



**January General
Membership Meeting
Speaker: Heidi Robinson**

Please join fellow JLWS members for the January General Membership Meeting (GMM) on Monday, January 27, 2014. The JLWS welcomes Heidi Robinson, Assistant Professor of Practice in the Department of Counseling at Wake Forest University, as the guest speaker. Heidi is a National Certified Counselor with a Master's Degree in Counseling from Wake Forest University and a Bachelor of Arts in Communications from the Edward R. Murrow School of Communication at Washington State University. She was hired in 2010 as an instructor for the new series of College to Career courses currently taught at Wake Forest

University. Heidi specializes in helping individuals assess their skills as part of the career development and career planning process. She will be speaking about individual and organizational values analysis.

**GMM Workshop: Skills Assessment with Professor Heidi Robinson
5:30 p.m. to 6:30 p.m.**

Throughout the year, the Volunteer Development committee is presenting multiple opportunities for individualized training. Please join them on Monday, January 27, 2014 starting at 5:30 p.m. (prior to the GMM) for a skills workshop presented by Professor Heidi Robinson. For this workshop, Heidi will help JLWS members explore their individual skills by means of a skills assessment. The focus on personal development provides the perfect complement to this year's JLWS theme of "Defining Ourselves." Heidi is a beloved, engaging presenter who is sure to create a lot of discussion and personal reflection. Please join the Volunteer Development committee and JLWS members for this exciting training opportunity.

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January General Membership Meeting

Featuring Heidi Robinson

Assistant Professor of Practice in the Department of Counseling at Wake Forest University

Monday, January 27, 2014

Novant Health: Forsyth Medical Center
Conference Center
(Free Parking in Visitor's Parking Deck)
5:30 p.m. Training
6:30 p.m. Social
7:00 p.m. Membership Meeting

Volunteer Development Presents:

Skills Assessment with Professor
Heidi Robinson
5:30 p.m.

Junior League of Winston-Salem, Inc.

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Winston-Salem, North Carolina 27101
Phone: (336) 722-9681
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E-mail: headquarters@jlws.org
Web: www.jlws.org
Hours: 8:30 a.m.- 4:00 p.m., Monday-Friday

Letter from the President



Happy New Year! I hope each of you had merry holiday moments with your families and friends over the last several weeks. It is hard to believe 2014 has arrived. The reoccurring theme at the beginning of a year is often “new year, new you.” This common self-improvement or yearly planning period pops up everywhere. Of course, no one is going to suddenly, completely change (or become ‘new’) overnight. But, it is a valuable exercise, at all ages, to examine your actions to see if they are in line with your goals and priorities in life. There are always ways to tweak our lives to make them more efficient, more focused, and more fulfilling.

When I began my professional career, my firm purchased the Franklin Covey planning system for all the staff. Being an accountant and type A personality, I had always carried and meticulously used an agenda planner. This was a system; however. It was not just keeping a to-do list, but keeping your life in order. The Productivity Pyramid, which is based on a Benjamin Franklin philosophy, starts with identifying values, then setting goals based on the values, and lastly creating weekly and daily tasks associated with those goals and the roles that define them. I still carry this planner and every few years I revisit my values and personal mission. Upon writing this article, I reviewed my most recent analysis and ratified it again. Three years have passed and my values have remained stable. Here is one statement from my personal analysis “I want to serve the community to make it a safer, better, place for my children.” Values could shift over longer time frames or as life phases shift. Motherhood was the last major movement that has occurred in my life. Notice it has even impacted my voluntarism statement.

The goal setting process is similar to making New Year’s resolutions. Resolutions are admirable and extremely useful because they challenge you to commit to a goal. However, recognizing the why (the value) behind the aspiration gives it more credence. Furthermore, it enables you to reconcile the two. For example, if I say voluntarism is one of my top five values, I should have at least one goal to support that value. In an article I recently read by Clayton Christensen he said “If you’re not guided by a clear sense of purpose, you’re likely to fritter away your time and energy on obtaining the most tangible, short-term signs of achievement, not what’s really important to you.” I also unearthed a set of New Year’s resolutions that I encouraged (forced) my husband to do with me in the late 90’s. Some are entertaining and simple (“Drive more carefully.”- let’s not delve into the reasoning for this) and some were insightful (“Be more open minded and learn to recognize the many perspectives and viewpoints on every issue. Having an opinion is good, but being able to know and understand others opinions is far better.”) Setting those goals was valuable and purposeful at that time and now I can draw a line back to my inherent, implied values of responsibility and professionalism.

