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Junior League of
Winston-Salem, Inc.
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Hours
8:30 a.m. - 4:00 p.m.
Monday - Friday

September General Membership Meeting



Featuring
Nadia Sharin Moffett
Miss North Carolina
USA 2010
Founder and Executive Director,
The Queen's Foundation

Monday, September 19, 2011

St. Paul's Episcopal Church
Colhoun Room, 3rd Floor

6:30 p.m. Social
7:00 p.m. Membership Meeting

The Junior League of Winston-Salem has a proud historical legacy of developing the potential of women, the same mission as Nadia Sharin Moffett, Founder and Executive Director of The Queen's Foundation Inc. At the September meeting, she will share with JLWS members how she founded a non-profit organization with a mission to empower young women with self-confidence.

Nadia was crowned Miss North Carolina USA in 2010. With a specific agenda in mind, she toured North Carolina learning about the state and the "untapped potential" of its young women. The Queen's Foundation is inspired by its 3 Passions, "*The Make Me a Queen Program*", "*The Power House Project*", and "*I AM WOMAN*" campaign.

Sometimes you can be preparing for something your whole life, and not even know... -Nadia Moffett

Volunteer Development presents
the 2011-2012 JLWS Leadership
Training Class

Mark your calendars
for the first session:

**How to be an
Effective Board Member**

Monday, September 19, 2011
5:30 p.m. - 6:30 p.m. prior to the GMM
St. Paul's Episcopal Church

This session will feature community and JLWS leaders who offer over 100 years of combined board leadership. From knowing your legal and ethical responsibilities to understanding financial statements, this session will help prepare participants for service on a wide variety of boards.

Membership– Challenge Yourself to Make a Change



It's August, and it's HOT! Summer is my favorite season though and I am always a little sad when August rolls around. It means I have to start thinking about routines again – rushing myself and kids out the door to school and work, weeknights filled with homework, errands, and kids' activities. It just means a lot more planning on my part and the lazy days of summer are over. But this year, I am excited for August to be here because it means that all the planning your board has been doing for the past several months is going to come to fruition through the actions of our committees.

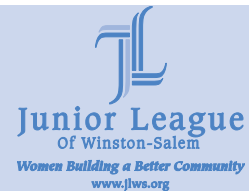
Keeping myself organized is not one of my strong suits. It's clearly visible as I look at all the papers scattered on my desk as I type this message. One of my challenges for myself this year is to de-clutter. I have challenges for you, our membership, this year as well. I challenge you to get organized with me – organize your calendar and put some JLWS events at the top of your list. We have an energetic, engaging speaker at our first GMM, whom you read about on page 1. Call a friend to go to the meeting with you, or email your committee members and save a table so you can all sit together. Attend a League Linkers event or the Sustainer Coffee. Reconnect with old friends who you may not have otherwise known had it not been for your JLWS connection.

Another challenge I have for you is to make sure you know our mission and can articulate it to anyone who asks what it is we do. I always rely on the old DIP acronym – **D**eveloping the potential of women, **I**mproving the community, and **P**romoting volunteerism. Nadia, our September GMM speaker, started the Queen's Foundation with a similar mission of developing the potential of young women. She will speak to us about her organization and I think you will come away inspired to get your league work started this year.

In relation to knowing our mission, I challenge you to also know the community issues we are trying to address and how our placements work to make improvements. Throughout this JLWS year, through *Informer* articles, General Membership Meetings, and other training opportunities, Volunteer Development will be working to inform you about those issues with facts and statistics. We want you to know that the work we do in the community does matter and we do make a difference in the lives of children and parents, and starting this year, in affecting women's health every day.

I am so excited about all the events and work will be doing this JLWS year. I look forward to seeing old friends and making new ones as we work together as Women Building a Better Community.

Meredith



The Junior League of Winston-Salem is an organization of women committed to promoting volunteerism, 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.

2011-2012 Board of Directors

Meredith Masten ♦ President
Heather Mackey ♦ President-Elect
Alicia Madan ♦ Administrative VP
Mary Elizabeth Craig ♦ Communications VP
Amy Elizabeth Donley ♦ Assistant Communications VP
Aimee Rowe ♦ Community VP
Claire Calvin ♦ Assistant Community VP
Susie Tickle ♦ Finance VP
Maureen Elrod ♦ Assistant Finance VP
Katy Ringeman ♦ Membership VP
Dianne Conley ♦ Assistant Membership VP
Heather Bumgarner ♦ Nominating Chair
Loy McGill ♦ Sustainer Advisor
Katy Fisher ♦ Member-at-Large
Cat New ♦ Volunteer Development Chair
Eva Wu ♦ Strategic Planning Chair

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/public/publications/informer

Advertising deadline for the November issue: October 1, 2011

Editorial submissions are subject to editing for content and length. Articles and photographs may be submitted via e-mail to informer@jlws.org. Photographs must be submitted with caption information, and appropriate photo releases are required from those pictured who are not JLWS volunteers.

Editorial deadlines for the November issue: September 14, 2011

2011-2012 *Informer* Staff

Heather Parker ♦ Editor
Mia Sloan ♦ Assistant Editor
Mara Schilling ♦ Staff Editor
Elizabeth Lee Lawley ♦ Communications Finance Manager

Board Briefs

The Junior League of Winston-Salem Board of Directors met on April 25, 2011. Heather Wells presented the financial report by reviewing the profit/loss statement and current balance sheet.

The May GMM will be held at Milton Rhodes Center for the Arts on May 23, 2011. The social starts at 6:15 p.m. and the meeting at 7:00 p.m. Willow's Bistro will provide the food.

The Finance Committee is working on the financial results for Tour of Fine Spaces, Rummage Sale Preview Party and Rummage Sale.

Eva Wu continued discussions with current and incoming Board members by facilitating a SWOT analysis to determine strategies to define the JLWS goals for the strategic plan.

The Junior League of Winston-Salem Board of Directors met on May 16, 2011. Heather Wells presented the financial report by reviewing the profit/loss statement and current balance sheet.

Heather Parker announced that at AJLI Annual Conference, member Junior Leagues approved the AJLI Board of Directors proposal to increase dues by \$4 per member due 2012 and an additional \$4 per member due 2013 and beyond. Consequently, the AJLI dues per member will be \$39 in July 2012 and \$43 in July 2013 and beyond.

