

# WORDS of WINSTON SALEM

Junior League of Winston-Salem

fall/winter 2011

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# Letter from the PRESIDENT

Fall 2011



The Junior League of Winston-Salem (JLWS) is thrilled to share with you our fall issue of Words of Winston-Salem. In this issue, you will learn all about us: our history and the work we are doing currently in the community. We are an organization of women committed to a three-pronged mission of developing the potential of women, improving the community, and promoting volunteerism. We are a member of the Association of Junior Leagues International (AJLI) and were founded in 1923 as the first Junior League in North Carolina.

This year, after several years of research and planning, we are excited to roll out programs addressing our new focus of women's health. In the pages following, you will read about some of these placements and the work we are doing to educate women in Forsyth County on the importance of a healthy diet and daily physical activity as tools to combat chronic illnesses facing women today, such as heart disease and breast cancer.

Our league is also focusing, as we have been for many years, on mentoring youth ages birth through 18 years. We have two primary goals here: to reduce the high school drop out rate and to improve school readiness of young children in Forsyth County. We are continuing long standing projects addressing these issues, like the JLWS Child Abuse Puppet Show and Girls on the Run, but we have added new ones this year working with other community agencies like Crosby Scholars. Read on to find out about the impact we are making in these areas.

As I stated earlier, part of our mission is to develop the potential of women, and this is what I think truly sets JLWS apart from other volunteer organizations in our community. Our members receive training in the form of courses put on by our volunteer development committee and also through on-the-job training for committee chairs and board members. Other non-profit organizations seek our members out to serve on their boards and in their agencies because they recognize the value of our trained volunteers. In the articles following, you will learn more about that training and become educated on the facts and statistics related to the issues we are trying to address.

Of course it takes money to fund all of this community work, so there is information included about our fundraisers. We also thank all our sponsors who have generously donated funds in support of our mission. We could not make the changes in our community without your support.

I hope you will enjoy this fall issue of Words of Winston-Salem and I hope you will learn something about us you didn't already know. We truly are Women Building Better Communities.

*Meredith Masten*

# About the Junior League of Winston-Salem

Mission | Vision | Membership | Signature Programs

## Mission

Founded in March of 1923, 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.

## Vision | Focus

The Junior League of Winston-Salem, Inc. nurtures and educates individuals to build healthier families and a stronger community. The Junior League of Winston-Salem has two focus areas:

- Educating and mentoring youth birth to 18
- Addressing women's health issues

## Outreach | Membership

The Junior League of Winston-Salem, Inc. reaches out to women of all races, religions, and national origins who demonstrate an interest in and commitment to volunteerism. The current membership totals almost 1000 women.

## Signature Programs and Projects Fundraising Support

The Junior League of Winston-Salem is committed to improving the Winston-Salem community through support of signature programs like READ TO ME, MENTOR ME, Kids in the Kitchen, Boo-tique and major projects like the founding of the Children's Museum of Winston-Salem. The Junior League of Winston-Salem provides financial support for these programs through fundraising activities such as an annual Rummage Sale, Tour of Fine Spaces, and sales of the *Stirring Performances* cookbook.



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# Support Our Mission

Join the Junior League of Winston-Salem | Become a Community Partner | Become a Mission Partner | Donate to the Annual Fund

## Become a Member

Do you want to give back to your community individually and as a part of a group? Do you want to get to know your city's educators, local business owners and citizens? Would you like to be a part of an organization with a long history of positive impact in and advancement of the Winston-Salem community? Become a part of the Junior League of Winston-Salem to experience the rewards of volunteerism and belonging to a community of motivated women with similar interests and passions.

## The Provisional Year

The first year of membership with the Junior League of Winston-Salem is spent as a New Member. As a group, New Members receive intensive volunteer training, leadership development and education on the history, governance and structure of the Junior League of Winston-Salem. Small focus groups led by current Active members assist in a personalized transition into the Junior League.

New Members begin their provisional year in August and continue their training through the following May. New Members are required to attend meetings, meet certain financial commitments, and successfully complete the New Member Training Course. Once the provisional year has been completed, membership may be transferred to any of the nearly 300 Association of Junior Leagues International groups.

## Contact

The Junior League of Winston-Salem welcomes inquiries about membership admission by phone at (336) 722-9681, by email at [newmemberinterest@jlws.org](mailto:newmemberinterest@jlws.org). Find out more information and complete a Membership Interest Form at our online community at [www.jlws.org](http://www.jlws.org).

## Become a Community Partner

The Junior League of Winston-Salem has an interest in building community partnerships in two main focus areas: educating and mentoring youth birth to eighteen and addressing women's health issues. Community organizations that have missions devoted to one of these areas are invited to submit an application for JLWS trained volunteer members. On average, a JLWS volunteer contributes forty hours a year to her assigned placement.

