



“Thanks to the work I do with girls, and some pretty intense soul searching over the last several months, I’m at last leaning into a beautiful sense of surrender—a kind of coming home again to myself—to the empowered, strong, spirited 8 year old who has been patiently living right here in my spirit and body all these many years.”

The Junior League of Winston-Salem (JLWS) is proud to welcome Molly Barker as the featured speaker for the September General Membership Meeting (GMM). Molly Barker, MSW and four-time Hawaii Ironman triathlete, founded Girls on the Run® in 1996. Combining her counseling and teaching expertise with research on adolescent issues, she developed and delivered the first curriculum with thirteen girls in Charlotte, North Carolina.

Today, there are Girls on the Run councils in more than 190 cities across North America serving more than 150,000 girls and women each year.

Molly’s personal mission is to empower girls and women as well as to cultivate an environment where all can know and activate their greatest potential. At the September GMM, she will share what she has learned along the way, not only about empowering young girls, but also about herself and how it has shaped her work for the future.

Inside This Issue

Membership 3
New Members 10
Finance 11
Women’s Health 12
Sustainers 13
Noteworthy 14
AJLI 15

September General Membership Meeting

Featuring Molly Barker

Founder of Girls on the Run, Inc.

Monday, September 24, 2012

Forsyth Medical Center Conference Center
(Free Parking in Visitor’s Parking Deck)

5:30 p.m. Training
6:30 p.m. Social
7:00 p.m. Membership Meeting

Volunteer Development and Forsyth Medical Center present multiple opportunities for individualized training prior to the GMM.

Technology Training

Social media tips and online resources for interactive presentations

Wellness for Women

Meeting members’ unique health needs based on age
(See page 9 for more details)

Junior League of Winston-Salem, Inc.

390 South Liberty Street, Suite 100
Winston-Salem, North Carolina 27101

Phone: (336) 722-9681

Fax: (336) 721-1051

E-mail: headquarters@jlws.org

Web: www.jlws.org

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



THANK YOU for being a member of the Junior League of Winston-Salem! I know, we tend to wait until the end of the year to say thank you: for all the volunteer hours you've contributed that lead to the successes of the year, for the hours of family time you've given up, for the time away from work and other personal commitments. This year, I want you to know from the very beginning of the year how much we appreciate you and your commitment to our community and to our organization. The JLWS has an incredible legacy of making a difference in the lives of children and families and is continuing to make a difference today. Whether an Active, Sustainer, or New Member, **YOU** are making a difference today. **YOU** are contributing to those successes. **YOU** are a part of that legacy.

For just a moment, I'd like you to do me a little favor. Think back to the reason you first wanted to join the JLWS. Was it because a friend, your mother, or a mentor encouraged you? Were you new to the area and wanted to meet women like you, or was it because you wanted to become more active in the community? Now, think back to your New Member / Provisional Seminar. As you sat in that group of women and heard of all the wonderful things that the JLWS had accomplished within our community, how did it make you feel? Thinking to where you are now, are there things in your life that have resulted – in a small or large way – because of your involvement with the JLWS? Perhaps a better appreciation for the issues facing our community? Or how your life was touched by something a child shared with his counselor through the Puppet Show or helping a young mother bond with her infant at My Aunt's House? Maybe even friendships that you may never have had if it had not been through your work together on a placement or Rummage Sale. Finally, how has the community changed because of your involvement with the JLWS? Building the beautiful Children's Museum of Winston-Salem where children from across the community come to play and learn through literature, storytelling, and the arts? Establishing Horizons Residential Care Center that provides much needed services to disabled children and adults with severe or profound mental retardation? Bringing Girls on the Run to Forsyth County to help early adolescent girls grow up to be joyful, healthy, and confident? SciWorks, BOOKMarks, Arts Council, Ronald McDonald House or the Children's Theatre? The list can go on and on. How wonderful is it to be part of that legacy?

For those reasons and many more, **THANK YOU** for being a member of the JLWS. The year ahead is an important milestone for our organization as we will celebrate ninety years of building a better community. Some nonagenarians will say that they are slowing down in their nineties, but the JLWS is moving full steam ahead!

Plans for the year ahead include:

- Improving and updating our communication tools with a new *Informer* and web site design
- Beginning the planning for our 100th Anniversary Project
- Expanding the presence of the JLWS in our community programming and collaborations
- Growing our fundraisers with exciting new changes to Boutique, Tour of Fine Spaces, and Rummage Sale
- Refining and optimizing all levels of our membership experience
- Researching and strengthening our financial security and maximizing our holdings
- Strengthening our collaborations with like-minded Community Partners
- Celebrating the accomplishments of the past ninety years while looking towards the future

Whew! I'm glad that we've had the summer to rest as it's clear that we'll be busy in the months ahead! As we begin the start of the new year, don't forget the reasons you joined and why you remain a member of our wonderful organization. It is an exciting time to be a member of the JLWS and I am honored to serve as our president for the upcoming year. I look forward to working with you this year as we strengthen our commitment to the community and build upon our legacy of success.

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.

2012- 2013 Board of Directors

- Heather Mackey:** President
- Teresa Inman:** President-Elect
- Felecia Manning:** Administrative Vice President
- Elizabeth Dampier:** Strategic Planning Chair
- Heather Jenkins:** Communications Vice President
- Erin Kennedy:** Assistant Communications Vice President
- Claire Calvin:** Community Vice President
- Anna Ball Hodge:** Assistant Community Vice President
- Maureen Elrod:** Finance Vice President
- Stephanie Moser:** Assistant Finance Vice President
- Cat Heitz New:** Membership Vice President
- Kelly Meachum:** Assistant Membership Vice President
- Erin Jelinek:** Nominating Chair
- Parker Tegeler:** Volunteer Development Chair
- Kelly Carswell:** Member-at-Large
- Julie Groves:** Sustainer Advisor
- Csilla Dunn:** Administrative Director

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

Advertising deadline for the November issue: September 14, 2012

2012- 2013 Informer Staff:

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

April Board Briefs

The JLWS Board of Directors met on April 23, 2012. Maureen Elrod and Susie Tickle reviewed the income and net profit from the Tour of Fine Spaces as well as initial numbers from the Rummage Sale. The Board brainstormed ideas to further increase net profit, and a multi-year plan with benchmarks will be developed.

The Community Breakfast date was set for June 12, 2012. There were New Member information sessions on May 1, 2 and 16, 2012. Board members were encouraged to make nominations for end of the year recognitions. The placement process for 2012- 2013 was nearly complete.

Cat New said that many members in leadership positions still needed to complete revisions of directives for their placements. Vice presidents and assistant vice presidents will work with their council leaders to be sure these are completed.