The Finance Committee is working on the financial results for Tour of Fine Spaces, Rummage Sale Preview Party and Rummage Sale. Income received from various fundraisers throughout the year will be announced at the May GMM.

The Board voted on the 2010-2011 Annual Awards to be announced at the May GMM.

The Board approved:

- Approved a motion to alter Standing Committee policies, II. Nominating Committee, D. Nomination and Election of Nominating Committee (paragraph 3) to state "The Chair of the nominating committee shall keep the results of the incoming nominating committee elections. In the event of vacancy on the nominating committee, the nominating chair will present potential members to the Membership Council, including, but not limited to, those previously on the ballot, to determine the best candidate to fulfill the remainder of the term."
- Sixty-five new members as Active members of JLWS.

General Membership Meeting Calendar

September 19, 2011

6:30 p.m. Social
7:00 p.m. Meeting
St. Paul's Episcopal Church
Colhoun Room, 3rd Floor

November 1-10, 2011

Town Hall Meeting
Various Locations and Times

January 30, 2012

6:30 p.m. Social
7:00 p.m. Meeting
Milton Rhodes Center for the Arts
Voting Meeting

March 26, 2012

6:30 p.m. Social
7:00 p.m. Meeting
Children's Museum of Winston-Salem

May 21, 2012

6:30 p.m. Social
7:00 p.m. Meeting
Milton Rhodes Center for the Arts
Voting Meeting

The JLWS Board of Directors met on Monday, June 6, 2011. Susie Tickle reviewed the financial statements. The annual audit will be performed over the summer and the results will be presented to the board upon completion.

Heather Parker proposed forming a Women's Health Advisory Group (WHAG) to support the JLWS' new women's health focus area. The WHAG would review the JLWS' community impact and would identify unmet needs to increase the JLWS impact with the goal being to create programs which will be identified with JLWS in the community.

Eva Wu reviewed the Annual Plan for the coming JLWS year. Each Council discussed specific areas and strategies and assigned completion dates.

For clarification purposes only, Bylaw Article VI Sections 3 and 4F, and Bylaw Article V Section 1 and 2 were amended to specify that the Board of Directors is voted on by the membership at the January General Membership Meeting each year, that the Administrative Vice President takes minutes at Board Management, Governance, and General Membership Meetings, and that the Member at Large sits on the Board of Directors during her term of office.

Council Policies III and IV were changed to reflect that the position of Past Finance VP no longer exists and is thus no longer on the Finance Council and that the Volunteer Development committee and its chair sit on the Membership Council.

Changes to Membership Policy 1A, IIA, IIC, VIIIG1, and Bylaw Article IV Section 1B clarify that the term "new members" used in the JLWS and the term "provisionals" as used by AJLI may be used interchangeably, and they reflect that new member applications and dues are now due by July 1.

Membership Policy IIIA was amended such that that members transferring to the JLWS by the cutoff date of Dec. 31 may count years of service toward minimum requirements to sit on the Board of Directors, but minimal years of service are no longer needed to propose prospective members, take a sabbatical, or sit on the provisional development committee, and there is no longer a member mentor committee requiring minimum years of service.

Membership

Meredith Masten President



Hometown:
Spartanburg, South Carolina

Education:
Bachelor of Arts in Accounting & French, Wofford College; Master of Business Administration, Wake Forest

Family:
Matt, husband; Emily, seven; Molly, three

Favorite Pastime:
Tennis, reading, hanging out with friends and family

Favorite Indulgence:
Foothills beer and red wine

Other Organizations that I Support:
St. Paul's Preschool, Children's Museum of Winston-Salem, Forsyth Country Day School

Alicia Madan Administrative Vice President



Hometown:
Bellevue, Washington

Education:
Bachelor of Arts in Psychology, Duke University; Master of Education in Counselor Education, University of Virginia

Family:
Rami, husband; Kira, three; Elena, eight months

Favorite Pastime:
Photography, wine tasting, cheering for Duke with family

Favorite Indulgence:
A good cabernet, preferably with chocolate

Other Organizations that I Support:
Salem Montessori School

Aimee Rowe Community Vice President



Hometown:
Houston, Texas

Education:
Business & Marketing, Elon College

Family:
Greg, husband

Favorite Pastime:
Watching award shows (the Oscars, Golden Globes, Miss America)

Favorite Indulgence:
Drinking and eating with friends

Other Organizations that I Support:
Furr Ball Committee, Humane Society & County Shelter, Brenner Children's "Cheers" Event, Children's Museum Storybook Soiree Committee

Heather Mackey President Elect



Hometown:
Asheville, North Carolina

Education:
Bachelor of Science and Master of Science in Nursing, University of North Carolina-Chapel Hill

Family:
Don, husband; Elizabeth, eight; Sam, five

Favorite Pastime:
Reading, walking, traveling, watching Carolina basketball

Favorite Indulgence:
Starbucks

Other Organizations that I Support:
St. Paul's Episcopal Church, Union Cross Elementary School, Winterlark (WFUBMC Cancer Patient Support Program), Cancer Services, SECU Family House

Eva Wu Strategic Planning Officer



Hometown:
Poughkeepsie, New York

Education:
Bachelor of Science in Communications & Nutrition, Cornell University; Master of Business Administration, The Wharton School/University of Pennsylvania

Family:
Randy, husband; Eric, sixteen; Rebecca, thirteen

Favorite Pastime:
Cooking, reading, watching movies, playing games with family

Favorite Indulgence:
Sleeping in late on weekends

Other Organizations that I Support:
Chamber of Commerce, Twin City Stage, Children's Museum of Winston-Salem, Paisley Middle School

Claire Calvin Assistant Community Vice President



Hometown:
Winston-Salem, North Carolina

Education:
Bachelor of Arts, Middlebury College; JD, University of Texas

Family:
Matt Giegengack, husband; Finn; Gus; Ruby

Favorite Pastime:
Travel with family

Favorite Indulgence:
Frozen yogurt with many toppings!