Ironically, our organization does a similar exercise every year. The incoming Board will begin planning and have the big picture conversations of: Who we are? What are our strengths? Are we doing what we want to be doing? Following those discussions the multi-year strategic plan is reviewed and then an implementation plan, which contains our resolutions, is developed that will be the roadmap for that year. We would be far less productive if our tasks were not driven from our organization’s mission.

Writing this article has sent me on a miniature journey of personal reflection. I hope it has given you a pause to reflect upon your values and goals. Our January training and GMM speaker is going to facilitate this topic further through individual and organizational skills and values analysis. Together we will explore these issues on a journey of self and organizational discovery.

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

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2013-2014 Informer Staff:

Csilla Dunn, Managing Editor
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October 2013 Board Briefs

The JLWS Board of Directors met on October 14, 2013. Stephanie Moser, Finance Vice President, reviewed the 2013-2014 Profit and Loss Budgets versus Actuals, and discussed ad sales and corporate solicitation needs. Christine Storch, President-Elect, provided a report from the Management Team meeting, including the need for a JLWS design person and recommendations on reaching out to JLWS transfers. The Board discussed at length the questions for the October Town Hall meetings, including questions on JLWS fundraisers, membership obligations, membership satisfaction, and signature projects. The Board discussed the importance of obtaining feedback from JLWS members on these issues so that the Board can make decisions based on this input. Elizabeth Dampier provided an update on Strategic Planning, and the implementation plan. Amine Seifert provided an update on Nominating, and the completion of slating the 2014-2015 JLWS Board. Teresa Inman provided an update on the work of the Ad Hoc Financial Health Committee, and the Board discussed the administrative needs of the JLWS. The Board approved a motion to reinstate one Active Member.

2014-2015 Placement Opportunities

The 2014-2015 year will bring many new and exciting opportunities for both community and in-league placements. Based on member feedback, the Membership council will be debuting a new format for educating members on these various opportunities through the 2014 Placement Reception on February 10, 2014 at the Summit School. The event will blend social and networking opportunities with training on 2014-2015 placements. More details will be found in a future *E-weekly*, however be sure to mark the calendars now for this exciting event! Please contact Placement Review coordinator Jen Henson at placementdevelopment@jlws.org or Membership Vice President Kelly McConnico at membershipvp@jlws.org with any questions.

October Town Hall Meetings

Thanks to all JLWS members who attended a Town Hall in October! Member feedback is valuable, and the Board of Directors reviewed the results of the Town Hall questions at the December Board meeting. Interesting discussions and points were raised and any developments based on member ideas will be shared as they are finalized.

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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

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Membership



Ask Your Member-at-Large

Grace Neal

Question:

I feel like I am frequently asked to contribute to the Annual Fund all the time, but before I donate I would like to know more about where we spend money as a Junior League.

Answer:

I hope I can answer this great question in a way that helps you feel more educated on the JLWS's finances. I will focus on 2012-2013 audited financial figures since those are final. First, I will tackle how much money the organization collected in revenues before I discuss what was spent. For fiscal year 2012-2013, the JLWS had \$320,792 in revenues. A small percentage of this revenue, approximately four percent or \$14,028, came from contributions to the Annual Fund. The JLWS was able to secure \$27,500 in corporate sponsorships. Our membership dues bring in a large piece of revenues each year, but the JLWS has to pay the Association of Junior League's International (AJLI) a portion of this revenue. Specifically, \$113,663 was collected in dues revenue but \$33,217 was sent to AJLI, which left \$80,446 for the JLWS. The revenues from Rummage Sale, Boutique, and Tour of Fine Spaces were \$66,915, \$35,839, \$20,445, respectively. In order to update members on JLWS news, members received two publications, the Informer and Words of Winston Salem. The ads sales from these publications were \$18,375.

