions affecting Membership Policies Section IV, B. – Reinstatements made to reinstate members who previously resigned were passed.

## Nominating Committee Selection Process Changing

Last year, the JLWS changed its Nominating committee selection process. Many Junior Leagues throughout the country have similarly transitioned the selection process for nominating and leadership positions. New members of the Nominating committee are selected through an application process and then approved by an election of the JLWS membership at a General Membership Meeting (GMM). The Nominating committee is represented by:

- Four Actives from the two through six years of service of category
- Two Actives from the seven and over years of service category

Nominating committee members serve a two year term and should possess a broad range of Junior League experiences. Committee members must be able to objectively evaluate a person's potential for leadership and set friendships and personal relationships aside. Upon selection, the member will be required to sign a confidentiality agreement and maintain that confidentiality and a level of integrity, maturity, objectivity, and foresight at all times as leadership decisions are based on what is in the best interest of the JLWS as a whole. While serving on the Nominating committee, the member is not eligible to be nominated for any Board position and may not serve on any other committees.

Applications are now available for those who are interested in applying for a position on the 2013- 2014 Nominating committee. The current Nominating committee will review all applications submitted and will select the most qualified individuals for each membership category. Once candidates are selected, the current Nominating committee will present a proposed slate of new members of the Nominating committee to be voted on for approval at the January 2013 GMM.

All eligible JLWS members interested in serving on the 2013- 2014 Nominating committee are encouraged to complete an application. The application can be found online at the JLWS Members Only web site. Applications are due by Friday, November 2, 2012. Contact Nominating chair, Erin Jelinek, with any questions at [nominating@jlws.org](mailto:nominating@jlws.org).

## General Membership Meeting Calendar

### January 28, 2013

6:30 p.m. Social  
7:00 p.m. Meeting  
Forsyth Medical Center Conference Center  
Voting Meeting

### March 25, 2013

6:30 p.m. Social  
7:00 p.m. Meeting  
Forsyth Medical Center Conference Center

### May 20, 2013

6:30 p.m. Social  
7:00 p.m. Meeting  
Forsyth Medical Center Conference Center  
Voting Meeting

## It's Party Time!

Whether it's a child's birthday, wedding, or a corporate event, the Children's Museum is the place to party. Let us help you plan your next event!



Contact Lesa Pierce  
(336) 723-9111, ext. 205



[www.childrensmuseumofws.org](http://www.childrensmuseumofws.org)

# Membership

## Fall Conference

From September 25 to September 27, 2012, President Heather Mackey and President-Elect Teresa Inman represented the JLWS at the Association of Junior Leagues International's (AJLI) Fall Leadership Conference in Chicago, Illinois. The conference opened on Thursday afternoon with a Presidents of Larger Leagues (POLL) Meeting and a networking session. The conference was themed "Leadership Reimagined" and offered a flexible format with numerous small breakout sessions amid twice daily group dialogues. The group dialogues included updates on AJLI projects, a financial report on the results of their recent audit, and the Junior League of Chicago's hundredth anniversary celebration video. The breakout session format allowed Heather and Teresa to select topics that were of most relevance to the JLWS. Consequently, they each attended different sessions to gain as much exposure as possible to the various subjects. Sessions included topics such as annual appeals, harnessing the power of boomer volunteers, donor giving, engaging millennial members, staff management, strategic planning, and mentoring. The small format of these sessions included a presentation and allowed for communication with leaders from other Junior Leagues. This enabled Heather and Teresa to share ideas, issues, and identify common struggles among the organizations.

Friday and Saturday included banquet lunches in a different format. The speaker panel session on Friday included four women that have served as leaders in their Junior Leagues and continue their community service work to this day. These empowering leaders are an example of how the Junior League can springboard members' futures. Saturday's unique networking lunch allowed attendees to sit at the topic that most interested them. Teresa chose to discuss Holiday Markets while Heather chose to discuss member engagement. This was another great opportunity to share ideas and discuss these topics with other Junior Leagues. The closing reception was located at the Chicago Children's Museum at Navy Pier in downtown Chicago. The conference closed with a presentation on learning centers and children's museums that Junior Leagues have established across the country. During this presentation, the JLWS was recognized twice. First, the JLWS was recognized for establishing the Nature Science Center, now SciWorks. Secondly, the Children's Museum of Winston-Salem was noted as the seventy-fifth anniversary gift to the Winston-Salem community. Heather and Teresa applauded the accomplishments of the JLWS, as well as the other Junior Leagues' recognized projects. In addition to the formal conference agenda, Heather and Teresa interacted with the

