

Women's Health Initiative Kicks Off This Year

by Lindsay Hodgson and Jessica Armstrong



LINDSAY HODGSON
*Women's Health
Initiative Chair*

The Junior League of Winston-Salem's initiative to improve women's health is best achieved by serving the whole family. In cooperation with Kimberly Park Elementary School, the Junior League of Winston-Salem will host four health events to address basic health awareness in a Winston-Salem community that has been identified within the Low Access Tract (a.k.a. a Food Desert). The events will accomplish three goals: to facilitate relationships with the medical community, educate the community on healthy food preparation and provide a meal in a family friendly atmosphere. Junior League community placements will collaborate to offer a variety of experiences.

The first event will be a health fair on Saturday, September 24, 2016. Our kick-off event will offer community members the opportunity to receive basic health screenings and meet physicians. We will also offer an introductory course on preparing healthy food. Participants will have the opportunity to taste samples and take a recipe and ingredients home to prepare the meal on their own. Committees, such as Children's Museum, will engage children in enriching entertainment.

The three following Health Forums will be held in November, February, and spring 2017. These events will be centered around conversations with health professionals on topics that interest and impact community members. We will continue to offer family friendly activities to engage children and healthy food preparation classes. The neighborhood surrounding the school has been identified as an area of concentrated poverty and a food desert. As part of our initiative to improve the health of the community, we will provide healthy meals and snacks at the four health events.

This programming will reach hundreds of people and we can't do it without your help. We will ask all incoming New Members to volunteer at the four events. We also have participation from our Community Committees. Women's Health would like to thank all of you, in advance, for your participation. See you at Kimberly Park!



JESSICA ARMSTRONG
*Women's Health
Initiative Asst. Chair*

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May General Membership Meeting

Monday, May 23, 2016

Novant Health
Forsyth Medical Center

6:30 p.m. - Social

7:00 p.m. - Membership Meeting

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: 9:00 a.m.- 2:00 p.m., Monday-Friday



I am amazed that not only is it May but this is my last opportunity to message the entire JLWS as President. This time of year brings a lot of excitement and planning for so many of us. Spring is here and, like many of you, I am ready for the beautiful weather we have here in Winston-Salem. Conversely, it is difficult to realize this year is coming to an end and another is right around the corner.

This year has brought so many highs for the Junior League of Winston-Salem and our community. Tour of Fine Spaces was a wonderful success despite the weather. Our Spring BookWORM drive has continued to bring in more books than we could have imagined all because of your continued commitment. This year

we offered new options on how to gather books and it clearly was a win-win all around. We will once again be able to place books in the hands of children who otherwise would not have them. Women's Health has forged a wonderful partnership with Kimberly Park Elementary and the surrounding community bringing information and opportunities to them that they may not otherwise have.

All of this would not have happened without all of you. Thank you to our New Members, Actives, Sustainers, friends, families and community partners. Our membership participated in ten community placements impacting hundreds if not thousands of community members. When I look back at the time and commitment all of you have given the JLWS this year I am in awe and immensely grateful.

Congratulations to our New Members who will be become Active members June 1! This year has been busy, but I hope you found it not only informative, but fun and exciting as well. Your journey is now underway and I can't wait to see what your future brings and the impact you will have in the JLWS.

I am so proud of our Sustainer Council in its first year. The team has set a new level of engagement for our Sustainers and has reminded all of us of the commitment, leadership and knowledge we hold within the JLWS. Thank you for supporting us in the creation of this council. I look forward to what is yet to come!

I would be remiss if I did not recognize and acknowledge the 2015-2016 Board of Directors who have worked tirelessly this past year, bringing new thoughts and ideas to help the entire JLWS. We made decisions regarding our finances, our placements, engaged new partners on marketing and through it all, we stayed positive and supportive of each other. To say I am beyond proud of this group would be an understatement.