Now that we have covered where a majority of the JLWS's money comes from, let us discuss where it goes. For fiscal year 2012-2013, the JLWS had \$341,559 in expenses. A significant portion of the expenses related to the JLWS's business operations. The office employees perform daily tasks to run the JLWS and to help members with their needs. The personnel expenses totaled \$59,720. Headquarters incurs expenses related to rent, insurance, postage, utilities, etc. For 2012-2013 these expenses totaled \$58,471. Other business expenses included an audit and bank fees, which totaled \$16,689. The cost to produce the Informer and the Words of Winston Salem was \$25,882. The JLWS fundraisers do generate a significant amount of revenue for the JLWS, but these events cost a lot of money to put on. The expenses for Rummage Sale, Boutique, and Tour of Fine Spaces were \$54,624, \$27,919, and \$8,794, respectively. Last year the JLWS placements spent \$21,889. The JLWS placements do not get as much money allocated to them as other areas. However, the dollar amount given to our placements is insignificant compared to the time that our members contribute to the JLWS. The volunteer hours that members give to the JLWS is what has allowed the Junior League to make a significant impact in the community over the past ninety-one years.

I hope this has helped you feel more educated on where we spend money as a Junior League. Not every detail of the JLWS's revenues and expenses has been covered in this article, so if you would like more details, the audited financial statements can be found on the JLWS public website. For any further questions or to make an annual fund donation, please contact the Finance Vice President, Stephanie Moser at financevp@jlws.org.

The JLWS Wants To Hear From You!

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

"Like most women, I find there are never enough hours in a day or enough days in a week. I've found that the important things get done when I'm intentional with my time, whether that's addressing JLWS membership issues, promoting an event for Wake Forest or reading my son a bedtime story. Even though I enjoy being busy (to a degree!), I try to focus on things that fulfill me personally and/or professionally." – Active member, Katie Neal

Next issue the JLWS wants to know:

How do you teach the value of voluntarism with your children?

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

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

Admission Open House
Saturday, February 1, 2014 at 10 a.m.
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2014-2015 JLWS Board of Directors Slate

It is with great enthusiasm that the Nominating committee announces the slate for the 2014-2015 JLWS Board of Directors. All Active members will have the opportunity to vote on the proposed Board of Directors at the January 27, 2014 General Membership Meeting.

Christine Storch	President
Heather Wells	President-Elect
Cate Lynch	Administrative Vice President
Amy Shively	Strategic Planning Chair
Heather Hubbard	Communications Vice President
Parker Tegeler	Assistant Communications Vice President
Yvette Boland	Community Vice President
Kristin Chambers	Assistant Community Vice President
Elizabeth Dampier	Finance Vice President
Kate Reece	Assistant Finance Vice President
Katie Neal	Membership Vice President
Carrie Hileman	Assistant Membership Vice President
Hunter Douglas	Nominating Chair
Carrie Ross	Volunteer Development Chair
Elizabeth Myers	Member-at-Large
Annette Lynch	Sustainer Advisor

2014-2015 Nominating Committee Slate

The Nominating committee is also pleased to announce those Active members who have been slated to join the 2014-2015 Nominating committee. All Active members will have the opportunity to vote on the proposed Nominating committee at the January 27, 2014 General Membership Meeting.

Brandi Cleveland, Anna Ball Hodge and Walker Jones

The Nominating committee members who will be completing the second year of their 2-year term are: **Erin Moore, Aimee Rowe and Heather Wilson**

Please contact Nominating chair, Amine Seifert, at nominating@jlws.org or any current members of the committee with questions about the slate of officers, the Nominating committee slate, or the nominating process in general.