presidents and president-elects of the other North Carolina Junior Leagues. By staying friendly and connected with these women, they are able to get a synergy of ideas and assistance among local North Carolina Junior Leagues. This networking has resulted in many benefits including: advertising swapping, fundraiser assistance, and future planned leadership opportunities. The Fall Leadership Conference was an excellent opportunity for Heather and Teresa to network, share ideas, problem solve, and celebrate the JLWS's accomplishments thus far.



*Teresa and Heather 'walked the plank' inside the Chicago Children's Museum.*



*The president and president elects of Charlotte, Greensboro and Winston-Salem, and the president of Durham/Orange County explore the Chicago skyline.*



*North Carolina presidents and president-elects taking the trolley to the Chicago Children's Museum.*

## Ask Your Member-at-Large

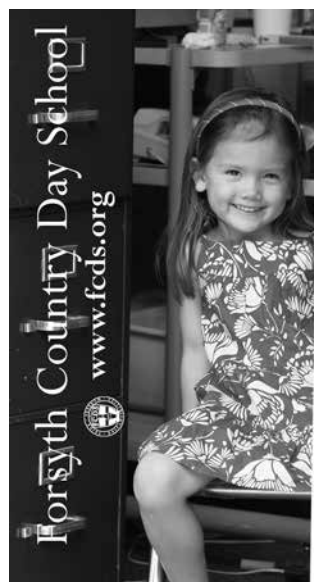


**Q:** The holidays really make me realize how fortunate I am. I'm a first year Active member with an in-league placement, so I am not familiar with all of my options. I would like to help out in the community over the next few weeks while I have some free time. Do you have any suggestions?

**A:** Thank you for your interest! I feel the jolly spirit this time of year, too. There are a lot of things you can get involved in this time of year. Major Leaguers is designed for members who would like to take on additional volunteer work throughout the year. It is totally optional throughout the year and there is no set time commitment, it is just whatever you feel that you can do. Periodically, groups request the need for some extra help and if it fits your schedule then you are only committed for that event. It's really that simple! The JLWS really appreciates your willingness to go above and beyond your regular membership duties while bringing some rewarding opportunities to you. A great, flexible way to get involved, meet new people all while helping out the community. Please contact Kiera Lassiter at [majorleaguers@jlws.org](mailto:majorleaguers@jlws.org) to be added to the distribution list.

## League Linkers

Join fellow JLWS members and the League Linkers committee on Tuesday, November 27, 2012 from 7:30 p.m. at Pure Barre located in Reynolda Village, Winston-Salem. Pure Barre is the fastest, most effective way to get in shape. Using small isometric movements at the ballet barre set to motivating music, Pure Barre lifts, tones, and burns fat in record breaking time. Join the League Linkers committee and stay in shape around the holidays! The class cost is \$15.00 per participant and space is limited to 15 attendees. Sign up on the JLWS Members Only web site.



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 ters)/4.5BA, panoramic ocean/  
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## Membership

### JLWS Interest Groups

The JLWS is pleased to announce its 2012- 2013 interest Groups. These groups offer members an opportunity to meet and interact with others around a shared interest. Please contact the chair in each group if interested in joining and to begin receiving updates. (Their contact information and e-mail can be found in the member directory on the JLWS Members Only web site.) Please contact the Membership vice president, Cat New, at membershipvp@jlws.org with any ideas in forming a new or different interest group. Suggestions always welcome!

