

The Junior League of Winston-Salem Presents

Boutique

a shopping event



It's the most wonderful time of the year! The fourth annual Boutique will take place Friday, November 15 and Saturday, November 16 on the upper level of the Benton Convention Center in downtown Winston-Salem. The lineup of vendors for shopping at this year's Boutique holiday market offers unique gift giving options for everyone on Santa's list. In addition to fabulous shopping, Boutique will offer attendees demonstrations, entertainment, kids' activities, and more! Come kick-off the holiday season at Boutique and shop 'til you drop while supporting the JLWS and the Winston-Salem community!

A Girls Night Out at Boutique



Bubbles, Baubles and Bags

Don't miss the Boutique Girls' Night Out event: Bubbles, Baubles and Bags! Building on the success of last year's Girls' Night Out event, there will once again be a fine jewelry and designer handbag silent auction. Let the bidding begin because this auction offers something for everyone...for yourself or for the perfect holiday gift! Grab your girlfriends, take advantage of the special four pack ticket pricing, and start the holiday season in style at the second annual Bubbles, Baubles and Bags! Ticket price includes wine/champagne, hors d'oeuvres, entertainment, access to the silent auction, and fun! All Girls' Night Out tickets purchased will also include one free ticket to return to Boutique on Saturday.

Please be sure to visit the Boutique Facebook page and "like" it for many updates prior to the event! For more information and to purchase tickets, please visit www.jlws.org/boutique.

Inside This Issue

- Membership **3**
- Finance **6**
- New Members **8**
- Volunteer Development **10**
- Women's Health **12**
- Sustainers **13**
- Noteworthy **15**

Boutique: Holiday Market

Happy Hour

Friday, November 15, 2013
4:00 p.m. to 5:30 p.m.
\$2.00 admission

Girls' Night Out

Bubbles, Baubles and Bags
Friday, November 15, 2013
6:00 p.m. to 9:00 p.m.
\$30.00 or 4 tickets for \$100.00
(prior to event)
\$35.00 at the door

Shopping Day

Saturday, November 16, 2013
9:00 a.m. to 6:00 p.m.
\$4.00 admission

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

Letter from the President



It is time to address the latter part of this year's theme: Defining Our League, Defining Ourselves. We are not about to embark upon a philosophical journey, but instead, one of recognition and thanks. While we each have our own skills, they do not exist in a vacuum. I have already addressed that 'who we are' can be defined by the roles we play in life (mother, daughter, sister, wife, volunteer, worker, etc.). It is important to recognize the relationships and opportunities that exist within these roles. And, it is important to thank them. The holidays are upon us and this is a great time to reflect and express gratitude to those who support and enable us. Recently, while running around Salem Lake, I was struck by the beauty of the moment and my life. My life is not perfect, perfection

is an unattainable quest that ends in disappointment. But, I am fortunate to have had many opportunities. I have a supportive husband who allows me to challenge myself, three active and crazy boys who challenge me every day, work that fulfills my mental desires, and a volunteer role that allows me to make a contribution back to the community I love. It takes all those important people and things in my life to shape my identity. The common theme for all of them? They challenge me.

Each of us has opportunities, differing in number and degree, in our lives. Our own growth and development come out of these opportunities and is nurtured by relationships. They shape our own existence and develop our spirit. Every mile I run, every parenting issue I resolve, every organizational procedure I develop, every article I write (this is super challenging for me as I am an accountant, not a writer), I become stronger. Helen Keller said:

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

The tough moments, the challenges are where we find our strength. Serving as JLWS President is not an easy task. This role comes with a great sense of high level accomplishment coupled with many deadlines and responsibilities that fill the days. So, the next time you are faced with a stressful situation whether it be at home, in the workplace, or within the JLWS try to recognize what you can learn from the situation and how it will make you stronger.

Not to belittle anyone's individual accomplishments, but how many of them do we really do on our own, without the support or combined efforts of colleagues, friends or family? Take Wilson Kipsang's recent world record at the Berlin Marathon. Kipsang, a Kenyan, ran 26.2 miles in 2:03:23 (4:42 pace!!). His body set that world record, but he immediately acknowledged that this was a "team effort" through both training and pacemakers. Furthermore, he explained how he used forty athletes in his training routine and would take them to a hotel and pay for lunch or tea after the sessions. A sport that may seem individualistic, is not, and this sportsman recognized the importance of his support system all along the way. He crossed the finish line by himself, but forty plus people helped get him there. And, he thanked them. Helen Keller can be revisited here, too. Her success at overcoming obstacles is well documented, as is the essential contribution of her teacher, Anne Sullivan. Do we appreciate those around us as often as we should?

Life is a team effort. It does take a village. The successes and accomplishments that shape our identity not only result from our hard work, but from the support, challenges, and opportunities generated from those around us. I challenge each of you to thank your team for their support. I, personally, thank each of you for the opportunity to serve as 2013-2014 JLWS President.

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.