Elizabeth Dampier explained that the Annual Plan for 2012 - 2013 will be the start of a three-year rolling implementation plan to better ensure continuity, follow up, and record keeping each year.

Heather Mackey shared what she learned at the AJLI Annual Conference in San Francisco concerning Fund Development, the resumption of North Carolina Executive Exchange, and the passing of all proposed motions, including eliminating geographic restrictions on AJLI nominations.

May Board Briefs

The JLWS Board of Directors met on May 14, 2012. Maureen Elrod reviewed the Profit and Loss statement.

Council vice presidents were working on finalizing directives. Advertisers were still needed for the Spring/ Summer issue of *WOWS*. Heather Mackey wanted to move forward with redesigning the JLWS's web site and event web pages. In addition, the JLWS needed to specify its terms regarding exclusivity for sponsors who give to the JLWS at the \$10,000 level and above.

The Board reviewed the agenda for the May GMM on May 21, 2012. Recipients for the JLWS's year-end awards were chosen. The New Member gift will be books for Smart Start.

Maureen Elrod described the decisions involved in creating the budget for 2012- 2013. The Board approved the budget for 2012- 2013.

The Board approved a motion to admit those New Members who have met requirements into Active membership, and approved motions to resign members who have not paid their dues by June 1, 2012. The 2011 - 2012 Board of Directors will make a gift to the Backpack Program through Second Harvest Food Bank.

June Board Briefs

The JLWS Board of Directors met on June 11, 2012. This was the first meeting of the 2012 - 2013 JLWS year. President Heather Mackey, began by conducting a brief orientation. A review of the 2011 - 2012 financial report followed, conducted by Maureen Elrod.

The Board reviewed the 2011 - 2012 Rummage Sale performance. The plans for a meeting to analyze past successes and discuss future options and potential are in progress. The Board felt it was important to involve all members in the process.

Committee budgets were being finalized and communicated. Council vice presidents have begun to schedule initial council meetings for the year. Steps are being taken to redesign and update the JLWS web site and increase the overall presence and impact. Additionally, title changes for Csilla Dunn and Margaret Sattler were discussed and approved.

Motions to amend Standing Committee Polices of the Publications, New Member, and Volunteer Development committee were passed. Motions to amend Membership Policies concerning Financial Obligations – Reinstatement Interim Dues, Refunds were passed. Motion to amend Rummage Sale Policies – Merchant Solicitation by Provisional Members was passed. Motion to amend the Community Board Representatives policy was passed. Motion to amend Council Policies (Removal of Cookbook and Finance Manager, addition of Grant Writer from the Finance Council and addition of the Publications committee to the Communications Council) was passed.

Motions to amend the Bylaws, Article II – Mission and Policies and Bylaws Article III – Membership to change language from volunteerism to voluntarism for consistency per AJLI bylaws were passed. The motion to amend Bylaws IV – Officers to change language from Strategic to Long Range Planning when referring to the committee was also passed. All of the motions reflecting Bylaws changes were made for clarification only and in no way altered the intent of the bylaw.

General Membership Meeting Calendar

September 24, 2012

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

October 2012

Cluster Meetings
Times and locations will vary.

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





Heather Mackey
President

A native of Asheville, North Carolina, Heather moved to the Triad after college, having earned her BS in Biology and MS in Nursing from UNC-Chapel Hill. She is employed as a Project Manager in Education for the Oncology Nursing Society.

Heather has been a member of the JLWS since 2000 having previously served as Preschool Boo-Bash chair, Future Planning chair, Governance Task Force co-chair, and Nominating chair. She enjoys reading, traveling, spending time with her family, and watching UNC basketball. Heather is also an active volunteer with St. Paul's Episcopal Church, Cancer Services, and Winterlark. She and her husband, Don, live in Kernersville and have two children: Elizabeth and Sam.



Teresa Inman*
President-Elect

Teresa was raised in Albemarle, North Carolina, and has been a member of the JLWS since 2002. After obtaining her BS in Business Administration and MA in Accounting from UNC-Chapel Hill, she worked as a CPA in public accounting

(tax) until her twins were born and now is self-employed as a part time CPA. Her and her husband, Lucas, are the proud parents of three boys: twins Reed and Conner, and their youngest, Noah. Teresa's previous placements include Communications Financial Analyst, Dine Around, Provisional Mentor, Finance vice president, and two years as Boo-tique co-chair. She enjoys running, tennis, and playing with her boys. She is an active volunteer for St. Paul's Preschool and Whitaker Elementary.



Claire Calvin
Community Vice President

As the other Texan on the JLWS Board, Claire's hometown is Houston, Texas. She graduated from Middlebury College with a double major in American Literature and Spanish and received her Juris Doctor from the University of Texas School of Law.

Working as a lawyer prior to becoming a mom, Claire now owns and operates Dinners on the Porch. She and her husband, Matt Giegengack, have three children: sons Phineas (Finn) and Augustus (Gus), and daughter, Ruby. Claire joined the Junior League of Portland, Oregon in 2004 and transferred to the JLWS in 2007. She has served on multiple Children's Museum placements including the Children's Museum Liaison. She is an active volunteer at her children's schools, for adoption causes, and Brenner Children's Hospital.



Anna Ball Hodge*
Assistant Community Vice President

Anna Ball is a native of Raleigh, North Carolina, and received her BA in Art History at Wake Forest University. She is employed as a broker at Leonard Ryden Burr Real Estate and is also the owner

of Art Affair Winston-Salem. Having joined the JLWS in 2006, Anna Ball has served on Smart Start, Assistant Editor of the *Informer*, Sara Lee Center for Women's Health Educators chair, and the Membership Retention Task Force. She enjoys running, spending time outdoors, dining out, and relaxing at the beach. She is an active volunteer with Hospice, Horizons Residential Care Center, Mental Health Association, Brenner's Children's Hospital, Friends for an Earlier Breast Cancer Test, and St. Paul's Episcopal Church.



Felecia Manning*
Administrative Vice President

Originally from Canton, Ohio, Felecia joined the JLWS in 2008 and has served on Girls on the Run, Journalist, and Historian / Photography chair. She has a BS in Business Administration and MS in Accountancy from Wake Forest University.

She works as a CPA specializing in government pricing and tax for Merz Pharmaceuticals. She enjoys shopping, exercise, and traveling and her biggest challenge is finding free time! She and her husband, Trinity, have two sons: Jonathan and Noah. She is also a volunteer for St. Peter's World Outreach Center, Wake Forest University MSA Alumni Association, and the Women's Fund.