Other Organizations that I Support:
Parkinson's Research, The Brookwood Community, Medical Guild

Susie Tickle

Finance Vice
President



Hometown:
Boonville, North
Carolina

Education:
Bachelor of Science in Business Administra-
tion, University of North Carolina-Chapel
Hill

Family:
David, husband; Dean, twelve

Favorite Pastime:
Reading and watching Carolina sports

Favorite Indulgence:
Hot glazed Krispy Kreme doughnuts and
Mountain Dew

Other Organizations that I Support:
New Philadelphia Moravian Church, Summit
School

**Katy
Ringeman**
Membership
Vice President



Hometown:
Winston-Salem,
North Carolina

Education:
Bachelor of Arts in Arts Applications, North
Carolina State University

Family: Tim, husband; Lillie, six months

Favorite Placement:
League Linkers

Favorite Book:
The Little Prince by Antoine de Saint Ex-
upery

Favorite Quote:
“Well-behaved women rarely make history.”
- Laurel Thatcher Ulrich

**Heather Bum-
garner**
Nominating
Chair



Hometown:
South Boston, Vir-
ginia

Education:
Bachelor of Arts in Rhetoric and Communi-
cation Studies, University of Virginia

Family:
Steve, husband; Carolina, seven; Will, four

Favorite Pastime:
Cooking, biking, reading, traveling, and
spending time with friends and family

Favorite Indulgence:
Annual anniversary trip with husband and
chocolate

Other Organizations that I Support:
Centenary United Methodist Church, Knoll-
wood Baptist Preschool, Whitaker Element-
ary

Maureen Elrod
Assistant
Finance Vice
President



Hometown:
Chantilly, Virginia

Education:
Master of Science in Accounting, Wake For-
est University

Family:
Tommy, husband; Tommy, three; Annie, one

Favorite Pastime:
Hanging out and going to sporting events
with family

Favorite Indulgence:
Watching *Glee* and drinking pinot

Other Organizations that I Support:
St. Leo Catholic Church, Wake Forest Uni-
versity

Dianne Conley
Assistant
Membership Vice
President



Hometown:
Delray Beach, Florida

Education:
Bachelor of Art in Arts Management & Com-
munications, Salem College

Favorite Pastime:
Traveling, antiquing, cooking & entertaining,
playing piano, shopping

Favorite Retreat:
Anywhere on the water, especially a beautiful
tropical beach

Favorite Indulgence:
A day at the spa, red wine & dark chocolate

Other Organizations that I Support:
St. Paul’s Episcopal Church, Salem College,
Winterlark (WFUBMC Cancer Patient Sup-
port Program)

Cat New
Volunteer
Development
Chair



Hometown:
Spartanburg, South
Carolina

Education:
Arts Management and Studio Art, College of
Charleston

Family:
Chad, husband

Favorite Pastime:
Spending time with family and friends

Favorite Indulgence:
A weekly manicure

Other Organizations that I Support:
Arts North Carolina, Piedmont Craftsmen,
Children’s Museum of Winston-Salem,
UNC School of the Arts

Membership

Mary Elizabeth Craig
Communications
Vice President



Hometown:
Athens, Georgia

Education:
Bachelor of Arts in History, University of North Carolina-Chapel Hill

Family:
Patrick, husband; Katherine, six; Megan, three

Favorite Pastime:
Horses and scrapbooking

Favorite Indulgence:
Ice cream

Other Organizations that I Support:
St. Timothy's Episcopal, St. Leo's School, South Fork Elementary School

Loy McGill
Sustaining
Advisor



Hometown:
Charlotte, North Carolina

Education:
Bachelor of Arts in Botany, University of North Carolina-Chapel Hill

Family:
Paul, husband; Babre, twenty-one; Duncan, twelve

Favorite Pastime:
Reading and cooking

Favorite Indulgence:
Something yummy, a great book, a cozy chair and a great mountain view off the deck

Other Organizations that I Support:
St. Paul's Episcopal Church, Wake Forest Baptist Health Comprehensive Cancer Center Board and Marketing Committee, Historic Bethabara Park

Amy Elizabeth Donley
Assistant
Communications
Vice President



Hometown:
Germanton, North Carolina

Education:
Bachelor of Arts in Biology, Salem College

Family:
Ryan, husband

Favorite Pastime:
Salem Band concerts on the Square every summer

Favorite Indulgence:
Shopping!

Other Organizations that I Support:
American Cancer Society, Parkland High School, North Carolina Association of Educators

Katy Fisher
Member-at-Large



Hometown:
Winston-Salem, North Carolina

Education:
Bachelor of Science in Business Administration, University of North Carolina-Chapel Hill

Family:
Matt, husband; Molly, three; Wyatt, one

Favorite Pastime:
Traveling, reading books & magazines, and going on a walk with friends.

Favorite Indulgence:
A glass of wine and dark chocolate

Other Organizations that I Support:
Festival of Trees, Children's Museum Storybook Soiree, Centenary UMC Circle

Volunteer Development

The Volunteer Development Committee has utilized recommendations from the Board of Directors, the Volunteer Development Task Force and JLWS membership to develop a comprehensive outline of training opportunities for 2011-2012.

The plan focuses on Leadership Training that will prepare our membership as leaders within JLWS and the broader community, as well as JLWS Focus Area Training that will deepen the membership's understanding of issues within our community and how the JLWS is working to combat them. The Volunteer Development Committee is also working with the Board and each Council to provide Placement Specific and League-Based Training and to integrate networking and mentoring opportunities into all Volunteer Development programs.

Mark your calendars for the Leadership Training opportunities, which will take place prior to the September, January, and May General Membership Meetings from 5:30 p.m. to 6:30 p.m. (see calendar page 7).

Members attending all three sessions will receive a certificate for completion of the 2011-2012 JLWS Leadership Training Class.

AJLI Raises Member Dues

At the annual meeting of the Association of Junior Leagues International (AJLI) in May, the Junior Leagues voted to approve a motion to raise AJLI dues per member by \$4 for the 2012-2013 year and by \$4 more per member for the 2013-2014 year. These AJLI dues are the amount each member Junior League pays to AJLI for each individual Junior League member (regardless of status). After the increase, JLWS will pay AJLI \$39 per member for 2012-2013 and \$43 per member for 2013-2014. According to the JLWS bylaws, any increases in AJLI dues will be passed on to members.

Volunteer Development Calendar

September 19, 2011

5:30 p.m.- 6:30 p.m.

How to be an Effective Board Member

January 30, 2012

5:30 p.m.- 6:30 p.m.

Public Speaking and Effective Communications

May 21, 2012

5:30 p.m.- 6:30 p.m.

Fundraising, Solicitation and Grant Writing

Webinar Wednesday

The Association of Junior Leagues International (AJLI) has announced this fall they are launching Webinar Wednesdays. These sessions, typically one-hour in duration, are designed to appeal to every Junior League member as an easy way to increase her knowledge of and interest in community and civic leadership.