**Women in Business** - Walker Jones

**Arts and Theatre** - Tasha Smith

**Knitting** - Heather Angell

**Food and Wine** - Whitney Ewing

**Finding Venus: A Fertility Interest Group** -  
Katie Neal, Michelle Griffith, or Emily Saunders

## Getting to Know the Members



### Active Member Profile: Alison Grein

**Hometown:** Asheboro, North Carolina

**Family:** Tim (husband) and a baby due end of March 2013

**Profession:** Eighth grade science teacher in Guilford County

**Hobbies:** Running, going to the gym, being active and outside

**Years in the JLWS:** First year Active

**Reason for joining the JLWS:** To get involved in the city of Winston-Salem and to meet other great women

**Favorite placement:** New Member Mentor

**Fondest JLWS memory:** Re-connecting with high school friends at the New Member seminar after years of being apart

**JLWS influence in everyday life:** Provided me with the opportunity to meet women similar to myself and develop great friendships

**Favorite quote:** Jeremiah 29:11 "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."



### Sustainer Member Profile: Henri Brown

**Hometown:** Danville, Virginia; In Winston-Salem since 1981, so now it's my hometown, for sure!

**Family:** Royall Brown, Jr. (husband), Two children: Royall, III (twenty-six) and Alice Day (twenty-two);  
Soon adding a daughter-in-law, Mary Thom Newcomb (January 2013)

**Profession:** Director of the Augustine Project for Literacy

**Hobbies:** Playing bridge, golf, and reading great books

**Years in the JLWS:** Joined in 1984

**Reason for joining the JLWS:** Great way to meet interesting women friends when I moved to Winston-Salem, plus my mother-in-law was a Junior League Sustainer

**Favorite placement:** Teaching an adult to read

**Fondest JLWS memory:** While working the Rummage Sale with my husband, Royall, he looked over all the electronic goodies and said, "Those look just like my speakers. You know, the ones I have stored in the attic." I replied, "Really? What do you think they're worth? I have to price them before you can buy them back."

**JLWS influence in everyday life:** The first time I tutored was through a JLWS placement. I taught an adult to read at the Downtown Library.

**Favorite quote:** "Never believe that a few caring people can't change the world. For indeed, that's all who ever have." -Margaret Mead

## Urinary Incontinence:

A common health problem women still don't talk about (but should)

From scouting out every restroom in the workplace, to going dozens of times a day, to forgoing outings to the movies, people with untreated urinary incontinence live in constant fear of having an embarrassing accident. Urinary incontinence is a common problem affecting an estimated eighteen million women in the United States, yet according to the National Association for Continence, women wait an average of six years from the first time they experience symptoms until they get a diagnosis of their bladder control problem.

Dr. Bradley Jacobs, an obstetrician and gynecologist with Lyndhurst Gynecologic Associates and the Maya Angelou Center for Women's Health and Wellness at Forsyth Medical Center, has been treating women with urinary incontinence for eleven years and has seen firsthand the struggle his patients go through before seeking help. "People think it's a normal process of aging or childbirth, but it's really important to distinguish that although urinary incontinence is common, it's not normal. It is a legitimate medical condition and it's treatable."

### Know Your Type

Physicians say it's important to talk about any urine leakage issues you have with your ob/gyn, primary care doctor or urologist in order to get a diagnosis of the type of urinary incontinence you may have.

The most common is stress urinary incontinence, a movement-type incontinence that happens when the person laughs, coughs, sneezes, jumps or runs. The second most common type is urge incontinence or overactive bladder syndrome. "This leaking is because the bladder spasms or squeezes down involuntarily without notice. Generally the leaking is preceded by a strong urge to go to the bathroom and that's where the name comes from," says Dr. Jacobs.

"It's important that people understand what type of incontinence they have so it can be treated properly. The advertisements you see for the 'gotta go' prescription medications are designed to treat urge incontinence by preventing bladder spasms, but it will not do anything for women with stress incontinence."

### The Surgery Myth

Many patients that Dr. Jacobs sees believe that surgery is the only option and that the procedure will work for only a short period of time. For women with stress incontinence, the most common surgical option is called the sling procedure, an outpatient procedure that takes less than thirty minutes.

"This type of surgery has really advanced in the past ten years or so. Through the years there have been many procedures that have attempted to help with this problem and only a few have stood the test of time. The sling procedure has become the current gold standard procedure."

Researchers have been tracking the success rate of the sling procedure for well over ten years and have found the success rates in the eighty to ninety percent range.

"We want people to realize that not all urinary incontinence types are treated the same way with surgery. In fact, urge incontinence is not helped at all with surgery, and can actually make it worse. Oftentimes, we recommend other non-surgical treatment options," says Dr. Jacobs.