Elizabeth Dampier
Strategic Planning Officer

Originally from Trinity, North Carolina, Elizabeth received her BA in Economics from UNC-Chapel Hill and her MPA from North Carolina State University. She works as the Executive Director of the Children's Museum of Winston-Salem. She joined the

Junior League of Gaston County in 2005 and served on their Cookbook and Community Research committees before transferring to the JLWS in 2010. She and her husband Scott just welcomed their third son, Nathan, in April joining brothers Brayden and Davis. Elizabeth is double placing this year serving as the Community Board Representative to the Children's Theatre of Winston-Salem. Elizabeth also volunteers for Caleb's Creek Elementary School and the Kernersville YMCA.



Maureen Elrod
Finance Vice President

Originally from Chantilly, Virginia, Maureen ("Mo") received her MS in Accounting from Wake Forest University and works part time as the Senior Manager External Reporting for Hanesbrands, Inc. She and her husband, Tommy, have three

children: Tommy, Annie, and Byron. She spends her free time with her family attending sporting events or "hanging out" together. She is a volunteer with St. Leo's Catholic Church and Wake Forest University. Mo joined the JLWS in 2005 and has served on the Read to Me committee, WOWS Editor, Tour of Fine Spaces, and Big Brothers/Big Sisters (which is her favorite placement).



Stephanie Moser*
Assistant Finance Committee President

A native of East Windsor, New Jersey, Stephanie joined the JLWS in 2007. She previously served on the Placement Development committee, JLWS Collections, and as Rummage Sale Scheduling chair.

She received her BS in Business Management from York College of Pennsylvania and works as a Senior vice president with Bank of America. She and her husband, Thad, enjoy spending time together and their favorite retreat is anything that involves sun and a beach. A resident of Kernersville, she is an active volunteer with Holy Cross Catholic Church there and serves on the boards of the March of Dimes Greater Piedmont and Volunteer Center of Greensboro.



Heather Jenkins
Communications Vice President

A native of Gastonia, North Carolina, Heather moved to Winston-Salem after receiving her BA in Economics from UNC-Chapel Hill. She recently began her new position as Global Transportation and Logistics Manager with Gilbarco Veeder

Root in Greensboro after having previously worked for Hanesbrands, Inc. for many years. Heather joined the JLWS in 2006 and has served as Tour of Fine Spaces chair, Marketing and Public Relations chair, and Assistant Communications vice president. Heather was also recognized as the 2009- 2010 JLWS Active of the Year. She enjoys traveling and spending time with her family and boyfriend, John. When not volunteering for the JLWS, Heather spends her time volunteering with the United Way.



Erin Kennedy*
Assistant Communications Vice President

Erin has lived in Winston-Salem since fifth grade, but was born in Austin, Texas and claims to be a Texan at heart! She graduated from UNC-Greensboro with a major in Psychology and minor in Human

Development and Family Relations and works as the Senior Program Director at the William G. White, Jr. Family YMCA. Erin joined the JLWS in 2008 and has served as Assistant Editor and Editor of WOWS, and Goler Community Gardens chair. Her favorite pastime is watching her son, Elijah, play soccer as it was also a love of hers in childhood. She recently returned from a trip to France, Germany, Italy, and Switzerland with her son and boyfriend, Jonathan. She enjoys volunteering with Hanes Middle School and Family Services Women's Shelter.



Cat Heitz New
Membership Vice President

Cat is from Spartanburg, South Carolina and majored in Arts Management and Studio Art at the College of Charleston. She works as the Senior Director of Development at The Arts Council of Winston-Salem and Forsyth County. Cat

joined the JLWS in 2008 and has served on SPAC, as a New Member Mentor (her favorite placement), and as Volunteer Development chair. Cat recently accepted the Membership vice president position when Dianne Conley vacated the position. She and her husband, Chad, enjoy spending time with family and friends and her favorite indulgence is a nice, long run. She is an active volunteer with Arts North Carolina and Piedmont Craftsmen.



Kelly Meachum*
Assistant Membership Vice President

A lifelong Deacon fan, Kelly came to Winston-Salem from Bluefield, West Virginia to attend Wake Forest University where she earned her Business degree. She serves as the executive director of Alumni

Services at Wake Forest University. Kelly joined the JLWS in 2004 and has served on a variety of placements including Children's Museum Ambassadors, Preschool Boo Bash (her favorite placement), WOWS Editor and New Member Mentor chair. Her favorite pastime is reading and loves to spend time at the beach. Kelly's favorite quote is: "My mission in life is not merely to survive, but to thrive; and do so with some passion, some compassion, some humor and some style" - Maya Angelou



Erin Jelinek
Nominating Chair

Erin is a native of Winston-Salem and received her BS in Business from Wake Forest University. She works part time as a bridal consultant at Nitsa's Apparel. She joined the JLWS in 2001 and served on Dine Around, Children's Museum Gala,

three years on New Member Development with the last year as chair, and two years on Nominating. She and her husband, Jake, have three children: Dyllon, Mattie, and Quinn. Erin enjoys baking and spending time with her family and friends. She also volunteers at Sherwood Forest Elementary School, STATIK Student Ministry at Calvary Baptist Church, and Passion Conferences for college students.



Parker Tegeler*
Volunteer Development Chair

The newest member of the 2012- 2013 JLWS Board, Parker accepted the Nominating committee's request for her to serve as Volunteer Development chair when the position was vacated by Cat New late this summer. Parker is a native of Winston-

Salem and received her bachelor's degree from Wake Forest University and is currently pursuing her Master's in Educational Leadership at High Point University. She is employed as a teacher at Triad Academy at Summit School. She recently married her husband, Chris. She enjoys walking, exercising, gardening, movies, and cooking and is an active volunteer with Brenner Children's Hospital.



Kelly Carswell
Member-at-Large

Kelly is originally from Rochester, New York and received her BS in Textile Apparel Management from North Carolina State University. She currently works in sales for Hanesbrands, Inc. Kelly joined the JLWS in 2008 and has served as a New Member

Mentor (her favorite placement) and two years as a Placement Liaison. She was awarded the 2008- 2009 New Member of the Year award. She and her husband, Andy, enjoy traveling, and her favorite pastimes include working out and cooking. She is also a volunteer for the United Way. Kelly's favorite quote is "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel" by Maya Angelou.



Julie Groves
Sustaining Advisor

A native of Winston-Salem, Julie received her BA and MA from Wake Forest University and is in the process of finalizing her dissertation towards her PhD in English from UNC-Greensboro. She currently works as an Insurance Administrator in Risk

Management at Wake Forest University. Julie joined the JLWS in 1994 and was an Active member for fourteen years before sustaining in 2009. She previously served as Communications vice president, WOWS Editor, Annual Report Editor, Grants and Awards Manager, Future Planning, External Affairs, and four years on Nominating. She is a volunteer for Young Life of Forsyth County and the Reynolda House Museum of American Art.