## Become a Mission Partner

The Junior League of Winston-Salem (JLWS) members are proud to be associated with an organization that is credited with results like these:

- Developing an award-winning curriculum for teaching parents the importance of reading to their children.
- Teaching every third-grade student in the Winston-Salem/Forsyth County Schools that You Can Always Talk to Someone if he or she is in trouble or experiencing abuse.
- Researching women's health issues and committing to address a specific need.

## Donate to the Annual Fund

Help continue the strong heritage of giving to the community, growing programs and connecting to real issues. A gift to the Annual Fund allows the Junior League of Winston-Salem to further expand its reach into the community.

Online one-time gifts can be easily processed at [www.jlws.org](http://www.jlws.org) under "Support our Mission." Remember, matching gifts from employers can double donations and impact. For questions regarding the Annual Fund, please contact the finance vice president at [financevp@jlws.org](mailto:financevp@jlws.org). We thank and proudly recognize the support of our corporate sponsors for 2011-12 who are listed below.



# Board of Directors 2011-2012



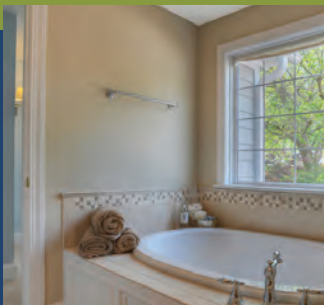
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Pictured in order from left to right: Loy McGill, Katy Fisher, Heather Bumgarner, Eva Wu, Aimee Rowe, Susie Tickle, Meredith Masten, Katy Ringeman, Heather Mackey, Cat New, Amy Elizabeth Donley, Dianne Conley, Maureen Elrod and Alicia Madan

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# The Junior League of Winston-Salem Today

## JLWS Status 2011-2012

### BY THE NUMBERS

- **277** The number of Active Members in JLWS for 2011-2012
- Approximately **40** The number of women who first met at Reynolda House in 1923 to begin the Junior League of Winston-Salem.
- **46** The placement of the JLWS in the Association of Junior Leagues International in terms of year established
- **598** The number of women who have chosen to continue their commitment as Sustaining Members of the JLWS
- **78** The number of women who have chosen to join the JLWS and demonstrate their commitment to volunteerism in the community
- **14,200** The number of hours the New and Active Members of the JLWS will contribute if each member completes only her minimum requirement of forty hours per year (often members contribute much more).
- **953** The total number of women who currently make up the Junior League of Winston-Salem
- **282** Years of service total for the Active Members of JLWS
- **199** The number of JLWS Actives who also hold a full- or part-time job. Also, exactly the number of JLWS Actives who are listed as married. Who will be lucky 200 for both categories?
- **88** The number of years the JLWS has been improving Winston-Salem since its foundation in March of 1923.
- More than **2,000** per year: The number of families who travel to Winston-Salem for medical care that can now receive comfortable and affordable lodging at the SECU Family House, the newest partnership for the JLWS

### CURRENT FOCUS AND OUTREACH

#### Placement Offerings in:

#### Mentoring Youth

- Big Brothers/Big Sisters
- My Aunt's House
- Child Abuse Puppet Show
- Girls on the Run
- Crosby Scholars
- Graduate It Pays

#### School Readiness

- Smart Start
- Chat & Snack
- Childrens Museum of Winston-Salem

#### Women's Health

- Goler Community Garden
- SECU Family House
- Best Health
- Sara Lee Center for Women's Health
- Kids in the Kitchen

## MOVING FORWARD

#### JLWS Strategic Plan Goals

- **GOAL #1:** Increase Community Impact
- **GOAL #2:** Enhance The Membership Experience
- **GOAL #3:** Strengthen Our Financial Position And Stewardship
- **GOAL #4:** Improve Our Visibility

# Opening soon

## SciWorks' Outdoor Science Park

In just a few weeks, visitors to Winston-Salem's SciWorks will soon have another reason to spend time at the cultural institution.

SciWorks, a family-friendly center for science and learning in Forsyth County, will introduce its Outdoor Science Park in December of this year. Residents already know and love SciWorks for its interactive learning features like the Foucault Pendulum and 119-seat Planetarium.

Dr. Bev Sanford, President and CEO of SciWorks, sees the new park as a "great use of the property" and a natural next step in the evolution of the center's 15-acre campus. "It will connect the main building to the Environmental Park, which has always been quite a distance," she explains, and adds that the outdoor structures "will be a great way to take advantage of North Carolina's moderate temperatures and expand the time people will want to spend at SciWorks."

According to Dr. Sanford, essentially the Outdoor Science Park is an open-air museum consisting of about five concrete pods that serve as outside learning galleries:

**1. Tot Spot:** The first pod visitors will encounter, the Tot Spot, will house "a little bit of everything" according to Dr. Sanford. This area, designed especially for children, will include the interactive exhibit called "The Big Dig" where kids can search for dinosaur bones. It will also house a (much) larger-than-life DNA sculpture. Additionally, complementing the longstanding Foucault Pendulum inside SciWorks, this pod will house a "Human Pendulum" tire swing. The Standup Seesaw demonstrates several types of mechanics, including fulcrums, levers, and a balance.