2013-2014 Board of Directors

Teresa Inman: President
Christine Storch: President-Elect
Wesley Suttle: Administrative Vice President
Elizabeth Dampier: Strategic Planning Chair
Erin Kennedy: Communications Vice President
Heather Hubbard: Assistant Communications Vice President
Anna Ball Hodge: Community Vice President
Yvette Boland: Assistant Community Vice President
Stephanie Moser: Finance Vice President
Melissa O'Buch: Assistant Finance Vice President
Kelly McConico: Membership Vice President
Katie Neal: Assistant Membership Vice President
Amine Seifert: Nominating Chair
Carrie Ross: Volunteer Development Chair
Grace Neal: Member-at-Large
Allison Reaves: Sustainer Advisor

Headquarters Staff

Csilla Dunn: Administrative Director
Margaret Sattler: Administrative Assistant

The *Informer* is published six times a year in September, 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 March/April 2014 issue: January 15, 2014

2013-2014 Informer Staff:

Csilla Dunn, Managing Editor
Julie Antrim
Meghan Corbett
Patsy Elliott
Desiree Knight
Brooke Orr

August 2013 Board Briefs

The JLWS Board of Directors met on August 19, 2013. Eva Wu was invited to the Board meeting to report on the 100th Anniversary Project committee of the JLWS. With ten years away from the 100th Anniversary, she reported that the committee has determined that it is too early to commit to a definite project, but will stay in touch with the Board, attend Town Hall meetings, and watch the progress of the 2013-2014 placements. Melissa O’Buch, Assistant Finance Vice President, and guest, Amy Shively, presented a report from attending the Area III conference in Augusta, Georgia, informing the Board of the lead topics discussed at Area III. Stephanie Moser, Finance Vice President, reviewed the 2012-2013 and 2013-2014 Profit and Loss Budgets versus Actuals. She discussed the need of a Junior League-wide effort in fundraising, including ad sales and corporate solicitation. She reported that the JLWS would receive corporate sponsorship from Novant and Prudential. Stephanie provided a status update on the Boutique fundraiser, and promoted attendance. Teresa Inman, President, distributed the audited Financial Statements for 2013 and 2012, and reviewed the results. Christine Storch, President-Elect, provided a report from the Management team meeting, including an update on JLWS interest groups, the formation of a Safe Baby program to donate used car seats, and the Leadership Dinner on October 9, 2013. Wesley Suttle, Administrative Vice President, reviewed the 2013 Growth and Manpower Study. The Board discussed the September General Membership Meeting and October Town Hall meetings. The Board approved motions to reinstate four Active members and one New Member.

September 2013 Board Briefs

The JLWS Board of Directors met on September 16, 2013. Melissa O’Buch, Finance Assistant Vice President, reviewed the 2012-2013 and 2013-2014 Profit and Loss Budgets versus Actuals, and discussed fundraising needs. Teresa Inman, President, presented the Form 990 for the year ended May 31, 2013 for review. Katie Neal, Membership Assistant Vice President, provided a report from the Management team meeting, including an

update on Dine Around, ad sales, community placements, JLWS interest groups, Option A and Option B membership categories after Rummage Sale concludes, and clarification changes to the communications style guide. The Board discussed the September General Membership Meeting and October Town Hall meetings. Teresa Inman provided an update on the work of the Rummage Sale ad hoc committee, and the events surrounding the last JLWS Rummage Sale. She also reported on the status of the JLWS Headquarters lease at the Children’s Museum. Lastly, the Board approved a motion to reinstate one Sustaining member.


Figure 8 Island
Wilmington, NC Rental
 NC BEST KEPT SECRET
Horning Cottage: 5BR/4BA,
 Sound front \$3,850
Blanken Cottage: 5BR/4.5BA,
 Sound front/Deepwater dock for 2
 boats, \$4,500
Tree House: 5BR (3 mas-
 ters)/4.5BA, panoramic ocean/
 sound views \$4,500
Bachman Cottage: 5BR/4BA,
 sound front \$3,900
 All rates weekly + taxes
 All cottages include linens, Wifi
 & numerous amenities.
 Bunnie Bachman (910) 470-4099
 bunbachman@aol.com

General Membership Meeting Calendar

Monday, January 27, 2014
 (Voting Meeting)
 6:30 p.m. Social
 7:00 p.m. Meeting
 Novant Health: Forsyth Medical Center
 Conference Center


Monday, March 24, 2014
 6:30 p.m. Social
 7:00 p.m. Meeting
 Novant Health: Forsyth Medical Center
 Conference Center

Monday, May 19, 2014
 6:30 p.m. Social
 7:00 p.m. Meeting
 Novant Health: Forsyth Medical Center
 Conference Center



Academic Community Scholarships Event
 November 16, 2013 • 9 a.m.
 RSVP required 336-945-3151

Excellence is Our Expectation
The World is Our Focus
Character is Our Norm



Forsyth Country Day School fcds.org
 336-945-3151

Membership



Ask Your Member-at-Large

Grace Neal

Question:

I feel so busy between my personal life and my Junior League commitments. Why is it important for me to attend our fundraisers on top of everything else that I already do for the JLWS?