Csilla Dunn*
Administrative Director

Csilla Dunn split her childhood time between New York City and Hungary. After college, she settled in the Piedmont Triad. When she joined the JLWS in 2007, she never expected it to become her new career and major pastime! Csilla was hired as the

JLWS Office Manager in the spring of 2009 and has continued to work there since. Earlier this summer, she became the Administrative Director of the JLWS, however, she continues to remain an Active volunteer member. Her favorite placements have included the Child Abuse Puppet Show and Girls on the Run. She enjoys working daily with the JLWS members and community partners and looks forward to many more years to come!

* also serves on Management Team

Enhance Your Kitchen's Karma.



CABINET studio

336.724.1754 | cabinetstudio.com

Board Updates from Nominating

Article VI, section 6 of the JLWS Bylaws establishes that, "[v]acancies among Officers shall be filled by a member slated by the Nominating committee and approved by a majority vote of the membership." Cat New was appointed by the Nominating committee to be the Membership vice president, filling the vacancy left when Dianne Conley stepped down due to a pending relocation. The Nominating committee then appointed Parker Tegeler to Cat New's previous position of Volunteer Development chair. Pursuant to the bylaws, these appointments require approval of a majority vote of the membership by way of vote. In the interim, the slated members will serve as Acting Officers, also pursuant to Article VI, section 6.

The September GMM will include a vote on these positions. Please contact Nominating chair, Erin Jelinek, at nominating@jlws.org with any questions.

Want to be more involved with JLWS?

Major Leaguers is great for members who would like to be more involved than just their basic membership duties. It is an interest group for all JLWS members (Actives, Sustainers, and New Members) who wish to participate in activities that go above and beyond their placement. There are many great benefits to this group. Interested members are able to pick from small or large projects that fit into their schedule and interests throughout the year.

Major Leaguers will help provide support for community placements, as well as in-league placements such as Boutique and offers a great opportunity to learn about other placements in the JLWS. Major Leaguers provides an opportunity to build relationships and connections with other JLWS members while benefiting the community. With the combination of each member's skills and involvement, the JLWS will be able to build a stronger, more engaged organization. By signing up for Major Leaguers, members will receive monthly e-mails that list details about upcoming opportunities and links to shift sign ups. Please contact Kiera Lassiter at majorleaguers@jlws.org with any questions about Major Leaguers or to sign up.



Area III Conference
"Becoming a Pillar in Your Community"

June 22-24, 2012
Athens, Georgia

On the weekend on June 22-24, the annual Area III Conference was held in Athens, Georgia, where the JLWS was represented by Brandi Cleveland and Ayanna VanSluytman. The Junior League of Athens hosted this year's conference, "Becoming a Pillar in Your Community," on the historic University of Georgia campus. Conference attendees were welcomed by Doc Eldridge, president and CEO of the Athens Area Chamber of Commerce, and enjoyed a keynote address from Junior League and non-profit consultant, Vicki Clark. The conference offered several seminars such as: Placement: Finding the Right Fit, Fundraising in the 21st Century,

Crisis Communication and Dealing with the Media, Engaging Sustainers, and Developing Leaders Within Your League.

The attendees were also fortunate to network at several social events planned by the Junior League of Athens. Once such event was a reception held at the home of long-time head football coach and athletic director of the University of Georgia, Vince Dooley and his wife, Barbara Dooley. Coach Dooley delighted guests by signing books he has authored and Mrs. Dooley graciously provided tours throughout the home including the gardens, pool, and pool house.

The Area III Conference was a wonderful learning experience and the attendees appreciated the hospitality provided by the Junior League of Athens, Georgia. The representatives attending the 2012 Area III Conference included members from the following Junior Leagues: Anderson County, Athens, Atlanta, Augusta, Clearwater-Dunedin, Cobb-Marietta, Columbus, DeKalb County, Douglas County, Fort Myers, Gainesville, and Gwinnett and North Fulton Counties, High Point, Jacksonville, Knoxville, Macon, South Brevard, and Winston-Salem.

JLWS members interested in obtaining any of the conference/training materials may contact Brandi Cleveland or Ayanna VanSluytman. JLWS members interested in attending future training sessions may contact the Nominating committee at nominating@jlws.org.



Active Member Profile: Jennifer Baker

Hometown: Salisbury, North Carolina
Family: Patrick (husband), Brie (yellow lab)
Profession: Assistant Manager at Blvd. Interiors Marketplace
Hobbies: Yoga, sewing, thrift store shopping
Years in the JLWS: New Member year: 2010
Reason for joining the JLWS: I had recently moved to the area and had heard great things about the JLWS. I wanted to meet new people and to be a part of such a great service organization.
Favorite placement: Child Abuse Puppet Show, The message is important and the students respond to the puppets in a positive way.

Fondest JLWS memory: For my graduate school thesis I interviewed JLWS members about their experiences with the Rummage Sale. The willingness and helpfulness of these women was tremendous. I couldn't have completed my research without their cooperation.

JLWS influence in everyday life: I have met some wonderful women who have inspired me through their ideas and their commitment to improving the community.

Favorite quote: "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." Dr. Seuss



Sustainer Member Profile: Terri Crawford

Hometown: Asheville, North Carolina
Family: Laniel Crawford (husband), Two boys: Samuel (twelve) and Clayton (eleven)
Profession: Project Manager for Wells Fargo
Other volunteer work outside the League: Race for the Cure Operations chair; Youth Leader for Mt. Tabor UMC, Hospitality chair for Contemporary Service at Mt. Tabor UMC, PTA board Member for Jefferson Elementary,
Years in the JLWS: New Member year: 1993, Sustained: 2005 (thirteen Active years completed)
Reason for joining the JLWS: To receive volunteer training from an exceptional organization and to make a difference in my community.
Favorite placement: I don't have a favorite. I thoroughly enjoyed all of my placements. I received great

satisfaction from all my community placements, from Therapeutic Horseback Riding, Camp Carousel, Read To Me Festival, Kid's Cafe to serving on the Board as Community vice president. I even loved the Rummage Sale. In my thirteen Active years, I had the opportunity to meet some great community leaders, make friends with some phenomenal women, and show great love to some awesome children.

Fondest JLWS memory: Having the children's faces light up when JLWS shows up to spend time with them, whether it be reading, working on homework, feeding them a meal or just to have fun playing.

JLWS influence in everyday life: I have always been a volunteer and love doing for others. The biggest influence Junior League has had on my life is putting all these selfless women in my life that continue to give back to others.

Favorite quote: Luke 6:31 'Do to others as you would have them do to you.' My version: Treat others the way you want to be treated.



Ask Your Member-at-Large

Q: What makes a good volunteer?