Finally, thank you! As I write this I find myself becoming more emotional as I realize my time as President is truly coming to an end. This year has been incredibly rewarding and humbling for me. I am so thankful for being given the opportunity to serve in this role and know I would not be able to do this without the support of all of you. This year our theme "Chapter 93: Our Strength Within" was a way to remember all we are as a league and the amazing gifts we bring to the community. I will say I have learned more about myself this past year than I thought possible and I will take those learnings into my next chapter. In closing, my "partner in crime" Katy Ringeman has stood by me and the entire board as our President Elect. She has brought a thought process that is so refreshing. I am excited to see where she and the 2016-2017 Board of Directors will take us next into our 94th year as the Junior League of Winston-Salem.

With deepest appreciation,

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.

2014-2015 Board of Directors

- Stephanie Moser:** President
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For more information, visit www.jlws.org/informer

2014-2015 Informer Staff

- Elizabeth Richardson
- Eleanor-Scott Davis
- Parker Tegeler
- Lindsay Stanley

May Board Brief

By Carrie Vickery

The JLWS Board of Directors met on January 18, February 22, and March 21. In the month of December, the Sustainer Council held their annual holiday luncheon which was attended by 33 Sustainers, and produced 100 donated books for BookWORM. The JLWS Board voted to update the League's insurance coverage to remain in line with the JLWS's current assets and goals, including providing coverage for the WORM Hole. The Finance Committee reported great success from Tour of Fine Spaces with eight homes on the tour and 193 JLWS members who attended and used their vouchers. The League's Policies and Bylaws have been updated to include necessary changes for the Sustainer Council. As of the March 21 board meeting, a number of individuals had yet to pay their dues which were to be paid by March 1. One-on-one reminders will go out soon.

Active Member Profile

Erin Heeringa



Hometown: East Bend, NC

Family: Husband (Lee), English Setter (Lucy), Cat (Chloe)

Profession: I am a nurse at Brenner Children's Hospital and a grad student at UNC Chapel Hill. I am hoping to become a pediatric nurse practitioner soon.

Hobbies: Reading, watching too much Bravo, traveling, laughing at my own jokes :)

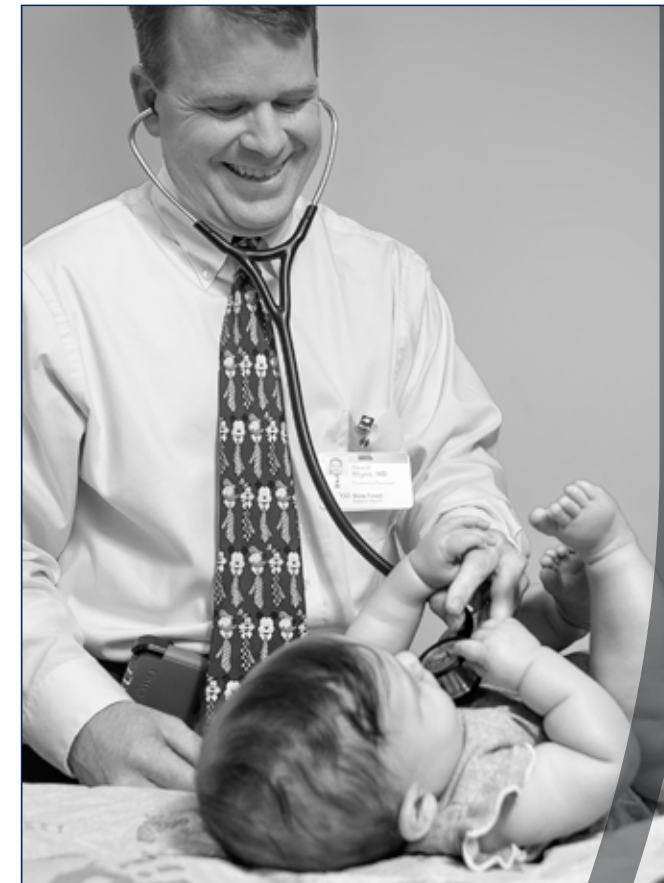
Years in the JLWS and Current Placement: This is my fourth active year and I'm chairing Puppet Show.

Reason for Joining the JLWS: Meeting new people and volunteering in the community

Favorite Placement: I can't decide between Rummage Sale and Puppet Show. They are both rewarding and fun in totally different ways.