Answer:

This seems to be a recurring question within our membership! Everyone these days is pulled in numerous directions between work and family. At the end of the day, we are looking for an excuse to stay-at-home and relax before we have to get up the next day to do it all over again. As JLWS members, we have committed ourselves to going above what is required of us in our daily lives in order to give something back to the community. Boutique, Tour of Fine Spaces, Rummage Sale, and Dine Around are a big piece of what sustains the JLWS and allows the JLWS to make an impact within Winston-Salem. Our fundraisers are all indirect ways for members to financially support the Junior League while having fun with other members and friends. We all directly support the JLWS by contributing to the Annual Fund or paying dues, but unfortunately, all of the organization's expenses are not covered by these two types of revenue. As a result, fundraisers are an important piece of the JLWS's financial health.

Not only should members attend fundraisers to financially support the JLWS, but also it is important to support other Junior League members. A great deal of time and work is required to put on a fundraiser, not to mention the pressure these members feel to have a successful event. Members outside of the fundraising committees can help a fundraiser succeed by volunteering their time. Volunteering for an event can be done in various ways. Members can volunteer to help with a fundraiser, or members can volunteer their time by attending an event. Either way, members are supporting the Junior League, and the JLWS appreciates any amount of time the membership can commit to help make an event successful. Please volunteer your time this year to work or attend Boutique, Tour of Fine Spaces, Rummage Sale, and Dine Around!

The JLWS Wants To Hear From You!

How do you give back to our community during the holiday season?

“During the holiday season, my family gives back by adopting a family through the Big Brothers and Big Sisters Program. We provide gifts including clothes, toys, and other necessities for the children. I usually throw something in for the moms, too- like a book of devotions or a nice frame to use for a picture of the kids on Christmas Day that year.”

-Active member, Carrie Hileman

Next issue the JLWS wants to know:

How do you maintain a proper balance between your personal, professional, and volunteer roles?

E-mail your answer to headquarters@jlws.org.

Please note that space may be limited and lengthy answers may be shortened if necessary.

SummitSchool
Open House
Monday, November 11, 1pm
RSVP to admissions@summitmail.org

Individual tours may be scheduled by calling Admissions at 336.722.2777 or at summitschool.com/admissions

September General Membership Meeting

Over 200 JLWS members attended the General Membership Meeting on Monday, September 23, 2013. University of North Carolina's women's basketball head coach Sylvia Hatchell inspired and rallied the JLWS members to stay strong and "Hold the Rope" in their professional, volunteer, and personal lives. The full recording of Sylvia Hatchell's is available on the JLWS Youtube channel, <http://www.youtube.com/user/JuniorLeagueWS>.



Membership/Finance

League Linkers

Join fellow JLWS members and the League Linkers committee at Southern Home and Kitchen, the new kitchen store in Thruway Center, on Tuesday, December 10, 2013 from 5:30 p.m. to 8:00 p.m. There will be a ten percent discount on all purchases made during the event and ten percent of the sales will be donated to the JLWS. Southern Home and Kitchen offers cooking classes, kitchen gadgets and curiosities, fabulous furnishings and everything you will need for elegant entertaining. There will be fun giveaways and door prizes! Sign up on the JLWS Members Only web site.

Interest Groups

Interest Group Guidelines Online

JLWS Interest Groups are designed to enhance the member experience through regularly scheduled gatherings devoted to topics of interest. The groups provide a great way to connect with one another while fostering a particular interest or learning something new. Past examples include running, food and wine, and arts and theater.

JLWS welcomes the creation of new interest groups developed in keeping with the guidelines now available at www.jlws.org/interestgroups. If interested in leading an interest group, simply review the guidelines, complete the form and someone from Membership Council will be in touch with next steps.

Currently there are three active interest groups. Please contact their leaders if interested in becoming involved in knitting (Heather Angell), fertility issues (Christie Stein) and/or new and expectant mothers (Jennifer Lawson).

Please contact Membership Vice President Kelly McConnico at membershipvp@jlws.org or Assistant Membership Vice President Katie Neal at assistantmembershipvp@jlws.org with any general questions.



Annual Fund

Throughout its history, the JLWS devoted its efforts to strengthening families, and through voluntarism, has affected change in the Winston-Salem community. The JLWS continues to strive to expand its programs and offerings in the community. In order to make a positive impact and provide services in the community, JLWS relies on the generosity of individuals and businesses for support. Without the assistance of community-minded individuals, the Junior League wouldn't be able to serve its members and those in the Winston Salem community each year.

JLWS asks that all members make a commitment to support the annual appeal by making a cash donation. This year the goal is \$15,000, and JLWS hopes that each member reading this will be able to make a contribution. The generosity of JLWS members and friends will make a difference in the Winston-Salem community by allowing the JLWS to continue its work. Annual dues, while also an important piece of the JLWS annual budget, do not cover the JLWS's expenses each year. In fact, membership income totaled only thirty-three percent of the expenses last year and is budgeted to be less than thirty-three percent this year. As such, JLWS needs everyone's support and no amount is too small.

Anyone can make a donation online at www.jlws.org or mail a check to JLWS Annual Fund. Alternatively, please call JLWS Headquarters to provide credit card information. Remember that many companies and foundations will match the value of charitable gifts made by employees and their spouses, board members, and retirees.