A: Happy New Year JLWS! As we kick off another year I thought that this would be a good time to remind everyone the reason why Junior League is so successful. The whole backbone of our wonderful organization is "promoting voluntarism, developing the potential of women, and improving communities through effective action and leadership of trained volunteers." We are an organization dedicated to making a difference in our community. As potential New Members show interest in the Junior League, I'm often asked "What makes a good Junior League volunteer?" Below I have listed my top attributes of a volunteer.

- 1. Commitment/Dependability:** If you commit to a job, stick with it! If you don't show up for your job, chances are there isn't someone there to take your place.
- 2. Positive Attitude:** Show up for your commitment with a smile on your face and enthusiasm for why you're there. Remember that you are there to make a difference in your community, and your passion will reflect in that.
- 3. Punctuality:** Be on time! Treat this volunteer job like your paid job.
- 4. Flexibility:** Be flexible in both thought and deed. You may have a placement planting a garden, but you may end up painting a house instead. Your time and help are appreciated no matter what your job ends up being.

So whether you have an in-league or community placement, I hope you take this time to remember why you're here and how you represent the JLWS. So don't just check the boxes, go above and beyond to make your placement a truly great experience. YOU make a difference in OUR community!

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

Volunteer Development

The members of the Volunteer Development team are excited about hosting new training opportunities throughout the 2012- 2013 JLWS year. Taking member feedback and recommendations into consideration, they are planning a number of exciting trainings that will be held before the General Membership Meetings (GMM).

The first session will be technology training. Dr. Jane Bower, an educational technology professor from High Point University, will be joining the JLWS membership before the GMM to answer any technology questions. She will spend time discussing uses for social media and providing knowledge about a few useful online resources for interactive presentations. Please join the Volunteer Development committee and JLWS membership on Monday, September 24, 2012 at 5:30 p.m. to discuss twenty-first century technologies.

Additionally, as the JLWS continues the partnership with Forsyth Medical Center, the Volunteer Development committee will be working with individuals from the hospital to offer an even larger variety of training sessions. Individuals from the Forsyth Medical Center will be providing training sessions to concurrently take place with trainings provided by the Volunteer Development team to give JLWS members more opportunities to further their personal learning and growth.

The first session held by the Forsyth Medical Center team is entitled, "Wellness for Women: Meeting your unique needs based on your age." This session will be a great opportunity to learn about health issues relevant to each member's age. Please look to the Volunteer Development page on the JLWS web site and the *E-Weekly's* for updates about topics and speakers for the training sessions and for other information regarding Volunteer Development.



Nancy Huber
 @PruCarolinas.com
 FINE HOMES SPECIALIST
 LEADING EDGE SOCIETY
 659.4232 / 918.4386
 nancy.huber@prucarolinas.com
 www.nancyhuber.prucarolinas.com

Prudential
 Carolinas Realty

Attention to detail, strong communication skills, unlimited energy...let me put it all to work for your real estate needs.

An independently owned and operated broker member of BRER Affiliates, Inc.

Mainstream Boutique
 Join us for a Girls Night Out!
 Giveaways, food and much more!
 Thursday, September 27, 2012
 6:00pm - 9:00pm

25% off one item!
 Present this ad. In-store only. Expires 10.5.12

110 Oakwood Drive, Winston Salem, NC
 (across from Thruway Shopping Center) Follow us:
 Facebook @ Mainstream Boutique Winston Salem, NC
 Pinterest @ Mainstream Boutique - Winston Salem

www.mainstreamboutique.com

Do you need a sitter TONIGHT?

SalemSitters, Inc.
 Loving sitters to your location.

Phone: 336-659-7806
www.SalemSitters.com

Baby sitting, Nannies, Certified Day Care Subs, Church Nursery Workers, Wedding, Hotel & Business Meeting Sitters

Sixth Annual Project Mannequin and Backpack Food Drive



Calling all members! Join the JLWS's 2012- 2013 New Member class on Monday, September 10, 2012 at Nitsa's Apparel, 107 South Stratford Road. The New Member class is collaborating with Nitsa's Apparel for its sixth annual team building event. Each small group will be challenged with the task of dressing a mannequin in a short timeframe, requiring

strong communication and teamwork. At 7:30 p.m. Actives and Sustainers are invited to vote for their favorite mannequin dressed by New Member teams. This year the New Member class is also encouraging attendees to bring kid friendly food items for a local "Backpack" program which provides school children at risk of hunger with a backpack full of nutritious, kid-friendly foods to take home over the weekends during the school year. Each item donated will get attendees an additional vote for the Mannequin of choice as well as an additional chance to win the wonderful door prizes donated by Nitsa's. 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, which is between twenty-five to thirty-five percent, depends on the number of voting members, so all JLWS members are encouraged to participate and meet someone new. Suggested items for the food drive include: eight ounce shelf-stable white milk boxes, one hundred percent juice boxes, single serving boxes of dry cereal with six grams of sugar or less such as Corn Flakes, Raisin Bran, Honey Nut O's or Fruit Swirls, flip-top cans of protein such as beef stew, franks and beans, chili, lasagna or beefaroni, single serving flip-top vegetable cups, or fruit cups. Other kid friendly foods such as macaroni and cheese, large cereal boxes, or canned veggies can also be donated and will be provided to Second Harvest Food Bank.

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

The Junior League of Winston-Salem is thrilled to welcome the 2012- 2013 New Member class. At ninety-eight New Members, this is the largest class in years! The New Members have been getting acquainted this summer through small group socials and kicked off the year with the New Member Seminar on August 18, 2012 at Forsyth Country Club.

2012- 2013 New Member Class

- | | | | | |
|----------------------|----------------------------|------------------------|----------------------|----------------------|
| Nicole Abolins | Lauren Cook | Brittany Hunton | Ryann McCalman | Amy Schultz |
| Brie Alford | Lauren Crotts | Lori Hutcherson | Shewana McSwain | Holly Sellers |
| Julie Antrim | Amanda Davis | Jessica Inkster | Sarah Mitchell | Jennifer Shultz |
| Meghan Avery | Eleanor-Scott Davis | Nicole Irrobali | Jessica Moorefield | Salem Simmons |
| Lucretia Berry | Jennifer DeGuzman | Candace Johnson | Kelly Moose | Kimberly Struglinski |
| Sarah Blackwell | Elizabeth Douglass | Andrea Kiester | Brooke Orr | Courtney Team |
| Sarah Boerkircher | Jessica Dowell | Megan Kinney | Lauren Pashke | Ann Thomas |
| Sarre Boglioli | Susan Edwards | Stephanie Knight | Nilam Patel | Laura Utterback |
| LaTanya Bowman | Patsy Elliott | Lauren Knipp | Samantha Perrotta | Kathryn Vernon |
| Teresa Braeckel | Lisa Emmerich | Rebecca Koza | Jacqlyn Piscetelli | Carrie Vickery |
| Carrie Brooks | Stephanie Flores de Valgaz | Abigail Lauer | Haven Powell | Mary Kathryn Vincent |
| Wilma Burdis | Valeria Ford | Jennifer Lawson | Kate Przybylowicz | Brigham Wall |
| Tiffany Cagle | Jacqueline Friedman | Monica Leslie | Anna Ramsay | Eliza Walmsley |
| Dawn Calhoun | Mary Frances Garren | Anna Livingston | Elizabeth Richardson | Ariel Whitman |
| Anna Marie Carr | Meredith Hacker | Julie Long | Jessica Rodgers | Katelyn Wiese |
| Kelly Carter | Jordan Hauser | Brittney Maine | Heather Rompel | Brittany Wurdeman |
| Chelsea Carter-Ellis | Sonny Haynes | Emilee Marchesiello | Abby Rudd | Katherine Wyatt |
| Elizabeth Chmelo | Carolyn Hern | Megan Massey | Amy Rush | Katherine Yarbrough |
| Barbara Cini | Cortney Holmes | Mary Grace McAlexander | Kelly Russo | |
| Elizabeth Coldagelli | Rita Hovda | Katherine McBroom | Heather Sapp | |