**2. Mechanics:** To demonstrate principles of mechanics, this pod will feature an Archimedes screw (a device used historically for irrigation purposes) and pulleys.

**3. Solar & Wind Energy:** "SciWorks has always been about environmental science, sustainability issues and protecting the environment," says Dr. Sanford. This pod will house solar panels with measuring monitors that

show how much energy is being generated, a wind tower and an educational rain garden. The retaining area (now a requirement for "green" buildings) will not only function as a garden, but will also be an educational tool to show visitors how they can do the same thing in their own homes.

**4. Light & Color:** "This is one of my favorite exhibits," says Dr. Sanford of the Resonance Garden, a whimsical, larger-than-life installation of color-coded rods that demonstrate the concept of resonance.

**5. Sound:** In addition to large whisper dishes, the pod focusing on sound concepts will link with a particularly interesting addition: a bat house. While visitors may not have access to the on-site bats (probably for the best), they will be able to experience sharper hearing thanks to a set of "bat ears" that will mimic the natural structure of the nocturnal mammals' spectacular ears.

Dr. Sanford also notes an important part of SciWorks' history: its tie to the Junior League of Winston-Salem. The original concept for SciWorks (since renamed, originally the "Nature Science Center") was a simple barn with silo attached on the original Reynolda Estate property. Thanks to an initial gift of \$26,000 from the Junior League and \$16,000 from The Winston-Salem Foundation in 1965, the original Nature Science Center featured collections, a planetarium, a classroom, live animals and a spare few offices for administrators.

Today the center is located on its own campus outside of Reynolda Gardens, but still relies on the generosity of volunteers like those of the Junior League of Winston-Salem. "Volunteer opportunities abound at SciWorks," says Dr. Sanford, adding that they always need adult volunteers in particular.

The Park is part of a plan that began over a decade ago and is now coming to life thanks largely to the support of The Institute of Museum and Library Sciences and SciWorks' own SciVision Campaign from 2006. The completion of the Outdoor Science Park will coincide with a refurbishment of the Planetarium.

# Growing Hope: Goler Community Garden

The Junior League of Winston-Salem (JLWS) has a new community partner in the Goler Community Garden (GCG) in the Downtown Health Plaza of Wake Forest Baptist Hospital. The mission of the community garden is to bring together diverse groups of people without exception to foster improved health and nutrition. The garden has been under development since September of 2009 thanks to a number of volunteers contributing time and efforts to build garden structures and beds to cultivate a variety of plantings and harvest a variety of foods.

The GCG joins community gardens across the country in promoting green spaces in urban and suburban environments for the enrichment of their communities. The American Community Gardening Association (ACGA) recognizes that community gardening improves people's quality of life by providing a catalyst for neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, therapy and education."

Forsyth County has a number of community gardens providing meaningful environments in which people from all walks of life can interact with nature in cooperation with fellow citizens and in recognition of the considerable benefits of healthy eating.

The JLWS will assist the Goler Community Garden with planting and harvesting as well as planning events for increased public awareness. In the spring a permanent

display at the Baptist hospital will be unveiled to bring attention to the garden and provide healthy recipe options incorporating garden fare. In addition, Goler Community Garden produce will be used to create healthy meals in connection with a JLWS Kids in the Kitchen project.

Years of effort have been invested into fulfilling a vision of a sustainable community garden accessible to the diverse population of Winston-Salem. The garden counted collards, swiss chard and broccoli among its bounty this year. Long term the GCG hopes to host events along with other community gardens in the Triad to promote gardening and the benefits of fresh produce and healthy eating. As a community partner, the Junior League of Winston-Salem will provide promotional and marketing support as well as hands-on garden support to this worthy endeavor.

Elizabeth Gamble is the leader of the GCG. Alongside committed volunteers, Gamble has engaged in hundreds of hours to create this sustainable garden environment. Leading the Junior League of Winston-Salem efforts to assist and support Gamble and the GCG is Erin Kennedy.

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# Cardio+Caring: Girls on the Run

For the majority of us, running is a burdensome or obligatory task to help supplement (or jumpstart) a healthy lifestyle, achieve a trimmer waistline or simply clear the mind. While these motives may apply for the volunteers and participants in Girls on the Run, the most satisfying end result is rarely physical.

Girls on the Run (GOTR) is a nationally acclaimed after-school program that combines training for a 5K event with an interactive curriculum designed to develop self-esteem and positive health habits in pre-teen girls. The curriculum portion of the program focuses on nurturing the physical, mental, emotional, and social well-being of the participants.