JLWS asks that each member considers one of the following giving levels.

- \$20,000+.....Mission Sponsor
- \$10,000-19,999.....League Sponsor
- \$5,000-9,999.....Visionary Sponsor
- \$2,500-4,999.....Sponsor
- \$1,000-2,499.....Benefactor
- \$500-999.....Champion
- \$250-499.....Advocate
- \$100-249.....Friend
- up to \$99.....Participation Patron
- \$91.....91st Anniversary Partner

All gifts are tax-deductible and may be designated in honor or memory of someone special. A gift to the Annual Fund is a great way to say "thank you," remember a loved one, or to commemorate a special occasion.

Anyone can donate stock, bonds, mutual funds, personal property, and real estate to JLWS. Please contact JLWS Headquarters before providing those types of gifts as some gifts require appraisal or advance approval in order to be accepted.

Thinking ahead? A gift to JLWS can also be a useful financial planning tool. A bequest contained in a will or revocable (living) trust is a wonderful way to give.

Lastly, JLWS hopes that everyone will take part in one or more of the many events that the JLWS holds this year and experience first-hand the pride that the JLWS takes in supporting its cause. Many thanks in advance for supporting the JLWS!

Celebrating 60 Years of Rummage!



LJVM EDUCATION & ANNEX BUILDING
APRIL 10-12.2014

The 2014 Rummage Sale committee is excited to announce that the JLWS is "Celebrating 60 Years of Rummage!" The 2014 Rummage Sale marks the JLWS's final Rummage Sale. Let's all make it one for the ages!

Preparing for the 2014 Rummage Sale

Even though the Rummage Sale is several months away, there are little things that JLWS members can start doing now to make Rummage Sale requirements a "lighter load." Because all Active and New Members are required to fulfill work and sale week shifts, as well as bring their rummage donations, the Rummage Sale can seem a bit overwhelming if members wait until the last minute. The JLWS Rummage Sale is one of the largest of its kind in the Southeast, and the JLWS could not do any of this without the help of every JLWS member! Below are a few tips to help manage this volunteer work. The Rummage Sale committee looks forward to seeing all of the JLWS members in April!

Mark calendars now with these dates:

Work Week: Monday, April 7, 2014 to Wednesday, April 9, 2014
Sustainer Breakfast and Preview Party: April 10, 2014

Rummage Sale: April 11 and April 12, 2014

For scheduling conflicts and make up opportunities, please let Rummage Sale Scheduling know as soon as possible, and request a make-up opportunity. Please contact rsscheduling@jlws.org with questions.

Collect brown bags! Each Active and New Member is required to bring fifty brown paper grocery bags. The Rummage Sale is always in need of these bags. Start saving now to make the requirement a breeze! Contact Leigh Sobel and Erin Muller, Rummage Sale Co-Chairs, with questions regarding the 2014 Rummage Sale at rummagesale@jlws.org.

Utilize the Early Rummage Drop-off Schedule

Have quality rummage that cannot be held on to until the sale? Please consider using one of the early drop-off dates held at our storage unit, located at 3800 Reynolda Road (behind Old Town Shopping Center).

Rummage Sale committee members will be there to receive rummage donations from 10:00 a.m. to 1:00 p.m. on the following Saturdays:

January 11, 2014 / February 8, 2014 / March 8, 2014

Please bring all clothing/linens in plastic garbage bags and all other rummage donations in boxes. See the Rummage Sale page on the JLWS web site for a list of products that JLWS cannot accept for rummage.



New Members

New Member Group Spotlight: Green Group



Michelle Griffith's New Member Group:

From Left to Right: Ashley Beach, Leah Mitchell, Amy Clodfelter, Colleen Shepherd, Ginna Rothwell, Mallory Johnston, and Michelle Griffith (Not Pictured: Caroline Hamrick and Caroline Joyner)

Michelle Griffith has been busy getting to know her New Member group of eight amazing women. They have had several social events since the kick-off of the New Member year including an evening at Michelle's house and a social at the River Ridge Tap House.



Michelle is a second year Active member and is excited to be a New Member Mentor this year. She is originally from Naples, Florida and she joined the JLWS to meet new women in the community. Her favorite part of her New Member year was meeting and making new friends and hopes to help build friendships with her own group. Last year, Michelle was part of the JLWS Crosby Scholars committee. As a pediatric nurse, she is passionate about her job and helping children. She is also an avid reader and world traveler. When she is not travelling with her husband or working, she enjoys spending time at home with her boxer, Maggie. Michelle is excited about serving as a New Member Mentor this year and looks forward to making even more life-long friends!

Project Mannequin

The seventh annual Project Mannequin was a success! Nearly seventy-five New Members attended the team building event at Nitsa's Apparel where each small group was challenged with the task of dressing a mannequin in a short time frame. The task required strong communication and teamwork, and produced ten beautifully dressed mannequins. Nitsa's Facebook fans voted online for their favorite mannequin and the Gold team won the popular vote!