August 18, 2012

New Member Seminar
9:00 a.m.
Forsyth Country Club

September 10, 2012

New Member Meeting #1
6:30 p.m.
Nitsa's Apparel

November 12, 2012

New Member Meeting #2
6:30 p.m.
Children's Museum of Winston-Salem

November 29 - December 2, 2012

New Member Fall Project
JLWS Boutique
Various shifts

December 2012

New Member Holiday Social
Time and Location TBA

January 14, 2013

New Member Meeting #3
6:30 p.m.
Children's Museum of Winston-Salem

February 11, 2013

New Member Meeting #4
6:00 p.m.
Children's Museum of Winston-Salem

March 4, 2012

New Member Townhalls
6:30 p.m.
Various locations TBA



Renew with Rummage!

The 2013 Rummage Sale committee is excited to announce the theme for the fifty-ninth Annual Rummage Sale, "Renew with Rummage." Finding treasures at the sale has always been an exciting part of Rummage. Social media sites like Pinterest and TV networks like HGTV and DIY network, have made it increasingly popular to refurbish and repurpose old furniture, housewares, and even old clothing. As the sale falls right before Earth Day, it's a great opportunity to show how Rummage items can be recycled, reused, refurbished...Renewed! Throughout the year, the Rummage Sale committee will be providing renewal ideas to the JLWS. They will also be creating vignettes for each department at the sale, to give shoppers ideas on how to renew old items. In addition, the Rummage Sale will not only offer incredible bargains on homewares, clothing, electronics, furniture, and books, but it will provide shoppers with an opportunity to "renew" oneself - by getting their blood pressure checked, learning more about family nutrition, and receiving healthy living information courtesy of Forsyth Medical Center, this year's JLWS Wellness Partner. Stay tuned for more exciting news - and get ready to Renew with Rummage!

2013 Rummage Sale

Thursday, April 18, 2013 - Saturday, April 20, 2013

2013 Rummage Sale Work Week

Monday, April 15, 2013 - Wednesday, April 19, 2013

Contact Rummage Sale chair, Erin Moore, with questions regarding the 2013 Rummage Sale at rummagesale@jlws.org.

For scheduling conflicts and make up opportunities, please contact Rummage Sale Scheduling chair, Korie Beck, at rsscheduling@jlws.org.

Early Rummage Drop-off Schedule

Have quality rummage that can't 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). Rummage Sale committee members will be there to receive rummage from 10:00 a.m. to 1:00 p.m. on these Saturdays. Please see the Rummage Sale page on the web site for a list of products that JLWS cannot accept for rummage.

- | | |
|--------------------|-------------------|
| September 15, 2012 | January 19, 2013 |
| October 20, 2012 | February 16, 2013 |
| November 17, 2012 | March 16, 2013 |



The Junior League of Winston-Salem Presents Boutique: A Shopping Event

Girls Night Out
Bubbles, Baubles, and Bags
Friday, November 30, 2012

Sale Weekend
December 1, 2012 - December 2, 2012

Benton Convention Center | Downtown Winston-Salem

Please join the JLWS for the third annual Boutique shopping extravaganza.

This fun-filled shopping weekend will kick off Friday night with an incredible Girls Night Out event called "Bubbles, Baubles, and Bags" that is NOT to be missed! Grab a few girlfriends and come see what all the excitement is about. For tickets and to learn more, please visit www.jlws.org/boutique.

The 2012- 2013 Boutique committee is also currently accepting applications for vendors for this fun filled event. Go to www.jlws.org/boutique to download an application or for more information.



When it comes to delivering first-class healthcare to women and girls, Forsyth Medical Center knows that differences matter. That's why the medical center opened in late June The Maya Angelou Center for Women's Health and Wellness, the region's first center to coordinate comprehensive healthcare and wellness services specifically designed to meet the unique needs of women through every stage of life.

The Maya Angelou Center for Women's Health and Wellness brings together all the programs and services that touch a woman's health, including heart, wellness, cancer, surgical services, maternity, emergency care, bone and joint health, and behavioral health. But, more importantly, it's helping change the way women are cared for in the Triad.

The center's new three-pronged approach to care is focused on changing the traditional "one-size-fits-all" culture of care by recognizing that there are:

- Conditions that occur only in women, such as obstetrics
- Conditions that are more common in women, such as migraine headaches, gallbladder problems, and thyroid disease
- Conditions that present differently in women than men, such as heart attacks

"We are reorienting our entire medical center to recognize the significant physical and social differences that women have compared to men," says Jeff Lindsay, president of Forsyth Medical Center. "In many diseases and illnesses, women present with different symptoms and require a different approach to diagnosis and treatment."

For example, roughly thirty-three percent of women age twenty and older have high blood pressure. But after a woman turns fifty, the condition becomes much more common. So doctors must be more mindful to monitor their female patients for high blood pressure as they age, and women must be empowered to ask for the screening.

One of the tools the center offers to help women embrace good health and wellbeing throughout every stage of life are decade cards. These comprehensive screening tools outline which screenings a woman needs based on her age, and how often they should be performed. To download free decade cards, please visit www.forsythmedicalcenter.org/decadecards.

The center's dedicated women's health navigators are also available to help ensure women receive the timely, appropriate care they need and deserve. Not only can they guide women in their healthcare journey, but they are also available to help coordinate needed appointments or support services, locate a primary care physician and explain what preventive tests are recommended based on a woman's age.