### Non-Surgical Options

For many patients, strengthening the pelvic floor, the muscles that support the bladder, are an important step. "Home Kegel exercises can help some but you really want to find a formal Pelvic Floor physical therapy program for strengthening the muscles," says Dr. Jacobs. He recommends checking with your local hospital or ob/gyn, urology or physical therapy practice to see if they offer a pelvic floor strengthening program.

Doctors also advise people with urinary incontinence to avoid caffeine and alcohol, which act as a natural diuretic. "The lining of the bladder is particularly sensitive to caffeine and alcohol. Because they make you go more frequently, we highly encourage patients to restrict their use, especially in the evening before bedtime."

*Dr. Bradley E. Jacobs is a physician at Lyndhurst Gynecologic Associates in Winston-Salem and is the Medical Director of the Program for Continence and Pelvic Floor Disorders at the Maya Angelou Center for Women's Health and Wellness at Forsyth Medical Center. For more information about urinary incontinence and pelvic floor health, call (336) 718- 4260.*



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## New Members

# Welcome 2012 - 2013 JLWS New Members!



### Emily Saunders' New Member Small Group

**Back row from left to right:** Patsy Elliott, Jordan Hauser, Rita Hovda, Elizabeth Chmelo, Sarah Blackwell, and Carolyn Hern

**Front row from left to right:** Julie Long, Lauren Cook, and Tiffany Cagle

**Not pictured:** Brie Alford and Lisa Emmerich



### Kristin Kelly's New Member Small Group

**Back row from left to right:** Lauren Crotts, Haven Powell, Lauren Pashke, Lori Hutcherson, and Abigail Lauer

**Front row from left to right:** Kate Przybylowicz, Kathryn Vernon, Carrie Vickery, and Monica Leslie

**Not pictured:** Lauren Knipp



### Lindsey White's New Member Small Group

**Back row from left to right:** Eliza Walmsley, Kelly Moose, Kimberly Struglinksy, Ann Thomas, and Anna Marie Carr

**Front row from left to right:** Sarah Mitchell, Brittany Hunton, and Brittney Maine

**Not pictured:** Kate Wiese and Brittney Wurdeman



### Katy Arenschield's New Member Small Group

**Back row from left to right:** Stephanie Knight, Megan Massey, Anna Ramsay, Samantha Perrotta, and Mary Kathryn Vincent

**Front row from left to right:** Mary Grace Alexander, Nilam Patel, Rebecca Koza, and Kelly Russo

**Not pictured:** Cortney Holmes



## Kelley Kenner-Partridge's New Member Small Group

**Back row from left to right:** Shewana McSwain, Jacqueline Friedman, Valeria Ford, Lucretia Berry, and Nicole Abolins

**Front row from left to right:** LaTanya Bowman, Elizabeth Douglass, and Dawn Calhoun

**Not pictured:** Jennifer Shultz and Katherine Wyatt

### New Member Meeting #2

**November 12, 2012**

6:30 p.m.

*Children's Museum of Winston-Salem*

### New Member Meeting #3

**January 14, 2013**

6:30 p.m.

*Children's Museum of Winston-Salem*

### New Member Fall Project

**November 29 – December 2, 2012**

Various shifts

*JLWS Boutique*

### New Member Meeting #4

**February 11, 2013**

6:00 p.m.

*Children's Museum of Winston-Salem*

### New Member Holiday Social

**December 2012**

Time and Location TBA

### New Member Townhalls

**March 4, 2012**

6:30 p.m.