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Transfer Spotlight: Kim Brown



Which Junior League did you transfer from? Junior League of Collin County (Texas)

What positions did you hold in that Junior League? Ways and Means Assistant, Chair of Vision and Planning, Chair of Big Brothers and Big Sisters, Ways and Means Vice President-Elect, Ways and Means Vice President

What placement will you be participating in for the JLWS? Children's Museum

Family: Husband, Scott; One child, Joshua who is a freshman at Texas A&M, 2 Labradors

What do you enjoy doing in your spare time? Enjoy spending time with my family

What are you enjoying about living in Winston-Salem so far? I've only been here a few months, but love the environment and the weather. I can't wait to start sight-seeing in the mountains.

Where did you grown up? I grew up in Mount Dora, Florida (north of Orlando). My family still lives in the area.

What do you do for a living? Work for J.C. Penney and currently am the District Leader of the Winston-Salem district which has twenty-four stores and ranges from Boone to Greenville, South Carolina.

What accomplishments are you most proud of? My son's accomplishments and my career.

What do you enjoy about volunteering in your community? I love knowing that a group of woman can make such a large impact on a local community. Volunteering in an organization, such as JLWS, also gives me the opportunity to learn about the community. I've moved a lot and it helps me become a part of the community.

New Members

Cathy Seivers' New Member Group: Hot Pink Group



From Left to Right:

Cammie Collier, Shelley Hundley, Cathy Seivers, Janet Daudelin, Vanessa Black, Tamika Terrell (Not Pictured: Abeer Mustafa)

Cathy Seivers is from Maryland and joined the Junior League three years ago. Cathy says she joined the Junior League to meet women and give back to the community, and was amazed to find how much more she has gotten from her Junior League experience. Cathy's



Hot Pink group has been busy this year with themed socials each month--December brought a cookie exchange! Cathy stays busy planning events for her New Member group, teaching kindergarten and spending time with her five year old daughter.

**Cathy
Seivers**

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New Members

The New Members created eight small teams to assemble children's bicycles for the October New Member meeting. Each team worked together to assemble the bikes, with minimal supervision and instructions, creating a teamwork environment. The ten bikes were donated to Stop Child Abuse Now (SCAN) to be given to children during the holiday season.



Community

Caring for Women's Unique Hearts

Author John Gray's 1992 book *Men Are From Mars, Women Are From Venus* became a bestseller as a chronicle of the differences between men and women. Not unlike Gray's attempt to explain matters of the heart nearly twenty years ago, today physicians at Novant Health recognize that from a purely medical perspective, there are significant differences between the hearts of men and women, and how each may experience the signs of heart disease.

That's why our Women's Heart Center provides specialized care in the diagnosis and treatment of women's heart disease. From education and prevention to the ways in which we identify and deliver cardiac care, our physicians and staff understand the uniqueness in treating the hearts of women.

Heart disease claims the lives of more than 8,000 women in North Carolina each year. And while it seems that more of our female patients are becoming aware that cardiovascular disease is the No. 1 killer of women – both in North Carolina and nationwide – many have not been taught how heart disease symptoms differ between male and female patients. Many of them don't even know what individual risk factors they possess.

The First Step to Better Heart Health

Led by physicians, nurses and support staff who specialize in cardiac medicine, the Women's Heart Center offers women an opportunity to better understand their heart disease risk factors and how best to mitigate them.

Our medical director, David Bohle, MD, interventional cardiologist with Winston-Salem Cardiology says it best: "Not only should every woman know her Pap smear and mammogram results, but every woman should also know her heart disease risk factors.

As women, all too often we think we don't have time for this kind of preventive medicine – we're too busy with kids, work, significant others or volunteering. But this screening is easy, inexpensive, and it could ultimately save your life. Our personalized heart health assessment takes about an hour and costs only \$25. And, if you sign up during February, it's free!