These lessons (often held on-site at elementary schools) provide teens and pre-teens with the tools to make positive decisions and avoid risky adolescent behaviors. At the end of each 12-week program, participants and their mentors compete in one of two local races: the YMCA Mistletoe Run in the fall or the Susan G. Komen Race for the Cure in the spring.

Academic evaluations of the GOTR program show a statistically significant improvement in body image, eating attitudes and self-esteem. Evidence also indicates an improved sense of identity and an increasingly active lifestyle for program participants. Maggie Welsh, a 6th grader who participated in the program last year, said of her experience that “[GOTR] has prepared me for situations that I never thought I would face. I have become not only a better runner but also a better person.”

One large indicator of the program’s influence in the lives of its participants is the number of girls who have graduated from the program but continue to participate in the races year after year. Volunteers for GOTR have often been approached by past participants and their families who say that following their participation in GOTR, the races have become annual events for them.

The Junior League of Winston-Salem has been heavily involved with GOTR since its inception in the community in 2005. Those touched by the Forsyth County chapter of Girls on the Run have the Sara Lee Center for Women’s Health to thank. Along with volunteer support from the Junior League

of Winston-Salem, the Sara Lee Center for Women’s Health administers and funds the program.

GOTR has several sites without parents available to serve as coaches. In order to provide for these underserved populations, GOTR relies on volunteers to provide the necessary coaching. The Junior League of Winston-Salem has eagerly supplied the program with capable, trained volunteers to help conduct the after-school coaching sessions.

A commonly perceived roadblock for Junior League members is the timing of the volunteer opportunities. For interested volunteers who are unavailable in the afternoons, there is always a need for “running buddies” on the day of each 5K race. Running buddies will be paired with a girl on the morning of the race and help coach and encourage her along the way.

GOTR will have approximately 250 girls participating this fall. With such a vast number of participants, GOTR is currently in need of additional volunteers to coach the after-school programs. To inquire about becoming a GOTR coach or running buddy, please contact Smruti Shah.

The Mistletoe Run is coming up soon! Come out to support and cheer on the Junior League of Winston-Salem and their buddies as they pound the pavement on December 3, 2011 at 8:30 am. For more information regarding GOTR visit their website at [gotrforsythnc.org](http://gotrforsythnc.org).



*“GOTR has inspired me to continue to pursue physical activity. I never dreamed I would run varsity track as a freshman, but GOTR made it a reachable goal.” – Elizabeth Wallace, former GOTR participant, currently in 10th grade*

# Teaching through Theater



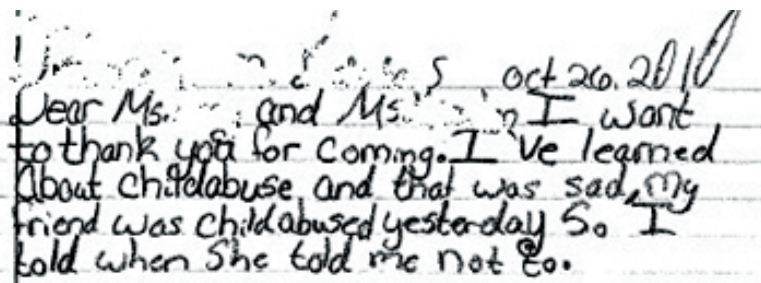
Abuse can be a difficult topic to discuss, but the Junior League of Winston-Salem is working to make the topic more approachable. The Junior League of Winston-Salem's award-winning child abuse-themed puppet show, "You Can Always Talk To Someone," is presented each year to more than 4,000 third grade students in 44 elementary schools within the Winston-Salem/Forsyth County School system.

After twenty-six years of performances, the core message of the Junior League of Winston-Salem's Puppet Show has hardly changed. The goal of addressing traditional issues of physical and verbal abuse, inappropriate touching, neglect and bullying has remained the same; however, three years ago, a timely vignette was added to raise awareness about the increasing threat imposed by online predators.

Last year, approximately 126,000 cases of child abuse/neglect were reported in North Carolina, and as of August 2011, over 116,000 cases have already been reported. The puppet show repeatedly reminds children they can always talk to someone if they are being abused or if they feel a friend is being abused.

In a typical year, more than fifty students come forward to a teacher or guidance counselor to talk about abuse or neglect after participating in a puppet show.

A grant from Target in 2008 made it possible to produce DVD copies of the puppet show and also purchase portable staging equipment. The DVDs have since been shared with local schools as a tool to continue raising awareness of child abuse outside of performances by the Junior League of Winston-Salem. In October 2009, the Winston-Salem/Forsyth County Schools Board of Education recognized the JLWS for its support and commitment to students through "You Can Always Talk To Someone."



"Dear Ms. [hidden] and Ms. [hidden], I want to thank you for coming. I've learned about child abuse, and that was sad. My friend was child abused yesterday so I told when she told me not to."