Various locations TBA

## New Member Profile



### Sonny Haynes

**Hometown:** Holly Springs, North Carolina

**College:** The University of North Carolina at Chapel Hill and North Carolina Central University School of Law

**Employment:** Attorney at Womble Carlyle Sandridge and Rice, Winston-Salem, North Carolina

**Current involvement in community activities:** Serving on the board of directors of The STEAM Academy of Winston-Salem; Volunteer with Big Brothers Big Sisters of Winston-Salem

**Reason for joining the JLWS:** I wanted to deepen my roots in the Winston-Salem community and sought a well-respected and well-recognized organization that would allow me to contribute to the community in a meaningful way while working alongside outstanding women who have achieved both professionally and in the spirit of service

**Hobbies or other interests:** Reading, collecting artwork, mentoring law students, and performance arts



### Tiffany Cagle

**Hometown:** Carthage, Mississippi

**College:** The University of Texas at Austin -Hook 'em Horns!

**Employment:** Mental health therapist

**Current involvement in community activities:** JLWS

**Reason for joining the JLWS:** There is no greater feeling than helping someone, anyone, no matter who they are, and in turn gaining a sense of our own humanity and making a friend along the way

**Hobbies or other interests:** Right now, planning our wedding! On the off season, I really enjoy capturing life's moments on camera. I love creating and making fun decorations for the house. I love to learn about new cultures and people from around the world. And of course, teaching fun new tricks to our wrinkled faced french bulldog, Bullwinkle!

## Project Mannequin



The New Member class gathered on September 10, 2012 for the sixth annual Project Mannequin at Nitsa's Apparel. New this year, participants were asked to bring food items to benefit a local "Backpack" program which provides children at risk of hunger with a backpack full of nutritious, kid-friendly foods for the weekend. The food drive was an amazing success as they collected more than 400 items in one evening. Many thanks to the New Member class and JLWS members for their generous donations and participation in a worthy evening!

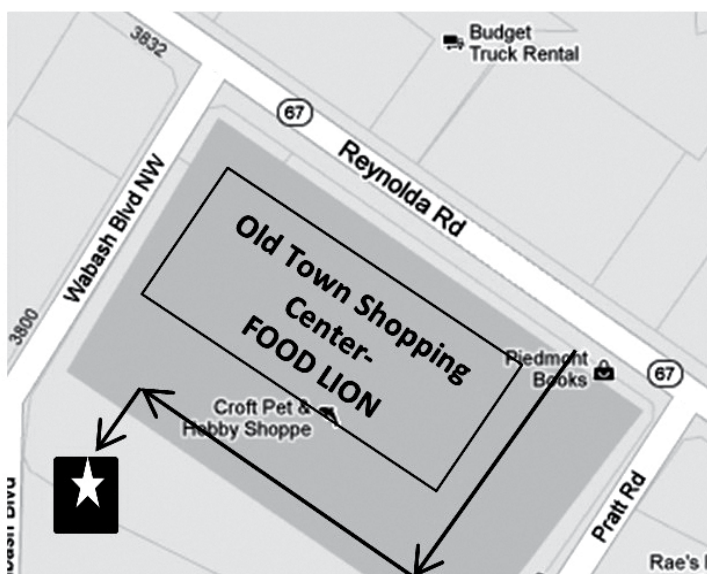




The 2013 Rummage Sale now has a Pinterest account! For great tips about rummage items to be recycled, reused, refurbished, and renewed, follow the Rummage Sale Pinterest account. Search by people for JLWSRummage, or search by boards for Renew with Rummage 2013.

This month's Renewal tip: have an old sweater that can no longer be worn? Cut off the sleeves and use the body fabric to create a great pillow cover. See the Rummage Sale Pinterest board for the details on how to create this cozy pillow cover.

As the holiday season approaches, please remember the Rummage Sale as a great way to donate gently-used holiday décor and unwanted gifts received.



## 2013 Rummage Sale

**Thursday, April 18, 2013 to Saturday, April 20, 2013**

LJVM Coliseum Annex and Education Buildings

**Thursday, April 18, 2013**

**Sustainer Breakfast** - 10:00 a.m. to 11:30 a.m.

**Preview Party** - 6:00 p.m. to 9:00 p.m.

**Friday, April 19, 2013**

**Rummage Sale** - 5:30 p.m. to 8:30 p.m.

**Saturday, April 20, 2013**

**Rummage Sale Half Price Sale** - 9:30 a.m. to 12:30 p.m.

**Rummage Sale Bag Sale** - 1:00 p.m. to 2:30 p.m.

## 2013 Rummage Sale Work Week

**Monday, April 15, 2013 to Wednesday, April 17, 2013**

Contact Rummage Sale chair, Erin Moore, with questions regarding the 2013 Rummage Sale at [rummagesale@jlws.org](mailto:rummagesale@jlws.org). For scheduling conflicts and make up opportunities, please contact Rummage Sale Scheduling chair, Korie Beck, at [rsscheduling@jlws.org](mailto:rsscheduling@jlws.org).