Webinar Wednesdays will begin in September 2011 and run through May 2012, being offered on the first and third Wednesdays of the month at 1:00 p.m. AJLI has already lined up some great speakers and content for the fall. **Registration will go live two weeks** before each session date and will be announced via JLWS E-Weekly.

Scheduled sessions include:

September 7, 2011

Heather McLeod Grant

Co-author of *Forces for Good, The Six Practices of High Impact Non-Profits*

September 21, 2011

Dee Dickinson

Sustaining Member, Junior League of Seattle
 Founder of New Horizons for Learning

For more information please visit <https://www.ajli.org/?nd=webinarwed>.

Ask Your Member-at-Large



Katy Fisher

Q: I feel disconnected from other JLWS members. What can I do to meet more people and get involved?

A: It is easy to feel like just another number in a Junior League of our size, but with a little effort, you can reconnect with other members in no time.

One of my favorite parts of the Rummage Sale isn't necessarily digging through people's donations, but getting to see old friends and making new ones. It's almost a shame that it happens at the end of the year because after it's over, I always feel proud to be a part of such an awesome organization with our member base of amazing women. As the summer comes, I get lost in the lazy days by the pool and forget to reach out to people I don't see in my daily routine. Let's be honest, we all joined the Junior League to give back to the community, but meeting people and making friends was also a big driver in our decision to volunteer.

We all feel a little anxious when we walk into a General Membership meeting and see a sea of well-dressed women in deep conversation. This year, I challenge you to make a change so you can walk in the door feeling confident and at home.

Take a little time before the membership meetings to coordinate meeting up with someone so you don't have to go it alone. You could carpool to not only save on gas, but to also get a few moments to catch up on the way there. Grab a cup of coffee or glass of wine before you go or just meet during the social time before the meeting. Remember your provisional year? Wasn't it always a relief to know where to sit because your provisional group always had a table together? Why not do that with a few friends again? It's more fun to chat in person than texting someone sitting across the room.

Another great resource that you have at your fingertips is the Member Directory at jlws.org. Everyone has now been assigned their placement for the upcoming JLWS year. I encourage you to log in and get to know your committee if you haven't had a chance to meet them yet. You can search by placement and often times, there are even pictures so you can put a face with a name. If you live near one of the committee members, offer to carpool to your next meeting.

Finally, we have a dedicated placement in the Junior League in charge of strictly social events. In September, the League Linkers are planning a shopping event at Nitsa's to coincide with the Project Mannequin challenge for the Provisional class. And, in October you can attend beer school at Foothills. Keep an eye out in the *E-Weekly* for the next event and make a point to come. They are always a lot of fun.

We are so happy that you have decided to be a member of the Junior League and we appreciate all of your precious time that you have committed to build a better community. We also want you to have fun while you break free from your day-to-day responsibilities at home and work so reach out and make a new friend.

I am excited to be your Member at Large this year. I encourage you to contact me if you have any questions about the Junior League of Winston-Salem or want the Board of Directors to hear what you have to say. Email me at memberatlarge@jlws.org.

New Member Calendar

August 27, 2011

New Member Seminar

9:00 a.m.

Forsyth Country Club

September 12, 2011

New Member General Assembly

6:30 p.m. Project Mannequin

Nitsa's Apparel

October 27-29, 2011

New Member Fall Project

JLWS Boo-tique

Various shifts

November 14, 2011

New Member General Assembly

6:30 p.m. - 8:30 p.m.

December 1, 2011

New Member Holiday Social

Time and Location TBA

January 9, 2012

New Member General Assembly

6:30 p.m. - 8:30 p.m.

February 6, 2012

New Member General Assembly

6:30 p.m. - 8:30 p.m.

March 5, 2012

New Member Town Hall Meetings

6:30 p.m. - 8:30 p.m.

2011-2012 New Member Class

The Junior League of Winston-Salem is thrilled to welcome the 2011-2012 New Member Class!

Madison Barfield

Kathleen Barry

Rachel Bates

Mary Bennett

Keli Bernhoff

Kisha Boykin

Melissa Buckner

Meagan Calhoun

Shawna Cone

Amber Cooley

Jayne Dallas

Megan Davis

Gretchen Edwards

Emily Elrod

Trina Erickson

Missy Farrell

Caitlin Folan

Jessica Francis

Weatherly Gordon

Alison Grein

Michelle Griffith

Elizabeth Hamlin

Andrea Harrelson

Shea Hawkins

Sloan Hepfer

Stacy Hill

Mandy Hubich

Alyson Jamison

Katherine Johnson

Rachel Johnson

Brandy Jones

Alexis Kennedy

Kelley Kenner-Patridge

Stephanie Kohn

Mollie McInnis

Cecelia McPhail

Maggie Maranda

Amy Miller

Christine Nader

Meghan Nolan

Elizabeth Noland

Hannah Norman

Lisa Northrop

Becca Pareja

Riley Parker

Laura Pippitt

Erin Riazzi

Gabi Ritter

Jessica Robinson

Betsy Russell

Carmen Sauls

Cathy Seivers

Catherine Sheff

Morgan Smith

Lyndsy Soltau

Kati Splawn

Lindsay Stanley

Christie Stein

Ashley Talbott

Britta Trigg

Elizabeth Voelker

Kate Wall

Erin Wallace

Melissa Ward

Jennifer Watson

Caitlin Webb

Lauren Weinstein

Alison Whitcomb

Lindsey White

Andrea Whitley

Samantha Woltz

Evelyn Woodard-Chavous

Fifth Annual Project Mannequin- Calling all members!

Join the Junior League of Winston-Salem's 2011-2012 New Member class on Monday, September 12, 2011 at Nitsa's Apparel, 107 South Stratford Road. The 2011-2012 New Member class is collaborating with Nitsa's Apparel for its fifth annual team building and communication development extravaganza. Each small group will be challenged with the task of dressing a mannequin while each member is temporarily disabled in some way. For example, one person will have to overcome the challenge of working blind-folded, while another has one hand tied behind her back, while another is not permitted to speak, and so on. The group must then work together despite the challenges in communicating with each other to complete the task.

At 7:30 p.m. Actives and Sustainers are invited to vote for their favorite mannequin dressed by New Member teams. After voting, everyone is invited to stay to meet New Members, enjoy drinks, appetizers, door prizes and a generous discount on all store merchandise (excluding bridal merchandise and special orders). The discount depends on the number of voting members, so all JLWS members are encouraged to participate and meet someone new.