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# Helping at Home: My Aunt's House

Every other Monday night at My Aunt's House, part of The Children's Home in Winston-Salem, you'll find JLWS members spending time with the resident teen mothers and their children. Whether they're reading books to the kids or talking with the moms about the struggles of parenting, they are making a difference in the lives of these young families through their teaching, their listening, their encouragement and, perhaps most importantly, through their presence.

My Aunt's House provides homeless teenage mothers and their children with a place to live, basic necessities, and the assistance needed to move towards education, employment, and independent living. Child development education is offered so that the moms can make sure their children are on track developmentally, and childcare is also provided so they can work towards finishing high school, getting their GED and obtaining a job.

The My Aunt's House placement through the JLWS allows members to spend time with these young women and their children, fostering mentoring relationships and helping them to navigate the often daunting tasks of parenting, school and work. JLWS members also put on special events for the families, such as a Christmas party, complete with Santa Claus and caroling, and an Easter egg hunt and celebration in the spring. The Rummage Sale is also opened up early to the girls of My Aunt's House so that they can have an opportunity to come and shop while JLWS volunteers watch their children- a real treat!

Jennifer Cassels, this year's committee chair, recalls last year's Christmas party as her favorite memory from the placement.

"We sat around and sang Christmas carols with the girls and the kids were getting really involved," she recalls. "It didn't feel like we were the girls from the Junior League- it felt like we were all just getting together for Christmas."

One of the struggles with the placement that Cassels recalls is that it sometimes takes time for the girls and the children to warm up to JLWS volunteers. Many of the

children start out introverted, but gradually learn how to trust and interact with others. Part of the mentoring aspect of the program is to teach these young moms how to teach their children how to act, how to share, how to read- basic parenting skills to which many of them were never exposed.

Jackie Roscoe, last year's committee chair, recalls seeing the impact of My Aunt's House and the volunteers firsthand through the life of Maria, a young Mom who once lived at the house with her young children. Maria was working on getting her GED and wanted a career in translation. So, in addition to learning herself, she brought DVDs home to help teach her children the new languages as well. She later graduated from the program and was the first to get an apartment at My Aunt's House, which is offered as an option for independent living for employed young women who finish the program.

"She didn't let anything get her down," Roscoe remembers.

If you'd like to get involved in My Aunt's House through the JLWS, please contact Jennifer Cassels. The program is often in need of volunteer babysitters; if you're interested in serving in that capacity, please contact Volunteer Services at The Children's Home at 336-721-7699.



# Behind-the-Scenes: In-League Placements

Ask most Piedmont residents to describe the Junior League of Winston-Salem, and you'll more than likely hear a description of women volunteering in the community to advance the lives of women and children.

Perhaps they have had a friend learn about physical fitness from Girls on the Run. Maybe they've heard stories of the Child Abuse Puppet Show from their children. Almost anyone you ask could tell you about the women behind the counter at the annual Rummage Sale.

What you may not hear described is the important work that supports those community efforts. Referred to as "In-League" placements, these internal League placements are made of members working to provide the needed communication, finances, and human resource services to support community programs.

Sustainer Gayle Meredith (profiled in this issue) recalls her choice of mostly in-League placements as a result of her lifestyle: "I worked a good bit of the time that I was a member, and they seemed to be easier to work into my schedule." Since so many in-league placements can take place at least partially after work or school hours, they are an appealing choice for the current member base of women who work full-time or part-time in addition to volunteering. For these women especially, in-League placements are a good way to put in quality, important volunteering on a more flexible schedule.

Organized on a council system, each placement provides a particular function that directly impacts the League's ability to promote volunteerism, develop the potential of women, and improve our community.

## The Communications Council

The Communications Council educates members of the community on the Junior League of Winston-Salem's programming through such outlets as the official website, the internal newsletter, *The Informer*, the external magazine, *Words of Winston-Salem*, and strategic public affairs and media relations. Public Affairs Chair and Past President Leah Crowley has found that "the bigger issues have the potential to be more deeply affected through advocacy. In our community placements, we make an impact when we give one child a book, but think of the possibilities if we gave every new parent leaving the hospital a READ TO ME parent guide (to reinforce the benefits of reading to a child), a book, and a library card application."

## The Finance Council

The Finance Council works not only to financially support the Junior League of Winston-Salem's community efforts, but also to foster collaboration for much-needed services and volunteer training opportunities. The Fund Development committee accomplishes this in part by developing relationships with community partners for the current year and the years to come. The three signature annual fundraising events are the Boo-tique Holiday Shopping Market, Rummage Sale, and the Tour of Fine Spaces. Boo-tique Co-Chair Teresa Inman feels that in addition to the monetary impact of Boo-tique, the fundraiser "stimulates the community and provides our League an audience of several thousand women, enabling it to further impact the women's issues focus area and to develop potential future community volunteers."