Your experience at the Women's Heart Center begins with a comprehensive online survey that you can take at home. At the consultation, we will perform several simple screening tests, including a:

- Blood pressure check
- Cholesterol blood test (total, HDL, LDL and triglycerides)
- Glucose blood test
- Weight / body mass index screening
- Non-invasive test to check for peripheral arterial disease (PAD in the legs (an ankle brachial index)

Understanding Your Risk Factors

Armed with all this information, you will then sit down with one of our heart health counselors to discuss your results. One of the most important steps is to understand your risk factors. Current research shows that the four most important heart disease risk factors for women are:

- Family history of early heart disease (before age 55 for male family members; before age 65 for female family members)
- Diabetes
- Age 55 or older
- Cigarette smoking

However, there are other conditions and lifestyle choices that can affect your risk for developing heart disease, including:

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- Being post-menopausal, or having your ovaries removed
- Obesity
- A sedentary lifestyle
- High blood pressure
- High total cholesterol and/or low HDL cholesterol
- Metabolic syndrome (a combination of factors, such as those listed above)

Putting Knowledge into Action

Once you and your heart health counselor have identified your individual risk factors, you'll work together to develop a personalized wellness program you can put into place to help lower your risk for developing heart disease. Some examples of recommended activities may include:

- Blood pressure management
- Cholesterol management
- Blood sugar control for diabetics and pre-diabetics
- Exercise prescription
- Heart-healthy eating plan
- Smoking cessation support
- Stress management techniques
- Hormonal management

In certain circumstances, a patient may be referred back to her primary care physician or a cardiologist for follow-up care, depending on her screening results. Our hope is that the valuable, personalized information patients receive through their experience at the Women's Heart Center will help them partner with their physicians to adopt healthier lifestyles which will, in turn, reduce their overall risk of heart disease.

Get the Heart Health Assessment

For a free Women's Heart Center assessment, call 336-277-1880 and mention this article. You may schedule your appointment at Novant Health Forsyth Medical Center or Novant Health Kernersville Medical Center.



Save the Date



Saturday, March 22, 2014
10:00 a.m. to 4:00 p.m.

The 9th annual tour will feature homes from throughout Winston-Salem. Local builders, interior designers, cabinet makers, flooring/tiling specialists, and architects have come together for this unprecedented showcase featuring contemporary to traditional styles. Enjoy savory and delectable culinary samplings from local caterers, restaurants, and bakeries while witnessing the beautiful craftsmanship.

Tickets are \$25.00 in advance and \$30.00 the day of the event. Tickets may also be purchased online or in retail locations such as Ace Hardware on Cloverdale, Golden Apple, Kilwins, Pure Barre, and Schiffman's Jewelers. Please check the JLWS website for updated sponsors and ticket vendors.

Thanks to the current 2014 sponsors:

Cabinet Studio, Inc., Custom Homes by Hamrick, Emily Taft Interior Designs, ICON Custom Builders, JALA Jeff Allen Landscape Architecture, June DeLugas Interior Design, Landplus Landscape Architecture, McCollugh Tile, Nothing But Detail, QFC, Inc., Quinn N. Pillsworth-Architect, PLLC., Twin City Custom Cabinets, and Wilson-Covington Construction Company

Thanks to the current 2014 food sponsors:

Black Mountain Chocolate, Café Prada, Dioli's Italian Market & Pane E Vino, Kilwins, Milner's, Silo, and Spring House



Share Rummage Sale Memories!

With 2014 being the final Rummage Sale, the JLWS would like to invite all members and Sustainers to share their memories from Rummage Sales past to be included in the 60 Years of Rummage Celebration. Please send an email to rummagesale@jlws.org, or leave a story in the Rummage Sale memories box at JLWS Headquarters to share a Rummage Sale memory. The memories may be used during the Sale Week, Preview Party, the Sale itself, and also in an upcoming documentary about the Sale!

Help Rummage Sale Marketing Go Viral!

The Rummage Sale committee needs all members' help in marketing the final Rummage Sale to the Winston-Salem/Forsyth County area. The success of the sale hinges on getting the Sale out there in the community in order for shoppers to line up around the parking lot, like



they have in years past! The partnerships with sponsors help create a more dynamic and wide-reaching marketing campaign, but the JLWS cannot stop there. This year the committee is utilizing Facebook to market the 2014 Rummage Sale. **The Rummage Sale committee hopes that each member will post positive statements and photos about the upcoming event between now and April - it's as easy as snapping**

a photo of a member in a Rummage Sale t-shirt, or updating a status when dropping off donations at an early drop-off.