At 7:30 p.m., Actives and Sustainers joined the New Members for door prizes and a twenty percent shopping discount. League Linkers coordinated with Five Points Restaurant to provide delicious appetizers and Nitsa's graciously provided wine for the event.

This year, the New Member class encouraged attendees to bring school supplies for the community placement, The Healing Center. More than twenty large Boutique bags were filled with donations and delivered to the Children's Home!

Everyone who brought a donation was entered to win one of two door prizes. New Members Kayce Clodfelter and Tamika Terrell were the big winners of the night (\$50 and \$100 gift certificates to Nitsa's Apparel)!

Special thanks are extended to everyone who helped make this event great: Nitsa's Apparel, Five Points, Actives, Sustainers, New Members, League Linkers, and the New Member Development committee!



Volunteer Development

Fall Conference

This year AJLI's Fall Conference was held in Detroit, Michigan on September 19 to September 21, 2013 celebrating the Junior League of Detroit's 100th anniversary. President Elect Christine Storch attended representing the JLWS. Friday morning was started by an opening plenary with Toni Freeman, AJLI President, and Susan Danish, ALJI Executive Director. The conference was informative and fun as the weekend started with a Motown theme.

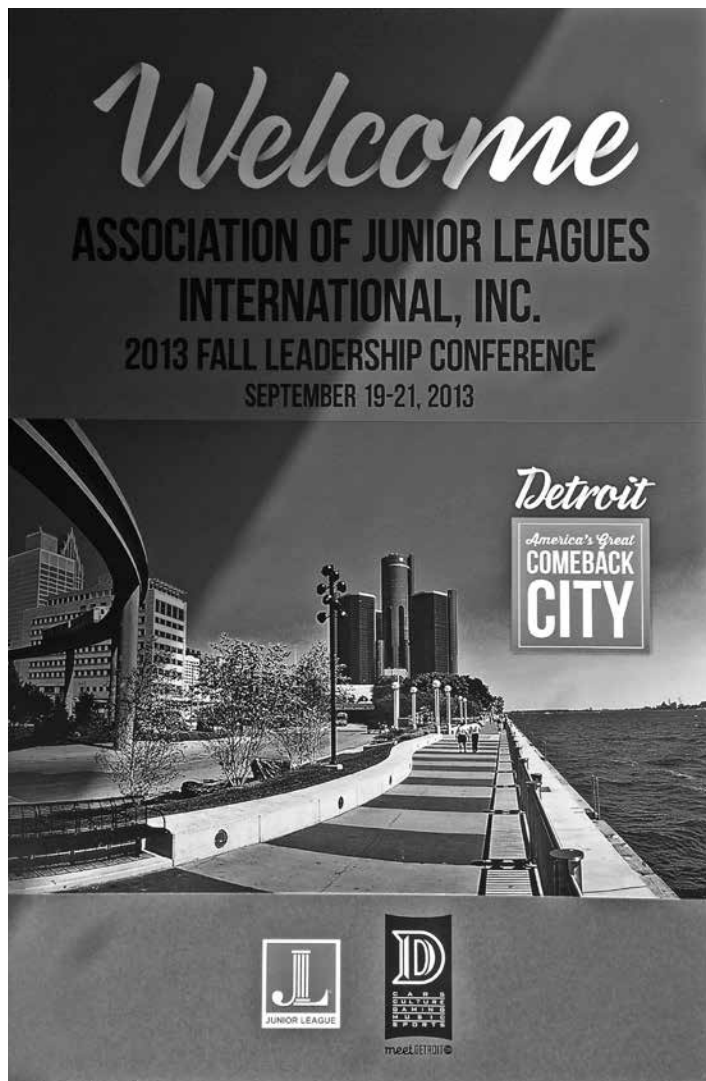
Christine Storch attended classes that included: A New League Governance Paradigm, Turbocharging your League's Individual Donor Program, and Strategic Grantmaking. She also attended the President of Large Leagues (POLL) meeting on Friday


where the focus was grantwriting and donor giving.

Saturday morning there was a field trip to the Iconic Eastern Open Market where other Junior League leaders and Christine saw the positive impact the "Double Up Food Bucks" program was having on disadvantaged people throughout Michigan. The program, founded by the Fair Food Network, gives people with Supplemental Nutrition Assistance Program (SNAP) benefits the option to double their "cash" by participating in the program. The participants get to purchase double the amount of Michigan grown agriculture than they would get otherwise. Currently the program is in Farmers Markets, being tested in grocery stores. Farmers and SNAP beneficiaries are all enjoying the benefits. It proved to be a very interesting program to see and hear about.

In addition, the Junior Leagues of North Carolina spent a lot of time continuing to grow the strong relationships with each other, discussing ideas, issues, and support. It was very encouraging to see the amazing programs of Junior Leagues in the state of North Carolina and how they are impacting their communities.

The trip was full of information and provided vital training to continue growing the JLWS. It also proved that the JLWS continues to be a leader among other Junior Leagues across the country. The JLWS membership should definitely be proud to be a small part of such an organization that is making a big impact in the world.