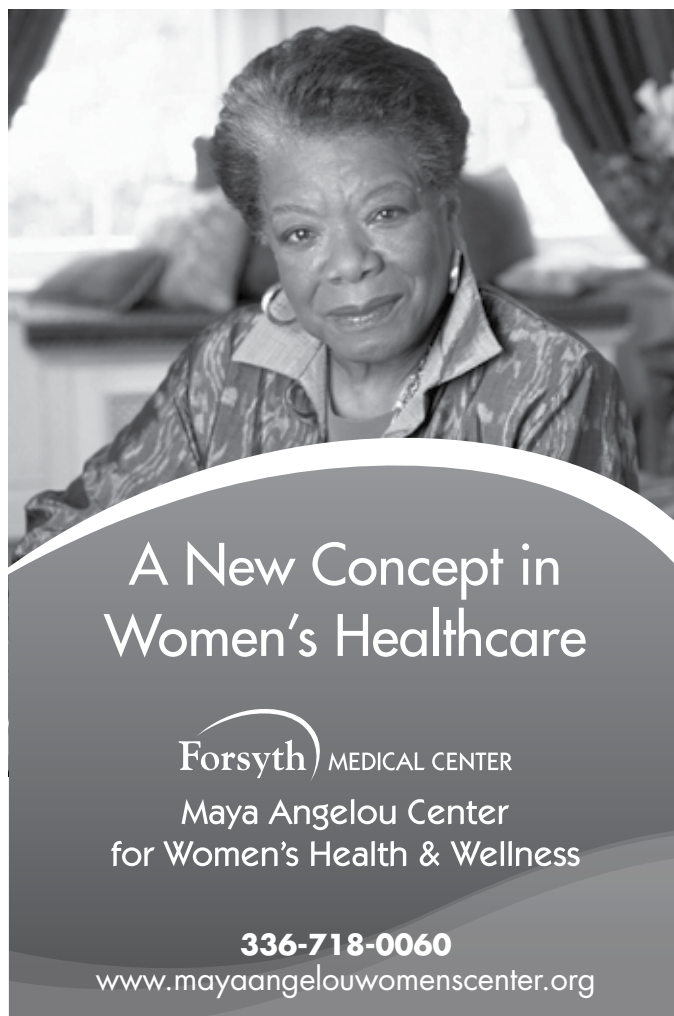
The Maya Angelou Center for Women's Health and Wellness is named in honor of Dr. Maya Angelou, who is internationally known for encouraging women to advocate for themselves to achieve a healthy balance, both physical and mental, throughout life.

"With The Maya Angelou Center for Women's Health and Wellness, we are changing every aspect of our medical center, moving away from just treating disease and toward helping prevent it in the first place," says Chere Gregory, MD, director of neurosciences at Forsyth Medical Center and a member of the team that created the vision for the center. "Now we're able to provide customized care that optimizes both a woman's health and her sense of well-being."

To learn more about The Maya Angelou Center for Women's Health and Wellness, or to make an appointment, call (336) 718-0060 or visit www.forsythmedicalcenter.org/mayaangeloucenter.

An Invitation to Wellness

- Join Healthy Inspirations Program for health related news and events <http://www.mayaangelouwomenscenter.org/Home/OurCommunity/HealthyInspirationsClub.aspx>
- Attend Stress Management Series at Forsyth Medical Center starting Sept 11, 2012 from 12:00 p.m. to 1:00 p.m. (Call (336) 277-1880 to register)
- Attend a "Woman's Heart: Changes and Challenges" at Forsyth Medical Center on September 25, 2012 at 6:00 p.m. (Call (336) 277-1880 to register)
- Join a team for the Heart and Stroke Walk



Sustainer Daytime Book Club

Join the Daytime Sustainer Book Club on Wednesday, September 26, 2012 at 9:30 a.m. at the home of Lynn Howland to discuss *The Tiger's Wife* by Tea Obreht.

Please see future *Informer* issues for more Sustainer Daytime Book Club dates.

Sustainer Evening Book Club

2012- 2013 Book Selections



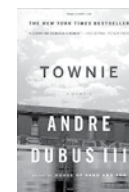
September 11, 2012
(at the home of Kellon Tippett)
The Tiger's Wife
Tea Obreht (novel)



November 13, 2012
(at the home of Gretchen Wells)
A Tree Grows in Brooklyn
Betty Smith (Classic)



January 8, 2013
(at the home of Nilla Childs)
Goliath
Susan Woodring (novel, NC author)



March 12, 2013
(Location TBD)
Townie: A Memoir
Andre Dubus III (autobiography)



May 14, 2013
(Location TBD)
Stone Arabia
Dana Spiotta (novel)

Congratulations to these new JLWS Sustainers!

Congratulations to these thirteen women who completed their JLWS Active service at the end of May. They are looking forward to attending Sustainer events in the 2012- 2013 year. This group represents over 4,560 hours of service to the community, 114 years of working Rummage Sale, 456 General Membership meetings, and eight years of serving on the Board of Directors. Please be sure to congratulate and thank them for their service!


- | | |
|------------------------|----------------------------|
| Mary Adams | Beth Parker Janeway |
| Allison Andrews | Missy Link |
| Kristie Blanco | Jamie Marlowe |
| Rebecca Boone | Meredith Masten |
| Beth Budd | Laura Miller |
| Sonya Elkis | Laura Slawter |
| Yvonne Fus | |

2012- 2013 Sustainer Experience

To continue the work of the 2011-2012 JLWS Board of Directors, this year's leadership team will be working in conjunction with Sustainers of all backgrounds to refine and enhance the Sustainer experience. JLWS Past President and Sustainer Allison Reaves will be facilitating work towards the creation of a Sustainer Council aimed at better organizing and integrating Sustainer social, training, networking, and volunteer opportunities. Be sure to watch for more information, including ways to be involved, in future *Informer* publications, emails, and *Sustaining Matters*.

BOOKMARKS

book festival



Featuring
45+ Authors

Saturday
September 8, 2012

10 a.m. - 5 p.m.

Downtown Arts District
Sixth and Trade Streets
Winston-Salem

FREE!

BOOK
MARKS

bookmarksnc.org

Junior League Transitions

Transfers to Winston-Salem:

Ashley Blanchard Indian River, Florida
 Meghan Corbett Charlottesville, Virginia
 Amanda Hiatt Charlotte, North Carolina
 Claudia Mota Greensboro, North Carolina
 Kara Schiltz Raleigh, North Carolina
 Elizabeth Skorich Charlotte, North Carolina

Transfers from Winston-Salem:

Anna Applegate Raleigh, North Carolina
 Sarah Beck Washington, D.C.
 Kathryn Clark Washington, D.C.
 Lauren Craig Moore County, North Carolina
 Amber Cooley Charlotte, North Carolina
 Christina Del Gaizo Greensboro, North Carolina
 Mary Beth Fertig Greensboro, North Carolina
 Kelly Gould Nashville, Tennessee
 Ashley Graham Chattanooga, Tennessee
 Megan Johnson Dallas, Texas
 Sarah Madison Durham, North Carolina
 Alicia Markham Raleigh, North Carolina
 Ashley Pace Charlotte, North Carolina
 Amy Wein New York, New York
 Lauren Weinstein Greensboro, North Carolina
 Alison Whitcomb Greensboro, North Carolina

Member Milestones

Congratulations to **Kimberley Baker** whose daughter, **Kathleen** (fifteen), qualified to race in four events at the US Olympics Trials in June 2012.