It's easy to do, and creates a valuable buzz around the upcoming event in the community. Please "like" the Junior League of Winston-Salem page on Facebook, and join the Facebook group, Junior League of Winston-Salem Rummage Sale. Be on the lookout for the Preview Party Event on Facebook as well, coming soon.

Get Preview Party Tickets at a Special Pre-sale Price!

This year's Preview Party theme is "Toasting A Tradition" and the JLWS looks forward to celebrating with all Junior League members and friends of the Junior League! As always, the Preview Party includes first access to the fabulous Rummage Sale departments and Silent Auction, but this year will also include a short program to honor sixty years of Rummage with past JLWS Presidents and Rummage Sale chairs. Tickets include dinner and a drink ticket for \$25.00 each or 4 for \$80.00 at the advance pre-sale price through April 1, 2014. Visit www.jlws.org/rummagesale to buy tickets online and find out the entire up to the minute details on the event. Grab family and friends, and save the date for a night of shopping on Thursday, April 10, 2014!

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 the JLWS 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, February 8 and March 8

Please bring all clothing/linens in plastic garbage bags and all other rummage donations in boxes.

See the Rummage Sale page on the JLWS website for a list of products that JLWS cannot accept as rummage.



Boutique 2013: A Great Success!

JLWS New Members, Actives, Sustainers, family, and friends came together on Friday, November 15, and Saturday, November 16, 2013 for a successful and well attended Boutique event! A huge thanks to the 2013 Boutique committee who worked incredibly hard to plan the event, and even harder during the event weekend! The committee includes: Abby Archer and Brandi Cleveland (co-chairs), Jennifer Baker, Susan Colon, Jacqlyn Piscetelli, Megan Ragone, Katy Ringeman, Anne Roberts, Kelly Russo, Emily Saunders, Vicki Visel, and Samantha Woltz.



Volunteer Development

In recognition of the members who volunteer their time as leaders within the JLWS, the Volunteer Development committee hosted a dinner last October. The night included time to mingle with fellow leaders, inspirational words from Sustainers Loy McGill and Janie Wilson on the JLWS's impact in their lives, and an opportunity to pose questions to the Sustainer panelists.



Sustainers Speak!

During the October Town Halls and a subsequent online survey, Sustainers had the opportunity to provide input regarding what they want from the JLWS and are willing to contribute to the organization. Below are the three questions that were presented as well as the feedback that was received from the sustaining members.

What do you want from the JLWS?

- The opportunity to connect with others
- New Sustainers groups: geared toward one to three year Sustainers, new Sustainer cocktail party
- Transfers group: help integrate transfers into JLWS and community, pair with a JLWS Sustainer
- Integration opportunities among the membership groups: Sustainer and Active matches, pair up to provide two-way support, mentoring, and information sharing
- Networking events: by profession or by interest
- Interest groups: initiated and managed by Sustainers
- More social functions: Girl's Night Out, opportunities to meet before JLWS events
- Personal touch: holiday cards, phone calls, communication and updates
- The opportunity to do something hands-on using professional expertise and JLWS training
- Done-in-a-Day events
- Sustainer project
- Educational opportunities (utilize Sustainers as well as bring in outside facilitators)
- Speaker series
- Lunch and learns
- Webinars
- Community information sessions: needs (as related to JLWS focus) and opportunities to engage
- The opportunity to re-engage with some of the organizations started/ supported by the JLWS

What do you believe you can contribute to the JLWS?

- Serve on a community Board of Directors as a representative of the JLWS
- Training: visioning, public relations and marketing, financial, strategic planning, diversity, event organization and management
- Networking and career reference
- Institutional knowledge: how has the JLWS handled certain situations in the past and a history of fundraising events
- Financial support
- Planned giving: wills and/or property
- Transfer personal credit card/airline, or hotel rewards points to send JLWS members to conferences
- Training opportunities Sustainer's house, time and experience

How would you prefer to make that contribution?