Fondest JLWS Memory: Wrapping up the Final Rummage -- a tremendous League accomplishment in my opinion

Favorite Quote: "Eat on time. Sleep on time." ~ Grandma Wallace



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Ask Your Member-at-Large

Kristin Kelly

Question:

I'm interested in starting an Interest Group with the JLWS. How do I go about starting an one?

Answer:

That is a great question. The JLWS is proud to offer interest groups to our New Members, Active Members and Sustainers. Interest groups are a great way to meet people and enhance your JLWS experience through scheduled meetings, gatherings, and/or socials which are geared towards your interests.

Our longest running interest groups are the Sustainers' Book Club and the Daytime Book Club. The information regarding these interest groups are located at the bottom of each e-weekly. We have also had interest groups for those interested in meeting others that are new to Winston-Salem, Knitting, Ladies in Business and an Active/New Member Book Club.

If you would like to start an interest group, you need to complete the online form under Interest Groups. Once you have completed your form, the Membership committee will review your form. It will then be approved by the President and President Elect. Upon approval, the VP of Membership will contact the proposing member.

All interest groups should support the mission of our organization: *The JLWS 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.* There needs to be one designated leader who is in good standing with the JLWS. All interest groups are self-governing.

Some fun ideas for an interest group could be a monthly wine group, running group, doggie play dates to the dog park group or a poetry group. So, if you've been thinking about starting up an interest group, just let us know. The more the merrier!

Social Media

The communications council led the way at the April GMM with a photo booth. Thanks for adding this element of fun to the meeting!



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JLWS Members Getting Involved in the League

League Linkers

Please join us this summer for the following events! Direct any questions to Rachel Johnson at racheljoyce@gmail.com

Casual Drinks at Diamondback Grill



Catching up at the League Linkers social on Tuesday, April 5

Please join your fellow JLWS members for casual drinks the 1st Tuesday of every month at 7:30 p.m. at Diamondback Grill. Take this opportunity to grab a friend and socialize with other members.

Monthly Playdates at the Children's Museum

Please join your fellow JLWS members and their children for a playdate every month at the Children's Museum of Winston-Salem. Normal admission price will be required.

- Weekday Playdate - Every 2nd Tuesday of the month at 9 a.m.
- Weekend Playdate - Every 1st Saturday of the month at 10 a.m.

JLWS members and their children will gather at the museum for play!

First Year Active Program

The First Year Active Program members gathered for wine, apps & conversation this Spring at the home of Hunter Douglas.



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New Member Recruitment Update

By Pamela Bunten

This year has been a successful year for new member recruiting. There has been a lot of interest in the JLWS from women of all ages, career paths, backgrounds and reasons for wanting to join the Junior League of Winston-Salem. I thought it might be fun to share some of the most common topics I am asked about from interested members.

1. The time commitment

Most potential new members are very concerned that their new member year is going to be overwhelmingly time consuming. It is definitely a relief when they hear that there are requirements, but they are very manageable and that the JLWS is pretty flexible.

2. In-league placements vs. out-of-league placements

We've had a great group of women interested in learning lots about potential placements when they are actives. One of the biggest questions I've run into is how these two types of placements differ.

3. How new member groups are selected

The new member groups have really seemed to appeal to many people. Having the opportunity to explain the way that the groups are matched has also given the opportunity to emphasize the importance of actually answering the "about me" questions on the application.

Thank you to all JLWS members who have attended an information session, sent your friends or colleagues my way, or helped with spreading the word. The application will be up and active until June 15, 2016 so we look forward to getting lots of applications coming our way.

Tour of Fine Spaces Update

By Hilary Wands

The 11th annual Tour of Fine Spaces was a wonderful day for the Junior League of Winston-Salem. The weather was overcast and rainy, but that did not stop over 450 tour goers from filling the homes. The food was delicious and the homes were absolutely stunning. Those who attended left inspired for their next home project. Thank you to all of the home and food sponsors, and a big thank you to Hiller Ringeman Insurance with Nationwide.