At 7:30 p.m. Actives and Sustainers are invited to vote for their favorite mannequin dressed by New Member teams. After voting, everyone is invited to stay to meet New Members, enjoy drinks, appetizers, door prizes and a generous discount on all store merchandise (excluding bridal merchandise and special orders). The discount depends on the number of voting members, so all JLWS members are encouraged to participate and meet someone new.

If 20 Active or Sustaining members vote,
everyone receives a 25 percent discount

If 30 Active or Sustaining members vote,
everyone receives a 30 percent discount

If 50 Active or Sustaining members vote,
everyone receives a 35 percent discount

Visit the Members Only section of the JLWS Web site to register for this event. (*New Members do not need to register.*)



Junior League
Of Winston-Salem

Women Building a Better Community

Get ready to “Rummage Your Heart Out!”

The 2012 Rummage Sale Committee is excited to announce its partnership with Forsyth Medical Center for the Fifty-eighth Annual Rummage Sale as we work to inform the community about heart disease, the number one killer of women in Forsyth County.

This year, the Rummage Sale will not only offer incredible bargains on home wares, clothing, electronics, furniture, and books... but it will provide shoppers with an opportunity to check their blood pressure, learn more about family nutrition, and receive healthy living information courtesy of Forsyth Medical Center, this year's JLWS League Sponsor.

The 2012 Rummage Sale will take place
Thursday, April 19 thru Saturday, April 21 at the
LJVM Coliseum Annex and Education Buildings.

2012 Rummage Sale Schedule

Monday, April 16, 2012 - Wednesday, April 18, 2012
Work Week Shifts

Thursday, April 19, 2012
Sustainer Breakfast ♦ Preview Party

Friday, April 20, 2012
5:30 p.m. - 9:30 p.m. - Rummage Sale

Saturday, April 21, 2012
Rummage Sale Half Price & Bag Sale

Contact Kate Reece, Rummage Sale Chair, with questions regarding the 2012 Rummage Sale at rummagesale@jlws.org.

For scheduling conflicts and make up opportunities, please contact the Rummage Sale Scheduling Chair at rsscheduling@jlws.org

Early Rummge Drop-off Schedule

Have quality rummage that you can't hold on to until the sale? Please consider using one of the early drop-off dates held at the NEW storage location, 3800 Reynolda Road (behind Old Town Shopping Center).

Rummage Sale Committee members will be there to receive rummage from 9:00 a.m. to 2:00 p.m. on these Saturdays.

August 27	January 21
September 24	February 25
December 3	March 10

Please see the website for a list of products that JLWS cannot accept for rummage during the early drop-off sessions.



2011 JLWS Boo-tique Mistletoe *Misschief* Thursday, October 27, 2011 Sale Weekend Friday, October 28, 2011 & Saturday, October 29, 2011

The Junior League of Winston-Salem's second annual holiday shopping market will be held October 27-29, 2011 at the Benton Convention Center in downtown Winston-Salem.

Boo-tique will be a truly spectacular shopping experience. Vendors from all over the country will feature clothing, accessories, jewelry, stationery, children's items, of course holiday items (not just for Halloween!), and much, much more. This year there will be lots of new activities such as crafts for children, trick or treating and discount admission hours for college students.

The weekend kicks off with a Mistletoe *Misschief*, a girls night out, on Thursday, October 27. Grab some friends and head down to Boo-tique for an evening of shopping and fun. Special ticket pricing will be offered to groups of four or more, so this event will be great for inviting friends and neighbors, as well as book clubs and bunco groups. The purchase of this Girls Night Out ticket will provide admission for an additional day of the weekend. Boo-tique will also be open Friday, October 28 from 10:00 a.m. - 8:00 p.m. and Saturday, October 29 from 10:00 a.m. - 4:00 p.m.

Volunteers will be needed at all times throughout the weekend. There is no mandatory work shift for Active members. Volunteers working a shift will receive a free ticket for Friday or Saturday. All Sustainers and Active members are strongly encouraged to volunteer.

Contact the Boo-tique committee chairs at bootique@jlws.org for more information, to recommend a vendor or sponsor, and to volunteer. Vendor applications and sponsorship information can also be downloaded from the JLWS Web site at www.jlws.org

JLWS Women's Health Focus

In 2009, the JLWS membership voted to add women's health as a focus area. The Planning and Development Council (at that time), Placement Development, and the Women's Health Issues Focus chairs began research into health issues facing the women of Forsyth County and North Carolina. Round table discussions were held with area experts in the field of women's health, members were polled, and possibilities were extensively researched. After a year's worth of research and discussion, the focus was narrowed to **reducing women's risk of chronic and debilitating diseases through lowering the body mass index (or BMI) of women in Forsyth County through a healthy diet and an active lifestyle.**

What is BMI?

A person's **Body Mass Index**, or BMI, is a helpful tool that estimates body fat relative to their height. The higher a person's BMI, the higher their risk at developing a variety of life threatening diseases. BMI calculations do have limitations in that they can overestimate body fat in very fit people, such as athletes, who have a higher percentage of muscle mass. It may also underestimate body fat in those who have lost muscle such as the elderly or those with eating disorders. To calculate your BMI, multiply your weight (in pounds) by 703, and divide that number by your height (in inches) squared. For example, a 5'6" (66 inches) tall female who weighs 130 pounds would have a BMI of 20.9.

Leading Causes of Death Among Women in Forsyth County

1. Cancer*
2. Heart disease*
3. Stroke (cerebrovascular)*

* directly related to increased BMI

What does my BMI score mean?

BMI range	
Below 18.5	Underweight
18.5 to 24.9	Normal
25 to 29.9	Overweight
30 and above	Obese

*The above ranges are **for adults only**. For children and adolescents, BMI ranges are defined differently and take into account the differences in body fat at different ages.