101 N. Cherry St. Suite 504 Winston-Salem
www.mosaiccapitalmanagement.com

Joshua R. Donley
CFP®, CLU®, CFS
CERTIFIED FINANCIAL PLANNER™
336-464-9966

Securities offered through LPL Financial.
Member FINRA/SIPC.

Webinar Wednesdays

AJLI's Webinar series, Webinar Wednesdays, is one of many methods to help Junior League women develop as community and civic leaders. These sessions, typically one-hour in duration, are designed to appeal to every Junior League member, regardless of age or current engagement in her community, as an easy way to increase her knowledge of and interest in community and civic leadership.

Webinar Wednesdays runs from September to June, typically on the second and fourth Wednesday of the month at 1pm (Eastern Time Zone).

Upcoming Webinars:

November 13, 2013

Hitting a Home Run with Critical Relationships

*Featuring: Katie Snapp and Carol Wight
Skirt Strategies-Leadership for Women*

Success is achieved through many different avenues, but for most people, critical relationships play a defining role in the direction and scope of an individual's accomplishments. Building those critical relationships requires a great deal of time and energy but often is either overlooked or seen as an overwhelming process. Let's explore how we can simplify the process and nurture these important relationships by identifying the people that are critical to your success, assessing the opportunity for interdependency, and testing the field with our new outlook on relationship building.

November 20, 2013

Tour of GrantStation: Identify Potential Funding Sources for Your League

*Featuring: Ellen Mowrer
Business Development Advisor, GrantStation*

Do you know that your Junior League has a free membership to GrantStation? Do you know that its weekly e-newsletter delivers grant seeking opportunities right to your desktop every Monday? Here's your chance to take a tour of GrantStation and learn all it has to offer. GrantStation's very own Ellen Mowrer will lead the tour and show us how we can navigate through its database of private and public funders. She will also showcase helpful features such as the grant writing tutorials, GrantStation podcast, and the Interactive Grants 2020 visioning tool. You have the motivation, a well thought-out plan, and eager volunteers. Make your funding research count with GrantStation.

December 4, 2013

Building a Powerful Grant Strategy for 2014

Featuring: Cynthia M. Adams, President and CEO, GrantStation

Is your grant seeking strategy working for you? Want to learn new tips on how to streamline the process? In this webinar GrantStation's CEO, Cynthia Adams, shares her experience as a fundraising consultant to help guide Junior League members through the process of creating a personalized grant seeking strategy and a grant calendar for the next 12 to 18 months. Fast-paced and filled with action steps, Cynthia will show you how to design and adopt a simple analytical tool "Grant Decision Matrix" before starting to build your grant strategy.

December 11, 2013

Intentional Leadership

Featuring: Jan Combopiano, Vice President & Chief Knowledge Officer, Catalyst and Michael J. Chamberlain, Vice President, Brand Management & Events, Catalyst

The Junior League and Catalyst share a common goal of improving our community by empowering women with the tools and confidence to become leaders. Catalyst has decades of experience with research, consulting, and recognition of the strongest and most impactful practices of developing women leaders and leveraging the strengths they bring to the decision-making table. We are pleased to feature Jan Combopiano and Michael Chamberlain from Catalyst to discuss the notion of "intentional leadership" and its critical function in the world of philanthropy.

JLWS members can now log onto the AJLI web site easier than ever. Registration for the AJLI web site is available 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 upper right-hand 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!



Class schedules and pricing are available online at purebarre.com or by calling the studio.

pure barre®
lift • tone • burn

phone: 336-602-1473 | winstonsalem@purebarre.com
114K Reynolda Village Reynolda Road
Winston-Salem, NC 27106

Women's Health

Healthy Bones

Osteoporosis, a disease that makes a person's bones weak and more likely to break, is often seen as an inevitable part of aging, but there are ways to combat bone loss and prevent bone fractures associated with the disease.

Good lifestyle habits can help you protect your bones and decrease your chance of getting osteoporosis. According to the National Osteoporosis Foundation, about half of women and one in four men in the United States will break a bone because of osteoporosis.

One of most common injuries is a hip fracture. "Nationally only about 20 percent of people who have hip fractures actually end up getting appropriate treatment for osteoporosis," says Catherine Rolih, MD, medical director of the Novant Health Osteoporosis Clinic at Forsyth Medical Center. "And it's fairly common for these people to have repeat fractures, so we've developed a program to proactively reach these patients and to help address what's become a major public health problem."

Who's most at risk?

"This disease affects women more than men because women start out at a lower bone density initially, and then what really makes a difference is menopause," explains Dr. Rolih. "Estrogen suppresses bone breakdown so when you go through menopause, you're breaking down your bones at a faster rate than you're probably rebuilding them."

Studies have shown that osteoporosis tends to run in families and is more common in people who are thin and have smaller body frames. However, the disease can also affect overweight and obese people who tend to have vitamin D deficiencies. Researchers have also found that having type 2 diabetes can increase the risk of osteoporosis. There are numerous other disease and medications which can also cause osteoporosis.

Can you rebuild bone?