## The Membership Council

The third council is the Membership Council, charged with the human resource management of the League. These members are likely the least visible members to the community, but are charged with some of the most vitally important responsibilities of the membership, particularly as they relate to the mission. The League Linkers, Programs and Arrangements, and Placement Liaisons committees work to promote volunteerism and develop the potential of women through fostering relationships and connections among the membership.

The Nominating Committee has the responsibility of appointing leaders at all levels from the Board of Directors to individual placement chairs. Nominating Chair Heather Bumgarner feels "our leaders are such a critical part of our success, both to support the internal organization as well as to accomplish our ultimate goal of serving the community."

Volunteer Development is a crucial part of this Council as well, as they are responsible for devising and conducting training for the entire organization. Cat New, Chair of the Volunteer Development committee, shares that they "are committed to developing the potential of women and improving our community by offering training that will prepare our membership as leaders within JLWS and the broader community as well as Focus Area Training that will deepen the membership's understanding of issues within our community and how JLWS is working to combat them."

# Member Highlights Provisional (New) Member Welcome

New Member Development Chair Lauren Craig describes her placement as “one of the most exciting placements to truly see the mission in action.” In keeping with her description, the provisional year has been modified to include a more active introduction to the offerings of the Junior League of Winston-Salem through a new approach to mini-placements.

For the New Members joining in August of this year, the provisional training period will require the completion of mini-placements as an opportunity for the New Members to get a small sampling of a placement without the pressure of a full, year-long commitment. Although mini-placements have been required in previous years, the New Member Development committee sought to further engage new members by connecting with them prior to their mini-placements.

Leading up to the first “in the field” days of mini-placements, New Members will meet with placement chairs this fall and winter to learn more about their projects and get involved in the planning, creation and preparation of events and projects for early 2012.

This structure is strikingly more hands-on than in past years, allowing New Members to get more comfortable

with the mission and message of their mini-placement as well as increase ownership of their role in the organization.

“We truly want the New Members to feel like they are making a difference and really contributing to projects during their provisional year,” said Craig, noting that the number of New Members has recently jumped to 78, pushing the total number of members in the Junior League of Winston-Salem above 950.

Craig sees the size of the new group as an opportunity for a greater impact: “There is a strength in numbers and our new members have the opportunity to leverage their collective power to make a real difference in our community as an incoming class.”



Members of the 2011-12 New Member class outside the Ronald McDonald House of Winston-Salem, an organization brought to our community by the JLWS.



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# Portrait:

## New Member | Shea Hawkins



Originally from Richmond, Virginia, Shea Hawkins moved to Winston-Salem to pursue her Masters in Divinity from Wake Forest University. This year she decided to join the JLWS for many reasons.

“I have a heart to serve others and want to meet other people who have that same enthusiasm,” Shea says. “Further, I’m excited to explore the question, ‘Why Volunteer?’ For me, I love God and love others. Surely there must be more answers [to that question] than ‘it’s a good thing to do.’”

Shea hopes to eventually get connected with the JLWS’s focus on women’s health and wellness. She is passionate about healthy eating and exercise and even teaches local Zumba classes.

“I’m always encouraging others (and myself!) to get up and move,” she says.

Shea has enjoyed getting to know the other women in her provisional class and calls them an inspiring group of women who are “smart, energetic, and downright real.” She looks forward to participating in a mini-placement and a few one-day volunteer opportunities with the rest of her provisional class and is excited about continued involvement with the Junior League this year.



## GRAYLYN

### December Happenings

Breakfast with Santa

Saturday, December, 3rd, 10th, & 17th

8:30 a.m. to 10:30 a.m.

Holiday Estate Dining

Offered Tuesday - Saturday in December

5:00 p.m. to 9:00 p.m.

New Year’s Eve Celebration

Saturday, December, 31st

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# Portrait: Active Member | J.J. Elliot



J.J. Elliot moved to Winston-Salem from Knoxville, Tennessee in 2007. The Monday after her move she called the JLWS headquarters to inquire about becoming a member. Two weeks later she had joined the provisional class and that year proved to be “a true blessing,” she recalls.

“I met some of the most amazing women who had a passion for working in our community just like me. Not only have my experiences in the league been wonderful but I’ve met some of my dearest and most treasured friends in the last four years,” she says.

“Since joining [the JLWS] my placements have included the Children’s Museum, the Membership Retention Committee and two years with the Tour of Fine Spaces. Rummage sale is by far one of my favorite parts of the Junior League... “ I love working in the boutique section!”

“The JLWS forces awareness of community issues that could easily be overlooked by the simple act of complacency,” Elliot says. “The JLWS shouts for action. From our women’s health initiative and Girls on the Run to Kids in the Kitchen and Rummage Sale – being part of the JLWS is taking on the challenge to make a difference. It gives me a reason to be proud for all that’s been accomplished and is a source of encouragement for all that’s still yet to be done.”