Gwynne Taylor who received the Salem College Distinguished Service Award from Salem College having recently retired as chairwoman of the academy and college's board of trustees. She also recently received the Order of the Longleaf Pine from Governor Beverly Perdue for her work in historic preservation.

Sarcanda Bellissimo received the "Spark Plug Award" from the Triad Association of Health Underwriters for her exceptional enthusiasm and motivation.

Carolyn Breese who was recognized as a Women in Business 2012 Award Winner by Triad Business News in April 2012.

Csilla Dunn's position has been changed to Administrative Director to better reflect her new expanded role in the JLWS. Similarly, **Margaret Sattler's** new title has become Administrative Assistant.

Volunteers of Distinction

Members of the 2011-2012 Board and committee chairs, assistant chairs, mentors, and liaisons for their leadership and dedication to the JLWS

Heather Wilson, Walker Jones, and Katie Neal for their recruitment efforts for the 2012- 2013 New Member Class

Brandi Cleveland and Ayanna Sluymann for representing the JLWS at Area III this summer in Athens, Georgia

ALL the members of the New Member Development committee for organizing, hosting, and welcoming the newest members at the recent New Member Seminar

Members of the 2012- 2013 Board of Directors and Leadership Team for serving as van drivers and greeters for the New Member Seminar

Anita Ogburn who joined **Major Allen Joines** in welcoming and addressing the 2012- 2013 New Member Class

Jackie Roscoe and the **Programs and Arrangements committee** for their hard work in planning the 90th JLWS Year Kickoff Picnic

Little Junior Leaguers

Nathan Wesley Dampier - April 29, 2012
Elizabeth and Scott Dampier

Gavin Pearce Ross - May 15, 2012
Carrie and Brad Ross

Roman Chase Ziegler - July 4, 2012
Julie and Zac Ziegler

Kenneth Chase Otis - July 17, 2012
Kelly and Casey Otis

Marriages

Katy Jones and Jim Arenschiold
 May 5, 2012

Meredith Ahles and Adam Elrod
 June 2, 2012

In Memoriam

E. Sue Shore
 Past President
 June 8, 2012

Byron Daniel Elrod
 Infant Son of Maureen and Tommy Elrod
 July 20, 2012

AJLI Online Learning

AJLI's online learning initiative consists of self-paced courses, web workshops, webinars, and on-demand recordings. With this new learning initiative, members will be able to access the tools and information they need to support their development as community and civic leaders at the time, place and pace that works for their schedule. Coming soon, members will be able to track what online courses they have taken through their profile on this web site.

AJLI Webinar Wednesday's WILL continue this fall! Be sure to register online and mark calendars for the first Webinar Wednesday of the 2012- 2013 year which will feature Elizabeth Redenbaugh, a Sustainer of the Junior League of Wilmington, North Carolina who won the 2011 John F. Kennedy Profile of Courage award. In this inspiring session on September 12, 2012, hear the story of how her Junior League experience opened her eyes and set her on a trajectory that would change her life forever. Elizabeth will share compelling information about the issue that ignited her fire – the resegregation of schools in her county, and how that issue fueled her passion for advocacy and launched her career as an elected official. She will also discuss the courageous actions that earned her such prestigious recognition, from where that courage came, and how she balances a full and busy life.

JLWS members can now create their own usernames and passwords for the AJLI web site.

Registration for the AJLI web site is quick and easy to do right from the JLWS Web site! The system has been designed to automatically connect each member's account with the AJLI system so that only one login is required. By clicking on the AJLI LOGIN button located on the lefthand side of the JLWS member home page the AJLI web site will immediately recognize members and will automatically log members into the AJLI web site. The AJLI web site is full of news, information, resources, and member benefits. Please visit it often!



Lu Anne Wood Consulting
 An individualized approach to college counseling and admissions advising.
 www.luannewoodconsulting.com
 (336) 293-4529, (336) 830-3110 (mobile)
 luanne@luannewoodconsulting.com



Navigating retirement? Look no further.

NO ENTRANCE FEE • DEEDED EQUITY OWNERSHIP • LEASING OPTIONS • ALL LEVELS OF CARE • GATED COUNTRY CLUB COMMUNITY • FITNESS & INDOOR AQUATIC CENTER • TWO 18 HOLE PRIVATE GOLF COURSES • TENNIS • CROQUET • SHUFFLEBOARD • AND MORE

Bermuda Village
 North Carolina's Premier Retirement Community
 www.BermudaVillage.net • find us on facebook
 336-998-6539 • 142 Bermuda Village Dr.
 Bermuda Run, NC 27006



NOW IS THE TIME TO CHANGE YOUR FUTURE WITH THE #1 RANKED* MBA PROGRAM IN NC FOR WORKING PROFESSIONALS.

*The Wake Forest MBA Program for Working Professionals is ranked #1 among part-time MBA programs in NC by U.S. News & World Report.

WAKE FOREST UNIVERSITY
 SCHOOLS of BUSINESS

FOR MORE INFORMATION CONTACT: KEVIN BENDER
 benderkc@wfu.edu • 336.758.3091 • business.wfu.edu/wsevening

Schedule a Consultation Today!
 Contact Kevin Bender
 benderkc@wfu.edu
 336.758.3091

BEST GRAD SCHOOLS
 U.S. News
 BUSINESS PART-TIME MBA
 2013

Junior League of Winston-Salem, Inc.

390 South Liberty Street

Suite 100

Winston-Salem, North Carolina 27101

Non-Profit
Organization
U.S. Postage
Paid
Winston-Salem, NC
Permit No. 105



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET MOTIVATED

Whether you want to train for your first 5K, compete in a triathlon or just live a healthier lifestyle, the personal trainers at William G. White Jr. Family YMCA can help you meet your wellness goals. Mention this ad and receive 20% off your first personal training session at WGJ. Offer expires on December 31, 2012.



Visit wgwhiteymca.org or call 336 721 2100 for information. Find us [facebook.com/WilliamGWhiteJrFamilyYMCA](https://www.facebook.com/WilliamGWhiteJrFamilyYMCA)