While there are many medications on the market for managing osteoporosis, doctors say there is no one-size-fits-all solution. "There is one medication that does rebuild bone, but most of the medications we use to treat osteoporosis prevent further bone loss, not directly stimulate bone reformation," explains Dr. Rolih.

While osteoporosis is most common in older people, it sometimes affects young people, including premenopausal women in their 20s, 30s and 40s. The term "premenopausal" refers to women who are still having regular menstrual periods and have not yet reached menopause. While it is uncommon for premenopausal women to have osteoporosis, some young women have low bone density which increases their chance of getting osteoporosis later in life.

Doctors recommend getting as much calcium as you can from your diet by eating foods like dairy products and green, leafy vegetables that are high in calcium content.

Exercise and physical activity are also important components to maintaining bone health. "Activity is part of managing low bone density," says Dr. Rolih. "The skeleton responds to physical activity by thickening and becoming stronger. So the more sedentary you are, the worse it is for your bone health." Smoking and drinking more than three servings of alcohol a day can also cause bone loss and lead to osteoporosis.

What You Can Do Now

Osteoporosis is the disease that is most likely to cause weak bones. But it is doesn't have to happen to YOU when you get older. That's because, for many people, osteoporosis can be prevented.

You can actually build denser, stronger bones now in a way that isn't possible later. This will make you healthier, and it will set you up to have stronger bones when you are older – when weak bones can be serious.

The recipe for bone health is simple:

- Get enough calcium and vitamin D, and eat a well-balanced diet.
- Exercise
- Don't smoke or drink

Catherine Rolih, MD, is an endocrinologist and medical director of the Novant Health Osteoporosis Clinic at Forsyth Medical Center. For more information call the Novant Health Maya Angelou Women's Health & Wellness Center at 336-718-0060.



**When illness
or injury occurs,
you have a nurse
on call 24/7**

Care Now is a free service that connects you to a nurse who will help direct you to the care you need. **Call 336-718-7070.**

**N NOVANT
HEALTH**

Staying Connected

As the JLWS continues its efforts to develop opportunities for Sustaining members to stay connected to the JLWS and all it has to offer, here are some fun facts that show what Sustainers in other Junior Leagues are doing.

By the numbers

According to data collected by the Association of Junior Leagues International, of the 293 Junior Leagues in the Association:

- 147 have either a Sustainer council or Sustainer Board of Directors
- 157 have Sustainers that serve as an advisor on a Junior League committee
- 71 have Sustainers that serve as a member of a Junior League committee
- 105 have Sustainers that organize and run their own community projects/programs
- 10 have Sustainers that spearhead their Junior League's endowment fund
- 77 have Sustainers who fundraise for their own activities
- 159 have Sustainers who fundraise for their Junior League's activities
- 96 have Sustainers that serve as mentors to Actives and New Members
- 6 offer formal training/development programs for Sustainers

Around the Junior Leagues

Many Junior Leagues offer Sustainer-organized and Sustainer-implemented activities. A few outstanding examples include:

Interest groups – **Dallas** has over 25 Sustainer interest groups, including antiques, garden clubs, enlightened eating, music (sing at nursing homes), living an authentic life, movies, cooking, bridge, B/X/Y (encourages socializing, networking and philanthropy among the different generations), investing, needlework, tennis, topics, and trends.

Training – **Denver** Sustainers offer a “Transitioning to Sustainer” course that covers topics such as the benefits of becoming a Sustainer, activity groups and community projects available to all Sustainers, the structure and responsibilities of the Sustainer council, and ways every Sustainer can stay engaged; **Norfolk-Virginia Beach's** “Passion Into Action” is a Sustainer-driven series on how Junior League members have turned their passions into action and how the Junior League helped them make it possible.

Done in A Day Projects – For more than a dozen years, **Palo Alto• Mid Peninsula** Sustainers have worked as event volunteers at the Abilities United Authors Luncheon; **Sarasota's** “Sustainer Sweethearts” spent Valentine's Day priming the exterior of a Habitat for Humanity house.

Signature Projects - Since 1991, **Los Angeles** Sustainers have offered volunteer and financial support for the St. Joseph Center, an organization that provides empowering opportunities to people in immediate need; **Orange County** Sustainers provide essential items to help teenagers emancipating from Orange County's foster care system transition to independent living through their “Bear Hugs” project; **Hartford** “Souper Sustainers” provide a lunchtime meal once a month at a local soup kitchen; **Palo Alto• Mid Peninsula** Sustainers conduct read-aloud sessions in local preschools through their signature First Teachers Instilling a Love of Reading First Teachers project; **Memphis** Sustainers host an annual polo event to benefit G.R.O.W., the Junior League of Memphis' educational initiative.

Philanthropy - **Wyandotte & Johnson Counties** Sustainers provide a scholarship to high school seniors, managing the program and choosing the recipients; **Wyandotte & Johnson Counties'** Sustainers also plan and host the Cotillion, the Junior League's largest fundraiser; Over 20 years ago **Las Vegas** Sustainers started, and continue to grow, an endowment fund (that has surpassed its initial goal of \$250,000) to help fund projects for Active members.