## Early Rummage Drop-off Schedule

Have quality rummage that cannot be held on until the sale dates? Please consider using one of the early drop-off dates held at the JLWS storage location, 3800 Reynolda Road (behind Old Town Shopping Center), Winston-Salem. Rummage Sale committee members will be there to receive rummage from 10:00 a.m. to 1:00 p.m. on these Saturdays. Please bring all clothing and linens in plastic garbage bags and all other rummage donations in boxes. See the Rummage Sale page on the JLWS web site for a list of products that JLWS cannot accept for rummage.

November 10, 2012

January 19, 2013

February 16, 2013

March 16, 2013

## Volunteer Development

### Looking Ahead to 2013: Training Opportunities to Start the New Year

This January, the Volunteer Development committee is excited to offer a training in budget management. Peoples' lives are always changing: there are graduations, weddings, children, new jobs, or retirement. As life changes, so do personal finances. It is important to understand the different aspects of personal finance management so that one can be prepared for the next phase of life, regardless of what that phase may be. In January, financial advisors Will Goodson and Tom Goodson will be providing a training session before the January General Membership Meeting (GMM) on "Financial Planning for All Ages." These advisors will provide advice on a number of financial topics including: budgeting, long and short term saving, and investing. After taking time to provide valuable information on these financial topics, the advisors will also serve as a panel to answer any questions. This valuable training opportunity will be a fantastic way to start the 2013 year on the right foot.

Additionally, the Volunteer Development team is excited that individuals from the Forsyth Medical Center will continue to offer the health training entitled "Wellness for Women: Meeting your unique needs based on your age." This training will happen simultaneously with the personal finance training before the January GMM. The Volunteer Development committee looks forward to seeing JLWS members, family, and friends at the trainings in January.



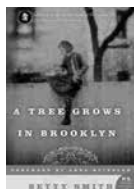
### AJLI Online Trainings

Coming this November, on Webinar Wednesday, the AJLI will be offering a Webinar entitled "Dimensions of Human Trafficking." This training will be held by Alison Boak on Wednesday, November 14, 2012 at 1:00 p.m. Ali will be discussing the key concepts of this global issue and she will enlighten members about ways to get involved in the movement to eliminate this humans rights issue. Members interested in participating in this training opportunity can log in to the AJLI web site and click on the "Online Learning" tab. To log in to AJLI, JLWS members are asked to sign in to the

JLWS Members Only web site and click on the AJLI link. In addition to the Webinar Wednesdays, there are other online learning opportunities offered on the AJLI web site. Spend some time browsing the Online Learning webpage to see the variety of web workshops, self-paced courses and on-demand training recordings. AJLI is a valuable resource for training opportunities. These trainings are available for any Junior League member to further develop skills as a community and civic leader. These offerings can be accessed at a time and place that fits each member's own schedule. Please contact [volunteerdevelopment@jlws.org](mailto:volunteerdevelopment@jlws.org) with any questions.

## Sustainer Evening Book Club

### 2012- 2013 Book Selections



**November 13, 2012 at 7:00 p.m.**

(at the home of Gretchen Wells)

### A Tree Grows in Brooklyn

Betty Smith (classic)

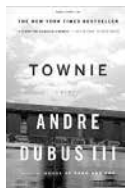


**January 8, 2013 at 7:00 p.m.**

(at the home of Nilla Childs)

### Goliath

Susan Woodring (novel by North Carolina author)



**March 12, 2013 at 7:00 p.m.**

(location tbd)

### Townie: A Memoir

Andre Dubus III (autobiography)



**May 14, 2013 at 7:00 p.m.**

(location tbd)

### Stone Arabia

Dana Spiotta (novel)

## Sustainer Daytime Book Club

### 2012- 2013 Book Selections

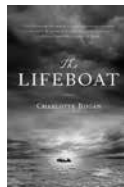


**November 14, 2012 at 9:30 a.m.**

(at the home of Bennie Breece)

### Love, Fiercely

Jean Zimmerman (dual biography)



**January 23, 2013 at 9:30 a.m.**

(at the home of Debbie Cassels)

### The Lifeboat

Charlotte Rogan (novel)



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## Save the Date!