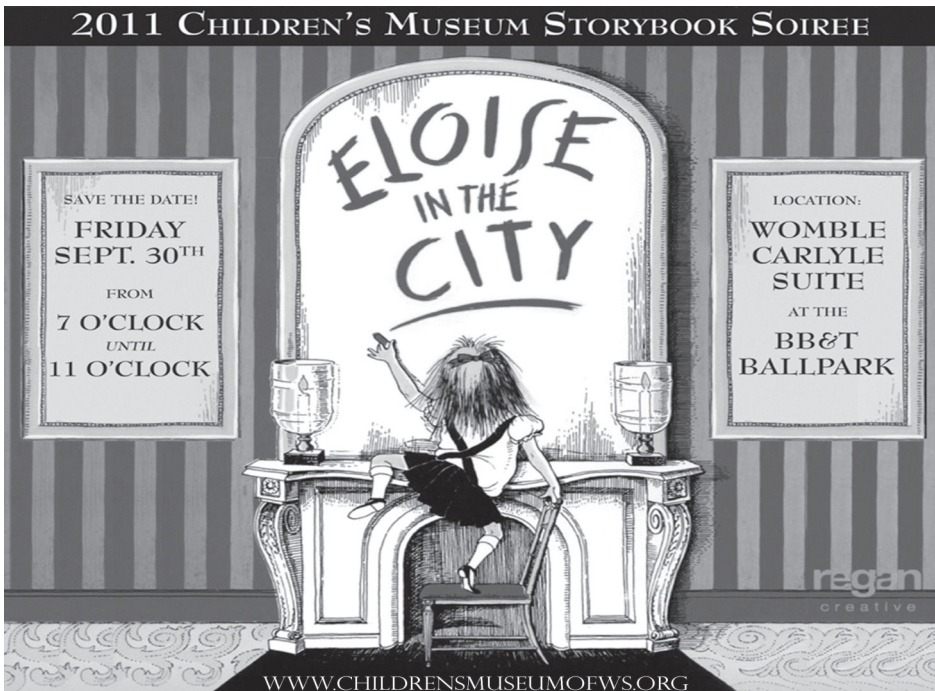
A high BMI (over 25) elevates a person's risk of developing diseases such as cancer, diabetes, and heart disease, especially when combined with factors such as high blood pressure, elevated cholesterol, family history of heart disease, tobacco abuse, and / or low levels of physical activity. Having a high waist circumference also increases a person's health risk, as it represents a higher amount of abdominal fat (referred to as "central obesity").

What can be done to reduce one's risks?

There are many factors that play a role in contributing to overweight and obesity. Some, such as genetics, cannot be modified. Others such as medication side effects and certain diseases require medical intervention. It has been shown that unhealthy eating habits and physical inactivity are direct contributors to being overweight or obese, and are the second leading preventable causes of death in NC (behind smoking). Through healthy eating and increased physical activity, a person can lower their BMI thereby reducing their risks and improving their overall health.

Healthy eating guidelines include such things as limiting portion size, increasing your intake of fruits and vegetables; eating more whole grains and lean protein, limiting foods high in saturated fats and carbohydrates, and reducing sodium and added sugars. Switching water for sugary drinks, or fat free or skim milk for whole milk are simple substitutions that you can make that can reduce tremendous amounts of calories over time.

How much physical activity a person requires varies across the age span. According to the *2008 Physical Activity Guidelines for Americans*, adults (ages 18 to 64) should undergo a minimum of 150 minutes (300 minutes recommended for greater health benefits) of moderate-intensity aerobic activity (such as brisk walking) or a minimum of 75 minutes (150 minutes recommended) of vigorous-intensity aerobic activity (such as jogging or running) *weekly* in combination with muscle-strengthening activities that stretch all major muscle groups at least twice weekly. This can be broken up into smaller segments throughout the week. Remember, all activity counts and is cumulative. Be sure to consult with your doctor prior to initiating any activity program, particularly if you've been physically inactive in the past.



How is the JLWS impacting these women's health issues in the community?

In Fall 2010, the Placement Review Ad Hoc Committee met to review applications submitted by various community agencies to determine placement options for the 2011-2012 year. Four women's health placements were chosen that fell within the JLWS focus area.

Goler Community Garden: This placement facilitates and promotes healthy eating in the urban Winston-Salem area where mainstream grocery stores are non-existent and fresh produce is difficult to obtain. JLWS members will help plant, maintain and harvest crops for the community garden that services the Downtown Health Plaza and surrounding areas with assistance from community master gardeners. The produce that is grown will then be distributed to patients along with recipe cards and health information. This placement will also partner with chef Don McMillan to offer cooking classes for students and parents at the Arts Based Elementary School, located next to the garden.

Wake Forest Baptist Medical Center's Best Health Center "Healthy Living Classes": JLWS members working in this placement will promote healthy lifestyles through designing and creating programming specifically geared to women, that will then be used by Best Health to teach in the community. Examples will include classes on healthy cooking, wellness goals, and educating women on various health statistics concerning themselves and their families.

Novant Health's Sara Lee Center for Women's Health (SLCWH): The goal of this placement is to educate groups in the community on how to live healthy lives. Volunteers will run training programs (such as cardiac disease prevention, postnatal exercise programs, and healthy grocery shopping) provided by SLCWH and present them to church groups, mom support groups, and patients.

SECU Family House: In addition to building a "friends" volunteer group for the inaugural opening of the SECU Family House, this placement will begin planning for the development of landscaping that encourages physical activity for those staying in the SECU Family House. Over the next few years, the members on this placement will also develop programs to educate SECU Family House guests on healthy eating and lifestyle changes.

BY THE NUMBERS:

- In 2011, North Carolina ranks 14th nationwide (down from 10th in 2010) in terms of its obesity rate with 29.4% of its population with a BMI of 30 or greater. This is an increase of more than 80% over the past 15 years.
- Since 1995, the rate of high blood pressure (hypertension) has increased from 18.9% to 29.9%, and adult diabetes rates have almost doubled from 5.3 to 9.6% in NC.
- Race matters: 42.4% African Americans and 26% Hispanics suffer from obesity in North Carolina.
- There is an inverse relationship between socioeconomic status and obesity rates, although no income level is immune.
- According to 2009 data, 79% of adults do not eat the recommended daily amount of fruit and vegetables, and 54% do not get the recommended daily amounts of physical activity.
- Nearly one in three (32%) of children ages 10-17 are considered overweight or obese. Childhood obesity is putting our children on a course to potentially be the first generation to live shorter, less healthy lives, than their parents.
- Heart disease, cancer, stroke, and chronic lung disease are the top four leading causes of death in North Carolina, as well as Forsyth County. They account for 58% of all deaths in the state.
- In Forsyth County, 27.6% of our citizens are obese and 37.8% are overweight.
- Forsyth County was the 22nd healthiest county in North Carolina, based on several criteria, including obesity rates.