Membership - **Monmouth County** Sustainers host one General Membership Meeting a year; **Lexington** Sustainers host the New Member picnic; **Galveston County** Sustainers host an annual “Provisional Tea” to allow New Members to meet and mingle with Sustainers.

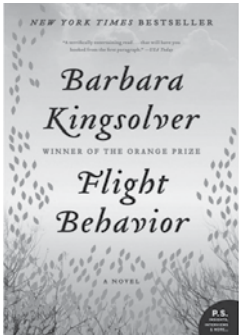
Social media – in **many Junior Leagues**, Sustainers use social media such as Facebook pages, Twitter accounts, Sustainer-only web sites, and blogs to communicate with each other, announce upcoming events, share special milestones, recruit volunteers for projects.

Please send any ideas on meaningful opportunities for JLWS Sustainers to Sustainersconnect@jlws.org.



Sustainers

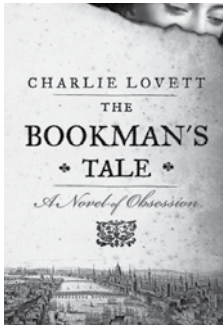
Sustainer Daytime Book Club: 2013-2014 Book Selections



Flight Behavior *by Barbara Kingslover*

November 20, 2013
(at the home of Lynn Howland)

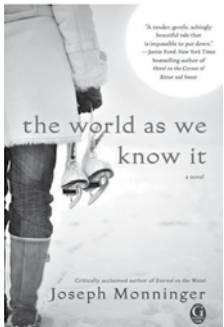
Sustainer Evening Book Club: 2013-2014 Book Selections



The Bookman's Tale *by Charlie Lovett*

November 12, 2013
(at the home of Elizabeth Pate)

From the New Zealand Herald to Parade magazine, *The Bookman's Tale* by Charlie Lovett has received rave reviews. Author Charlie Lovett will be in attendance at this meeting to discuss his book. Charlie Lovett is a writer, teacher, and playwright, whose plays for children have been seen in more than 3,000 productions. He is a former antiquarian bookseller and an avid book collector. He and his wife, Janice, split their time between Winston-Salem and Kingham, Oxfordshire, in England. Seating is limited.



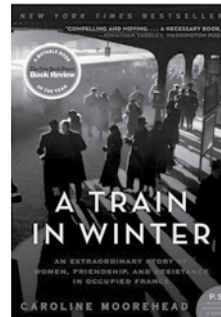
The World As We Know It *by Joseph Monninger*

January 14, 2014
(Location TBD)

Sustainer Holiday Luncheon

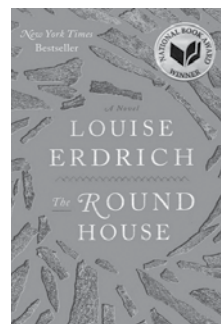
Monday, December 9, 2013
from 11:30 a.m. to 1:00 p.m.
1703 Restaurant

Please join fellow Sustainers for a wonderful holiday tradition! What a great way to escape the "busyness" of the holiday season and enjoy a delicious lunch with great friends. Formal invitations will be sent shortly via USPS mail. Cost is \$26.00 per person. To RSVP, mail checks to JLWS HQ or sign up on the JLWS Members Only web site to pay online.



A Train in Water *by Caroline Moorehead*

March 11, 2014
(Location TBD)



The Round House *by Louise Erdrich*

May 13, 2014
(Location TBD)

 **Volunteers of Distinction**

All the JLWS members who are double placing this year.

The members of the **Programs and Arrangements committee** including chair **Amanda Marshall, Sarah Boerkircher, Emily Cox, Jennifer DeGuzman, Jessica Dowell, Erica Schrock, and Kate Wall** for organizing and executing the September General Membership Meeting.

Active members, **Walker Jones** and **Maureen Elrod**, for receiving the JLWS Awards for their volunteer work within the JLWS and in the local community.

The members of the **Volunteer Development committee** including chair **Carrie Ross, Jennifer Cameron, Anna Marie Carr, Kathryn Clendenen, Gretchen Edwards, and Stephanie Flores de Valgaz** for organizing and hosting the Leadership Dinner on October 9, 2013.

Sustainers **Loy McGill** and **Janie Wilson** for their inspiring talks at the Leadership Dinner.

Sustainer **Susan Elster** for opening her beautiful home and hosting the Sip, Sandwiches, and Socialize event on October 21, 2013 and for Sustainer **Colleen Friedman** in helping organize and co-host.

The **JLWS Board of Directors** for hosting the October Town Halls and gaining valuable insight and feedback from the JLWS membership.

 **Junior League Transitions**

Transfers from Winston-Salem:

Jean Adams (Sustainer)
Durham, North Carolina

Tasha Smith (Active)
Birmingham, Alabama

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



Random Acts of Eyeglasses

distinctive eyewear

336/722 5346
www.CEyewear.com
Thruway Shopping Center
302 S. Stratford Rd., Suite B, Winston-Salem

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



The Junior League of Winston-Salem Presents:

Boutique

a holiday shopping event



November 15 - 16

BENTON CONVENTION CENTER



www.jlws.org/boutique