Thank you to everyone who volunteered and participated. We are already gearing up for next year's event and look forward to seeing everyone there.



THE JUNIOR LEAGUE OF WINSTON-SALEM presents:

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December 9-10, 2016

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A Last Look at the New Member Groups from 2015-2016

Group - "Something Old, Something New"



The Women of Something Old, Something New bonded instantly at their first New Member Social at Foothills Brewery in August 2015. While some of our members are Winston-Salem "lifers" and some of us are relatively new to North Carolina, we all share a deep appreciation for everything The Dash has to offer. Since their first meeting, the women of S.O.S.N. have attended their New Member Seminar, their first GMM and attended the 2016 Placement Fair together. When the members of S.O.S.N. aren't together, they love exploring everything downtown has to offer and finding the best place to grab a bite, catch a movie or sip a fun cocktail. All of the women in this group are excited to become more engaged and plugged into Winston-Salem and serve their community more through the Junior League of Winston-Salem.

New Member Mentor - Margaret (Meg) Miles



Meg was born and raised in Washington, DC. She graduated with a degree in Psychology from Wake Forest University in 2013. Upon graduation, Meg began working at CCL Branding, an advertising and branding firm located in the heart of downtown Winston-Salem. Meg joined the Junior League of Winston-Salem to meet more young-professional women in Winston-Salem and find additional avenues through which she could give back to the community which has given so much to her. During her New Member year Meg assisted at Boutique and loved learning more about all of the amazing women who dedicate their time to the League. In her first active year, Meg double-placed on the New Member Mentor and Crosby Scholar committees. In addition to the JLWS, Meg volunteers with Arts for Life, an organization dedicated to providing educational art programs to young patients with serious illnesses at four hospitals in North Carolina including Wake Forest Baptist Medical Center, and acts as a Wish Granter with the Make-A-Wish Western North Carolina Chapter.

Group - "Seven Senioritas!"



The Seven Senioritas are a group of lively and fun young professional gals living in Winston. They have everything from a journalist to an engineer, some Mad (wo) Men in the ad industry and a non-profiteer. Lovers of a good fiesta, guacamole and margaritas, this group has brought their spicy attitude to their provisional year. Excited for all this organization has to offer, they are especially ready to dig into the philanthropic opportunities of the JLWS.

New Member Mentor - Paige Bosworth



In her first active year in the Junior League, Paige was excited to guide provisional members through the organization. Outside of the League, Paige works for Verger Capital Management, a registered investment advisor to nonprofits. In her free time, Paige is a corporate volunteer through the Chamber of Commerce, which helps promote literacy in high poverty WS/FC elementary schools. She loves doing pilates at the Y and enjoys spending time outdoors as much as possible.

Group - "4 Seasons"



The 4 Seasons group bonded instantly at their first new member social at Fourth Street Filling Station, combined with Carissa Hanson's group. The women are excited to learn more about the league, volunteer and meet other amazing women in their community.

New Member Mentor - Emilee Marchesiello



Emilee moved to Winston-Salem with her husband in 2011 and instantly fell in love with the South and the beautiful area. Emilee is originally from New York and is an analyst for a healthcare company based in Atlanta. Her hobbies include hiking and being outdoors with her husband, two-year-old daughter and dog, Lola. She also enjoys test tasting her husband's creative recipes.

Emilee joined the Junior League of Winston-Salem in 2012 to volunteer and to meet women in the community. This is her third active year in the League. Emilee has served on Kids in the Kitchen and Boutique. She loved both experiences for different reasons. This year she was excited to do an in-League placement, New Member Mentor, due to the wonderful experience she had her own New Member year. She formed amazing bonds with her New Member group members and wanted her New Members to have a similar experience in the league.



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April Volunteer Development Update

By Heather Sapp

This April, the Volunteer Development Committee was excited to sponsor five personal development sessions, presented by both active and community members. Two sessions, one returning and one new, are featured below.

Our *Tie One On* speaker was fellow Junior League member Heather Zifchak. Heather is a local Martha Stewart and is known for her wreath making and energy. Heather led a fun and energized class on how to make amazing bows with a little help from the Bowdabra, a plastic tool (also called a ‘game changer’) that can be purchased on Amazon.com for less than \$15.