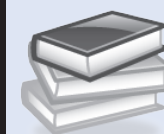
Information compiled from: Centers for Disease Control (2011); National Heart, Lung, and Blood Institute (2011); NC Department of Health and Human Services (2011); Robert Wood Johnson Foundation (2011); US Department of Health and Human Services, *2008 Physical Activity Guidelines for Americans* (2008); and University of Wisconsin Population Health Institute, *County Health Rankings* (2011).

Member Interest Groups Wanted: League Leaders

Based on our annual survey, members are wanting more ways to be involved, meet other JLWS members, and feel more connected to the JLWS. To accommodate all these requests, the Membership Council is working on creating interest groups.



Currently, the Membership Council is looking for Junior League members who would like to take on a leadership role to head-up these groups. The proposed interest groups include: Cooking, Running/Walking, League Ladies in



Business, Bunko and Book Club. To head a group (or to submit an idea for another interest group), contact Membership VP Katy Ringeman at MembershipVP@JLWS.org.



JLWS Sustainers, WE NEED YOU!

Thank you, JLWS Sustainers, for all that you do for our league! You have made this organization what it is today and we could not continue without your support. Michelle Roehm and Jennifer Ballsieper have graciously agreed to accept the positions of Sustainer Co-Chairs to lead and plan events for all Sustainers. They are both former board members, and they will do a fantastic job organizing Sustainer events and helping all Sustainers stay connected to the Junior League of Winston-Salem. They have already met with last year's chairs and have gotten the results from the Sustainer survey that went out last spring. They are using all this information to enhance the programming based on your feedback. Heather Parker is serving as the Sustainer Liaison and will work with the board and leadership of the League Linkers committee to include Sustainers in all JLWS events.

Last spring, two Sustainer focus groups were held, facilitated by Amine Seifert, last year's Sustainer Liaison, in which we asked many questions about how sustainers want to be involved and connected to JLWS and what kind of activities they would enjoy. When asked the question "Why do you feel it is important to sustain?" a common theme arose from the groups. Most agreed that it was because they felt the mission and work of JLWS was vital to the community, and they knew that by being a Sustainer and supporting JLWS, the work would continue. When asked what kinds of activities Sustainers were interested in, the answers were more varied. Some Sustainers are actively volunteering through other organizations and find the social aspect of sustaining as their primary interest. Others expressed interest in continuing to volunteer through JLWS, on a more limited basis.

As a means to try to address those Sustainers who would like to continue to volunteer through JLWS, we are creating a new group called "Super Sustainers." By telling us that you would like to be a member of this group, you are saying that JLWS can call on you to ask for help for various projects. You can also tell us if you have interest in only specific projects. Areas where JLWS can use sustainer help are as follows:

- Working in the Community Garden at the Downtown Health Plaza
- Assisting a JLWS active Puppet Show committee member in putting on the Child Abuse Puppet Shows this fall
- Representing JLWS on local non-profit community boards for which JLWS has committed board volunteers
- Working a shift at Boo-tique or Rummage Sale

These are just a few examples of where we can use your help and expertise. If you are interested in being a Super Sustainer, or in working on one of the projects listed above, or if you have other ideas or interests, please email Heather Parker at sustainerliaison@jlws.org.

Please also watch your mailbox and the Informer for information about social events, both for all JLWS members like the shopping night at Nitsa's, and Sustainer only events, like the upcoming Sustainer Coffee. Feel free to contact your Sustainer Co-Chairs with any ideas or suggestions you have throughout the year.

Meredith

Congratulations to our new JLWS Sustainers!

Congratulations to these seventeen women who completed their JLWS Active service at the end of May. They shared an memorable video at the May General Membership Meeting and are looking forward to attending Sustainer events in 2011-2012. This group represents over 160 years of Active service.

Carolyn Albright
Jennifer Ballsieper
Susan Branscomb
Allison Coords
Charlotte Croft-Hudgens
Sarah Dalrymple
Angela Edwards
Julie Groves
Katie Grubbs

Stacy Poindexter Owen
Jane Potter
Shannon Russ
Emily Smith
Heather Smith
Rebecca Stone-Danahy
Michelle Sutton
Jennifer Williams

Nancy Huber
@PruCarolinas.com
Direct: 659.4232
Cell: 918.4386
Nancy.Huber@PruCarolinas.com

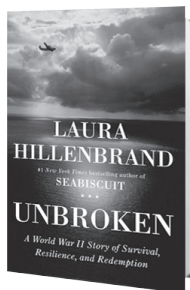


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Daytime Book Club

The daytime book club will meet on September 28, 2011 at 9:30 a.m. at Carolyn Vaughan's home to discuss *Unbroken: A World War II Story of Survival, Resilience, and Redemption* by Laura Hillenbrand.



Sustainer Survey: Part One

During the spring, JLWS undertook several efforts to gather feedback from sustaining members. Two focus group sessions were held to discuss membership value, Sustainer events, and volunteerism questions. As followup to the focus groups, a written Sustainer survey was mailed to all Sustainers in late March.

The survey results will be used by the JLWS leadership and Sustainer events coordinators to create programming and events of interest to Sustainers. The survey results were longer than this space allows, but some results will be shared now and some will be shared in future *Informers*. Some notable results are:

- Most Sustainers value their membership due to pride in belonging to JLWS and memories of great times as Actives and with other Sustainers.
- Best way to communicate with Sustainers: *Sustaining Matters* Sustainer Newsletter, *Informer*, *WOWS*
- Over 80% of respondents were satisfied with three major Sustainer social events each year: Sustainer Coffee, Holiday Luncheon, and Sustainer Spring Party (such as Cinco de Mayo party) There is also interest in introducing a weekend get-away trip to somewhere like New York, New York or Washington, DC.
- Although Sustainers were not interested in planning community events for JLWS, they were interested in supporting actives as Super Sustainers on current projects, both in the community and in-league efforts, like Rummage Sale and Boo-tique.

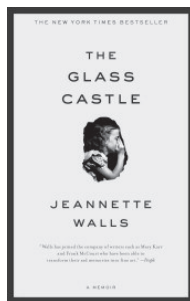
Evening Book Club

The evening book club will meet on September 13, 2011 at 7:00 p.m. at Kellon Tippet's home to discuss *Cutting for Stone* by Abraham Verghese.