Elliot attended Hollins University in Roanoke, Virginia and received her MBA from the University of Tennessee at Knoxville. She is a Commercial Relationship Manager with NewBridge Bank in Winston-Salem, where she works with a wide array of clients to build their businesses. She is an active member of the Professional Women of Winston-Salem and currently serves as their President. In her spare time, she loves to renovate old houses, travel, kayak, zipline and scuba dive.

“Several of those [hobbies] I’ve just picked up within the last few years, “ she says. “That just goes to show you it’s never too late to try something new!”

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# Portrait: Sustainer | Gayle Meredith



It was because of her mother's dedication to the Junior League in Dallas, Texas that Gayle Meredith initially joined the Junior League of Winston-Salem. "She was always working on various Junior League projects and fundraisers as I was growing up," Meredith notes.

It was actually through the same Dallas Junior League that she remembers from her mother that she joined the Junior League. However, a short time later, Meredith actually started her career as a New Member several states away in Winston-Salem.

Her career with the Junior League of Winston-Salem was full, allowing her to serve on many committees in addition to her placements. "I seemed to do a lot more in-league placements than community placements partly because I worked a good bit of the time that I was an Active, and they seemed to be easier to work into my schedule."

Although she is quick to note her comfort level being more on pace with non-leadership roles, her resume doesn't show it. Meredith has served the Junior League of Winston-Salem as Yearbook chair, Advertising manager for Words of Winston-Salem and Secretary of

the League. Serving on the Nominating Committee and Executive Board were especially fun for Meredith because they gave her the opportunity to really get to know her fellow committee members.

She has never loved public speaking (noting that she "still hates it"), but forced herself during her time with the Junior League to practice the skill. "I'm glad I was able to conquer this fear when I needed to even as my knees knocked!"

One of the greatest benefits of membership for her was the training. "I learned a lot about leadership, running a meeting and our community," she says, adding that it also provided social benefits for her at a time when her husband, Wayne, was often busy with the demands of medical school, residency and early practice. "I made great friends who I still enjoy seeing," she said.

Meredith's choice to sustain her membership with the Junior League of Winston-Salem came at an appropriate time for her. Her children were around ages 5 and 9 when she switched her active status to become a Sustainer, allowing her to spend more of her volunteer efforts at Summit School (where her children attended) and put the training she had received to work.

She recommends to new members to "push themselves beyond their comfort level on occasion," encouraging a more open approach to intimidating placements and fundraisers.

**“ I loved working the Rummage Sale. That is where I really got to know other members the best. I'm still amazed that members can bring so much order to piles and piles of random "stuff" in one week's time. I also loved that the Rummage Sale helped the community as much as it helped the League – and still does! ”**

# Sound Off

## Why did you choose the Junior League of Winston-Salem to get involved in the community?



"I joined the JLWS in an effort to be able to give back to the community and get involved. It has been a great way to work along other women with the same goals and make a difference."

**-Emily Tripp**



"Because the JLWS is so big in our community and really makes change and positive things happen!"

**-Maggie Donley**



"I chose JLWS as a means to get involved in the community because of the organization's outstanding reputation, extent of service options, and commitment to children."

**-Jen Seeba**



"I joined the JLWS as a way to get involved in the community because I wasn't sure exactly what I wanted to get involved with and the JLWS was a great place to start because of the various opportunities to get involved and volunteer."

**-Allison Goodson**



"I chose the JLWS because I wanted to learn about different opportunities in the community that I can get involved in that I would not necessarily have been exposed to or have known about without the JLWS. I am constantly amazed at how intricately woven into the community the JLWS is...they have had a hand in starting so many causes/organizations."

**-Anna Ball Hodge**



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# Extras and up Next: Save the Date!

## TOUR OF FINE SPACES 2012

Saturday, March 24, 2012

10:00 a.m. – 4:00 p.m.



In 2010, the well-known Tour of Fine Kitchens expanded to become the Tour of Fine Spaces featuring more than just kitchens. On March 24, 2012 visit outdoor spaces, media rooms, bathrooms and more.

The annual tour is known for highlighting the unique and exceptional talents of local interior designers, cabinetmakers, landscapers, architects, builders and tile and flooring specialists. Delicious samples from local caterers and restaurants are featured, too.

This important fundraiser supports the Junior League of Winston-Salem mission. Contact Tour of Fine Spaces at [touroffinespaces@jlws.org](mailto:touroffinespaces@jlws.org) for more information, to recommend a location or sponsor and to volunteer.

## RUMMAGE SALE 2012 FIFTY-EIGHTH ANNUAL RUMMAGE SALE: RUMMAGE YOUR HEART OUT

LJVM Memorial Coliseum

Annex & Education Building

April 19-21, 2012

Preview Party: April 19, 2012

Rummage Sale: April 20, 2012

Rummage Sale Half-price & Bag Sale: April 21, 2012

What is spring in our community without the Junior League of Winston-Salem's Rummage Sale?