To start making the perfect bow it’s important to start with a polyester ribbon with sturdy wire. Once your bow is tied with the help of the bowdabra, make it last by

fray checking the edges. Fray checking the edges of your bows will allow it to look brand new. If you need some fun ideas for your next bow or wreath, Heather suggests that you check out Pinterest. Pinterest is a great resource to explore further crafting ideas. You can check Heather out on Pinterest or at her 5:30 a.m. Jazzercise class.



Nutritionist Cindy Silver, owner of Market Basket Nutrition, showed leaguers how to get benefits from all different types of greens and how to never let greens go to waste during her session *How are You Doing with Spring Greens?* Cindy provided helpful hints and great recipes. Try Cindy’s great summer salad during your next barbecue. For more healthy recipes check Cindy out online at www.marketbasketnutrition.com.



Cindy’s Grilled Summer Salad

1. Brush sliced romaine lettuce with olive oil.
2. Add the lettuce to the grill while it’s hot.
3. Cook on each side until both sides are a little brown.
4. Top it with a balsamic, feta cheese, and chopped walnuts.

The Volunteer Development Committee would also like to thank our other presenters, including Claire Calvin from The Porch, Carolyn Hern and Maggie Donely from PureBarre, and Liz Noland, incoming Strategic Planning Officer. Thank you to all those who attended!

Goler Community Garden

By Kristin Chambers

The Junior League of Winston-Salem is proud to have committed Junior League Members working with the Goler Community Garden. The Goler Community Garden is located at the corner of Martin Luther King, Jr. Drive and Patterson Avenue at the Downtown Health Plaza (operated by Wake Forest Baptist Health). The Garden was

goals to not only provide a source of vegetables for the community but to also offer a resource for education about good nutrition and healthy eating. With the assistance and guidance of Master Gardeners, the JLWS members are volunteering their time and energy to sustain a plot of 22 raised beds that produce fruits and vegetables for patients at the Downtown Health Plaza and local residents.

along to their families.

Each spring, the JLWS members help plan, coordinate and sponsor two complimentary cooking events with Celebrity Chef Don McMillan of The Stocked Pot Cooking School and Catering. These cooking events are designed to share easy, healthy recipes using fresh ingredients, most of which is grown locally at the Goler



started in 2009 by a group of committed physicians and other community partners, in order to provide fresh produce, education and community development for local residents of the surrounding area, which is known as a food desert. As a reminder, a food desert is defined as a geographic area where affordable and nutritious food is difficult to obtain, particularly for those without access to an automobile. The Goler Community Garden strives to combat the dietary issues, such as diabetes, obesity and heart disease, of those individuals who lack fresh food options. The Goler Community Garden has established

JLWS members participate monthly in group work days to plant and harvest seasonal fruits and vegetables. In addition to monthly work days, volunteers offer help on an as needed basis with various tasks throughout the year. It is not uncommon to find several JLWS members with their hands in the dirt on Saturday mornings at the Goler Community Garden. This is often a time of fellowship for the JLWS members, while learning new gardening techniques and skills but more importantly, a time of sharing and educating residents and patients who not only benefit from the food but are learning life lessons to pass

Community Garden. This is a wonderful event for children and families to gather together and learn how to prepare a dinner that is delicious, healthy and super easy to prepare.

In addition, the Goler Garden Committee is collaborating with the New Member Development Committee to have a special volunteer opportunity for JLWS new members. This event will be held on May 14 and is a wonderful experience for Mentors, New Members and Goler!

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www.summitschool.com

Registration is now open!

Thanks to the Photography Committee for event coverage during the 2015-2016 JLWS year!



Spotlight On: Lynn Clarke, Sustainer

Interview By Sarah Dalrymple

“I became a member of Junior League Akron (JLA) around 1988 when a very close family friend, who was active in the community, encouraged me to join. She told me that JL was the place to start if I wanted to learn how I could most effectively serve the community in a volunteer capacity. One of my favorite placements was Nominating/Placement Committee. Being on that committee taught me a great deal about governance and how the organization functions. Interestingly, the committee which really led me to other community organizations in the Akron area was an ad hoc committee on diversity. As a sustaining member of JLA, I joined a fun group called Seedlings, a gardening club made up of fellow JL sustainers.