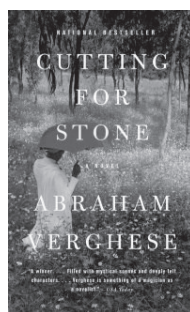
Verghese turns his formidable talents to fiction in *Cutting for Stone*, mining his own life and experiences in a magnificent, sweeping novel that moves from India to Ethiopia to an inner-city hospital in New York City over decades and generations.

With stories about twin boys becoming doctors in Ethiopia, Verghese weaves the practice of medicine into the fascinating narrative as the story bobs and weaves with the power and coincidences of the best 19th-century novel.

In November, the evening book group will gather on November 8 to discuss *The Glass Castle*, an autobiography by Jeannette Walls.



The location of these meetings will be announced in future *E-Weekly's* and the August *Sustaining Matters*.



Sustainer Events Calendar

September 12, 2011

Project Mannequin Shopping Spree
7:30 p.m.
Nitsa's Apparel

September 13, 2011

Evening Book Club
7:00 p.m.
Home of Kellon Tippet

September 28, 2011

Daytime Book Club
9:30 a.m.
Home of Carolyn Vaughan

October 27, 2011

Mistletoe *Misschief*
Girls Night Out at Boo-tique
Benton Convention Center
6:00 p.m. - 9:30 p.m.

October 28, 2011

Sustainer Special Shopping
At JLWS Boo-tique
Benton Convention Center
9:00 a.m. - 10:00 a.m.

meet 40+ authors, chefs & illustrators BOOKMARKS festival of books

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WINSTON-SALEM ARTS DISTRICT

- **Mitch Capel** *G'daddy Junebug*
- **Sandra Gutierrez** *The New Southern-Latino Table: Recipes That Bring Together the Bold & Beloved Flavors of Latin America & the American South*
- **Elin Hilderbrand** *The Island, Summer People, Silver Girl*
- **Margaret Maron** *Sand Sharks, Christmas Mourning*
- **Lisa See** *Shanghai Girls, Dreams of Joy*
- **Vanessa Woods** *Bonobo Handshake: A Memoir of Love and Adventure in the Congo*



www.bookmarksn.org



League Transitions

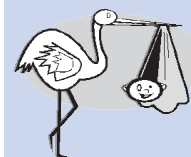
Transfers to Winston-Salem from:

Christina Del Gazio (A)	Phoenix, AZ
Jennifer Eshelman (A)	Atlanta, GA
Jo Alice Hall (A)	Jackson, MS
Denise Hiller (A)	Shreveport-Bissier, LA
Laura Monk (A)	Roanoke Valley, VA
Ashlin Owen (A)	Raleigh, NC
Kelly Williams (A)	Charlotte, NC

Transfers from Winston-Salem to:

Kelly Beth Bowker	Charlotte, NC
Ashley Curtis	Atlanta, GA
Meghan Corbett	Charlottesville, VA
Emily Goodson	Washington, DC
Pat Nabel	High Point, NC
Lynda Parks	Tampa, FL
Carey Scheible	Greensboro, NC
Meredith Smith	Washington, DC
Jessica Tims	Atlanta, GA
Laura Wilkerson	Charlotte, NC
Sharon Witkin	Charleston, SC

*(A) designates Active member



Little Leaguers

Walter Clemens Seifert

Son of Amine and Sam Seifert
February 25, 2011

Sophia Marisa Shah

Daughter of Smruti and Ricky Shah
May 23, 2011

William David Yelle

Son of Gray and Marc Yelle
June 3, 2011

Noah Kelly Evans

Son of Erin and Chris Evans
June 6, 2011

Joshua Robert Crane

Son of Mary Katherine and Josh Crane
July 14, 2011



League Unions

Whitney Drawdy Knott
married

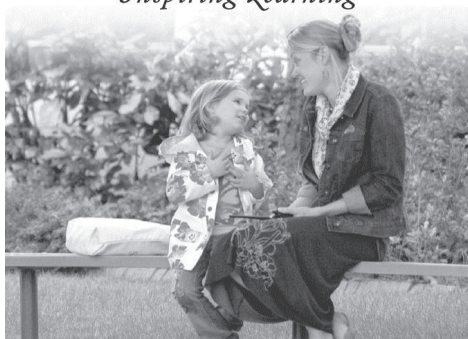
Jason Webster
May 14, 2011

Parker Anne Kelly
Married
Christopher John Tegeler
June 4, 2011

Lauren McNeill
married
William Lance Craig
July 16, 2011

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Volunteers Of Distinction

Cat New and the **Volunteer Development Committee** for their creativity and early planning for the coming year.

Kate Reece and the **Rummage Sale Committee** for their enthusiasm and ingenuity in rebranding Rummage Sale for the future.

Julie Groves, Heather Smith, and all the outgoing Sustainers who took part in the Sustainer video at the May GMM.

Allison Reaves for attending the incoming Board of Directors retreat and providing exceptional board training.

Jennifer Ballsieper and **Michelle Roehm** for agreeing to serve as 2011-2012 Sustainer Co-Chairs.

2010-2011 Board of Directors for a wonderful year of service.

Susan Conger and **Julie Wise** and the **2010-2011 Sustaining Events Committee** for planning great Sustainer occasions throughout last year.

All Active members taking a leadership role in 2011-2012 for going above and beyond to further the work of JLWS.

Member Milestones

Heather Jenkins, Marketing and PR chair, was recently promoted to Senior Manager, Global Logistics at Hanesbrands, Inc in Winston-Salem, NC.

Members enjoy the May GMM at Milton Rhodes Center for the Arts



The JLWS Mission

The Junior League of Winston-Salem, Inc. is an organization of women committed to promoting volunteerism, 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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Prudential Carolinas Realty is proud to support the Junior League of Winston-Salem and its efforts in building a better community.



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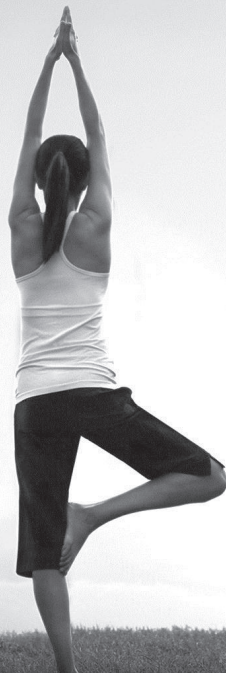
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