### Sustainer Holiday Luncheon

Monday, December 10, 2012

11:30 a.m. to 1:00 p.m.

at 1703 Restaurant

Please join fellow Sustainers for a wonderful holiday tradition! What a great way to escape the “busyness” of the holiday season and enjoy a delicious lunch with great friends.

Invitations will be arriving in mailboxes soon! Please contact [headquarters@jlws.org](mailto:headquarters@jlws.org) for more information.



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## Noteworthy



### Junior League Transitions

#### Transfers to Winston-Salem:

**Cassi Williams** (New Member)  
*Greensboro, North Carolina*

**Anne (Macon) Sykes** (Active)  
*Raleigh, North Carolina*

#### Transfers from Winston-Salem:

**Kathryn Evans** (Active)  
*Jackson, Mississippi*

**Jennifer Foster** (Sustainer)  
*Louisville, Kentucky*

**Andrea Kiester** (New Member)  
*Ann Arbor, Michigan*

**Stephanie Kohn** (Active)  
*Jacksonville, Florida*

**Katie Mason** (New Member)  
*Charleston, South Carolina*



### Little Junior Leaguers

**John David Wofford, IV**  
March 12, 2012  
Dorothy and John Wofford

**Elizabeth McCall Stanley**  
August 29, 2012  
Lindsay and Blake Stanley



### Volunteers of Distinction

**Grace Neal** and **all the members of the Placement Liaison committee** for their time conducting placement interviews to gather feedback from Actives on their JLWS experience

Sustainer **Colleen Friedman** for opening her beautiful home and hosting the Sip, Sandwiches, and Socialize event on October 22, 2012

**Members of the Placement Review committee** for their work in researching and reviewing placement applications and making recommendations for placements for the upcoming year(s)



### Marriages

**Hillary Horn and Andrew Wands**  
July 7, 2012

**Susan Maier and Raul Colon**  
August 4, 2012



### In Memoriam

**Anne Kesler Shields**, Sustainer  
October 6, 2012

**Rachel Stewart Smith**, Sustainer  
October 18, 2012



### Member Milestones

Sustainers, **Mary Craven Adams** and **Kathleen Evans**, and Active members, **J.J. Elliott** and **Erin Kennedy**, were selected as members of the 2012-2013 Leadership Winston-Salem Class

Active member, **Heather Hubbard**, was elected as Secretary to the North Carolina Junior League's State Public Affairs Committee (SPAC)

Active member, **Alisha DeTroye**, was named to the North Carolina Medical Society Leadership College. She was the only Physician Assistant of the twenty scholars named to this elite program

Active members, **Cate Lynch** and **Kate Reece**, are serving as co-chairs of the 2012 Festival of Trees for Brenner Children's Hospital. Committee chairs for the event include Actives: **Abbie Plonk**, **Abby Archer**, **Sarah Lafferty**, **Parker Tegeler**, **Caitlin Folan**, **Ashley Young**, **Megan Ragone**, **Kate Wall**, **Julie Antrim**, **Claire Calvin**, **Jen Baker**, **Cristen Sessions**, **Mary Katherine Crane**, **Anna Warburton**, **Liz Noland**, **Elizabeth Nolan**, **Beth Skorich**, **Allison Goodson**, **Lindsay Hodgson**, **Heather Wells**, **Anna Ball Hodge**, **Lindsay Stanley**, **Katy Fisher**, **Kelly Williams**, **Victoria Visel**, **Meredith Hacker**, **Jennifer Eshelman**, **Marley Russell**, and Sustainer **Cabell Edmundson**

Active member, **Katie Neal**, was promoted to the position of Executive Director, News and Communications at Wake Forest University

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# September General Membership Meeting

Active members Amy Collins, Amanda Cox, and Katie Neal were recognized as DIP award winners at the September GMM for their work towards advancing the JLWS mission. "The "DIP" in the DIP awards stands for: D - Developing the Potential of Women, I - Improving the Community, and P - Promoting Voluntarism.



Amy Collins



Amanda Cox



Katie Neal



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