Imagine the world's largest indoor garage sale, but with special preview nights, discounts on top of discounts and a friendly staff of volunteers at every turn. Rummage Sale is the largest of Junior League of Winston-Salem's fundraisers and the proceeds go to helping our mission of promoting volunteerism, developing the potential of women and improving our community.

The 2012 Rummage Sale committee is excited to announce its partnership with Forsyth Medical Center the JLWS 2011-12 Mission Partner. Not only will shoppers be able to shop 62,000 square feet of rummage, they'll also learn about heart disease (the number one killer of women in Forsyth County).

Peruse incredible bargains on home wares, clothing, electronics, furniture, books and more, but don't forget to have your blood pressure checked, learn about family nutrition and pick-up healthy living information, all courtesy of Forsyth Medical Center.

The annual JLWS Rummage Sale has drawn shoppers from near and far since 1954. No true Winston-Salemite would miss this premiere shopping event. Just around the corner is the fifty-eighth annual sale, so get ready to Rummage Your Heart Out!

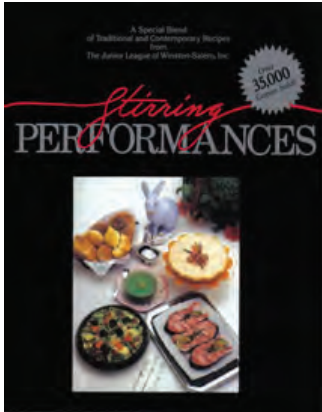
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# Stirring Performances

## Perfect for the holidays!



Copies of the Stirring Performances cookbook can be purchased on the JLWS Web site or at JLWS Headquarters for \$18.95 each. Case discounts (10 cookbooks per case) are available.

### Marinated Roast Tenderloin

Easy, 8-10 servings

5-8 lb tenderloin

Lemon pepper to taste

2 cloves garlic, crushed

1 ½ - 2 cups soy sauce

½ cup bourbon

3 strips bacon

1 medium onion, sliced

- Sprinkle lemon pepper over tenderloin and place in a large plastic bag.
- In a small mixing bowl, combine garlic, soy sauce, and bourbon. Pour mixture over tenderloin.
- Marinate at room temperature for 2 hours or overnight in the refrigerator.
- Allow tenderloin to come to room temperature if marinating in refrigerator. Remove from bag and place on a rack in shallow roasting pan.
- Place bacon strips on top. Pour marinade over roast and put slices of onion on top.
- Place in a preheated 450 oven; immediately reduce heat to 400 and roast 40-45 minutes. Allow to sit for 15 minutes before slicing.
- Slice thinly and serve with cocktail rolls for hors d'oeuvres or as desired for entrée.

### Sesame Broccoli

Easy, 6 servings

1 large bunch broccoli, trimmed

2 tbsp vegetable oil

2 tbsp vinegar

2 tbsp soy sauce

1 tsp sugar

2 tbsp sesame seeds, toasted

- Steam broccoli until crisp and tender.
- Combine oil, vinegar, soy sauce, sugar and sesame seeds in medium sauce pan. Bring to a boil.
- Pour hot sauce over warm broccoli and serve.

### Rosemary Potatoes

Easy, 8 servings

1 ½ tsp (or more)

rosemary leaves, preferably fresh

½ cup olive oil

1 ½ tsp salt

3 lb baking potatoes

- Preheat oven to 350.
- Gently crush the rosemary with a mortar and pestle.
- In a large bowl, combine the oil, salt and rosemary.
- Scrub potatoes. Slice very thin.
- Toss slices in the oil mixture until completely coated. Remove with a slotted spoon.
- Place potatoes into one or two large, shallow baking dishes.
- Bake uncovered for approximately 1 hour 15 minutes.
- Potatoes should be golden; crispy, but tender.

# Letter from the editor

## Fall 2011



**How far this little candle throws his beam! So shines a good deed in a naughty world.**  
(*MV, V, ii, 61-2*)

Portia's remarks in *The Merchant of Venice* highlight a vital facet of volunteerism: it doesn't take much to make a substantial impact.

If one light can fill a room of darkness, what about 950+?

As members of the Junior League of Winston-Salem, we are wildly fortunate to combine our light with other like-minded women and give back on such a large scale.

I recommend volunteering for the Words of Winston-Salem placement to anyone who may be feeling fatigued with volunteering or bogged down with meetings. Reading through the interviews and article drafts that built this issue was a constant reminder of the passion, dedication and creativity of our members.

I hope November 24 brings a reminder for all of us to consider the many reasons to be grateful. I also hope that high atop that list is the blessing of being able (physically, emotionally, financially) to give back.

Remember as you are preparing for and enjoying this holiday season that many traditions consider it the season of *light*.

Natalie Braswell  
Editor, Words of Winston-Salem, Fall 2011

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