The Junior League was really where I developed the skills needed to get involved with non profit community based organizations. It helped me learn my strengths and where I could be most effective. It also provided me with the best example of how an organization should function. I would advise active or provisional members to become fully involved because they will experience a learning environment in which they can develop skills that will serve them well both professionally and personally.”

Thanks Lynn for sharing your story and for the inspiring words. And congratulations to you and Ray! The couple was featured in an article in the Winston-Salem Journal (February 2016), for their volunteer time with Big Brothers Big Sisters. The Clarkes mentor a third grade student. According to the article, they became one of the first retired couples to participate in the program.

Learning and Development Series - New this Year

By Sarah Dalrymple

You asked and we listened! During the process of forming the Sustainer Council, feedback was given to JLWS that Sustainers are interested in engaging with each other in meaningful ways and want to do so through continuing education. To that end, the Learning and Development Series was created.

The first event was held prior to the January General Membership Meeting and was titled, An Introduction to Mindfulness. Sustainers, Diane Davis, Stacy Owen, Shannon Rainey, Allison Reaves, and Eva Wu joined Certified Integrative Health Coach Lila Cruikshank.

Are you interested in mindfulness but were unable to attend? Lila encouraged us to spend two minutes in reflection each day, sitting still and concentrating on our breathing. She stressed the importance of being present and focusing on small things: the sound of coffee brewing, the feel of the handle as you open your car door. It's never too early to begin mindfulness - she cited several states that are incorporating mindfulness into school curricula. Lila recommends that we watch one of her favorite videos: “Just Breathe” by Julie Bayer Salzman and Josh Salzman, available on YouTube. To learn more about Lila and future workshops that she may offer, visit www.healthcoachpartner.com.

The second event, held before the April GMM, covered Long-Term Care Planning. Sustainer and long-term care planning specialist, Susan King, lead the workshop which was attended by nine Sustainers. Susan has worked in the financial services industry for over 30 years. As a Long-Term Care Certified Planner and an independent agent, she was able to provide great insight into this important discussion. During the session, basics of long term care planning were reviewed: who needs it and how much it costs to who pays for it and what a typical plan looks like. One of the important take-aways, “not having a plan may be the greatest risk to your retirement and your family's security.”

Additional events included a Lunch and Learn session held in late April at JLWS Headquarters, led by past president, Christine Storch, covering social media. And, a Women's Health Workshop will be held prior to the May General Membership Meeting. If you have ideas for future topics, please contact the Sustainer Council at SustainersConnect@jlws.org

A successful inaugural year for the JLWS Sustainer Council

Heather Mackey & Allison Reaves, Chairs
 Lisa Aft, Community Chair
 Sarah Dalrymple, Communications Chair
 Stacy Owen, Membership Chair
 Jill Rhoades, Finance Chair

Here is What Happened:

By Heather Mackey

- Established Nominating Committee made up of past Active and Sustainer Nominating Chairs to secure Council leadership
- Placed six women into Leadership positions to oversee Council work and provided training opportunity for them on “State of the Organization” with AJLI Director, Subha Lembach
- Maintained presence of Sustainer representative at major JLWS events and in Management and Governance meetings of the JLWS Board of Directors
- Began research into plans for a “Sustainer Reconnect” program to invite lapsed Sustainers back into JLWS membership
- Collected over 100 books for BookWORM at 2 Sustainer events & through Amazon wish list
- Established the “Support Opportunities for Sustainers (S.O.S)” program to promote volunteer opportunities for Sustainers via the Informer and Sustaining Matters
- Maintained Sustainer email address for Sustainers to connect with questions or concerns
- Established the “Sustainer’s Corner,” included in each issue of the E-Weekly, for more timely reminders
- Developed and published 3 issues of Sustaining Matters, contributed Sustainer related content to the Informer and WOWS
- Revised Sustainer content on JLWS homepage to ensure clarity and centralization of information
- Began work to establish year round Sustainer calendar for better advertisement of activities and needs, designed monthly calendars, emailed to Sustainers, to apprise them of upcoming events
- Contributed to the JLWS Annual Fund
- Attended/supported Boutique, donated 2 wreaths crafted by Sustainers to Boutique Silent Auction at Girls’ Night Out, held Sustainer shopping hour prior to Boutique
- Began brainstorming ways to encourage support of JLWS through estate planning and potential Sustainer fundraisers to support the JLWS
- Organized the successful Fall Sip, Savor and Socialize event under the direction of Molly Twine, Susan Gordon, Becky Perkinson, and Anna Kathryn Reece, coordinated Holiday Luncheon at Graylyn, held Spring Social featuring the Winston-Salem Flower School
- Hosted Sustainer Council information session prior to September GMM
- Held two Sustainer specific Town Hall meetings to brainstorm on Sustainer needs and community needs
- Implemented the Sustainer Learning and Development Series with Sustainer-specific training prior to General Membership Meetings and lunchtime hour Lunch and Learns
- Continued successful Book Club Interest group meetings led by Kellon Tippett, evening, and Carol Fagg and Lynn Howland, day
- Established new interest groups including Transfer group, led by Heather Egan
- Participated in the selection of the Sustainer of the Year and Katherine J. Reynolds League Legacy Awards
- Planned welcoming of new Sustainer class at May GMM

A big thank you to every Sustainer who contributed in large and small ways!



Junior League Transitions

Transfers In

Yevonne Chandler from Atlanta, GA
Meghan Gangel from Greensboro
Nicki Bradley from Charlotte, NC
Susan Rae Stark Alston from Charlotte, NC
Joy Butner from Charlotte, NC

Transfers Out

Michelle Wood to Birmingham, Alabama
Margaret Caroline Jackovich to Savannah, GA
Mary Catherine Bero to Charlottesville, Virginia
Sarah Dewing to St. Louis, Missouri
Laura Skinner to Raleigh, NC



Member Milestones

Heather Parker: Received the Bishop William G. Curlin Partners in Hope Award from Catholic Charities Diocese of Charlotte

Please e-mail any additions to headquarters@jlws.org

From the pages of the Junior League of Winston-Salem Cookbook

Zesty Grilled Flank Steak

Makes 4 servings

- ¾ cup vegetable oil
- ¼ cup soy sauce
- ½ cup honey
- 2 tablespoons red wine vinegar
- 2 tablespoons green onion, chopped
- 1 large clove garlic, minced
- 1 ½ teaspoons ginger
- 1 ½ pounds flank steak

- Combine the first seven ingredients to make marinade. Pour marinade over flank steak and marinate in refrigerator for at least 4 hours or preferably overnight. Turn steak several times.
- Remove steak from marinade. Grill for 7 minutes per side.
- To serve, slice thinly across the grain.

Cherry Tomatoes Stuffed with Pesto

Makes 30-40 servings

- 30-40 cherry tomatoes
- 2 cloves garlic, minced
- 3 tablespoons pine nuts, minced
- 1 tablespoon basil
- ¼ cup fresh Parmesan cheese, grated
- 1 cup fresh, fine white breadcrumbs
- ¼ cup olive oil

- Salt and pepper to taste.
- Whole pine nuts for garnish.
- Preheat oven to 350 degrees.
- Cut off stem end of each tomato lightly with salt. Invert on paper towels to drain.
- Combine remaining ingredients in food processor or blender and process until well blended.
- Stuff each tomato with stuffing mixture and top with a pine nut. Place tomatoes on a lightly greased baking dish. Bake for 10 minutes.
- Serve hot or at room temperature.
- Using a pastry bag makes stuffing shells a breeze!

Thanks to Sir Speedy for helping make the JLWS Informer a success this year!



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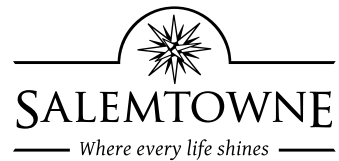
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