- Mentor
- Serve as a mentor to a New Member group
- Speaker series or panel discussions
- Speaking about personal areas of expertise
- Philanthropy
- Specific donations and projects, not just Annual Fund
- Sustainer scholarship: funded and selected by Sustainers
- Host events at Sustainers' homes
- Dine Around
- Recruit New Members
- Serve on a Sustainer council, Junior League task force, or as an advisor to a council or committee
- Volunteer for short, organized activities and events (not long-term)
- A second round of Sustainer Town Halls will be held late winter to create specific engagement opportunities and develop an infrastructure to support those initiatives. Watch the E-Weekly for dates and locations.

Please email Allison Reaves at sustainersconnect@jlws.org with any questions or additional ideas.



Sustainers

Sustainer Daytime Book Club: 2013-2014 Book Selections



Flora

by Gail Godwin

January 22, 2014

(at the home of Kate Hodge)



The Aviator's Wife

by Melanie Benjamin

March 26, 2014

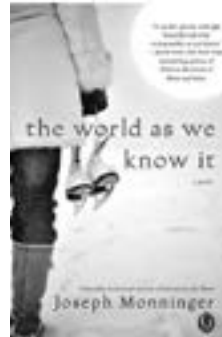
(Location TBD)

Sip, Sandwiches, and Socialize

On Monday, October 21, 2013, Sustainers gathered at Sip, Sandwiches, and Socialize at the home of Susan Elster. Special thanks to Susan for opening her home to the JLWS and to Colleen Friedman for organizing!



Sustainer Evening Book Club: 2013-2014 Book Selections



The World As We Know It

by Joseph Monninger

January 14, 2014

(at the home of Kate Hodge)

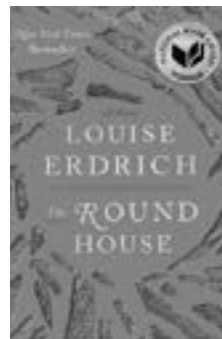


A Train in Water

by Caroline Moorehead

March 11, 2014

(Location TBD)



The Round House

by Louise Erdrich

May 13, 2014

(Location TBD)

 **Junior League Transitions**

Transfers from Winston-Salem:

Paige Caruso (New Member)
Atlanta, Georgia

Gretchen Edwards (Active)
Charlotte, North Carolina

Vanessa Hansen (New Member)
Wilmington, North Carolina

Transfers to Winston-Salem:

Sarah Chandler (New Member)
Athens, Georgia

Rachel Dyer (Active)
Charlotte, North Carolina

 **Member Milestones**

Active member, **Lauren Holzer**, was promoted to Development Administrative Manager at the Hospice and Palliative CareCenter.

Active member, **Laura Leigh Oyler**, was promoted to Director of Policy and Advocacy at Reynolds American.

Active member, **Carrie F. Vickery**, has donated one of her kidneys to a fellow attorney in Winston-Salem.

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

 **Volunteers of Distinction**

Active member and chair of the Healing Center, **Amanda Cox** for her strong leadership and thoughtful guidance to her committee upon hearing the news of the Healing Center closing in November 2013. Members of the Healing Center committee describe Amanda as being organized, passionate, hardworking, and great with children. They will all miss working with her on this great cause. A big thanks to Amanda for handling this situation with the Children's Home with such grace and understanding. She is an exceptional member of the JLWS.

 **Marriages**

Erin Kennedy and Jon Craver
October 26, 2013

 **In Memoriam**

Mary Ann Maynard,
Sustainer and Past President
October 18, 2013

Helen (Copey) Copenhaver Hanes,
Sustainer
December 28, 2013

Patricia Chatham,
Sustainer
December 31, 2013

 **Little Junior Leaguers**

Ellie Doyle Wands
July 29, 2013
Hillary and Andrew Wands

Caroline Christian Wall
September 13, 2013
Kate and Whit Wall

Meier Abraham Krane
October 5, 2013
Mari and Spencer Krane

Banks Reeves Blaylock
October 8, 2013
Kimberlee and Justin Blaylock

Owen Losson Windemuller
October 16, 2013
Kate and Joseph Windemuller

MaryClaire Lynn Nolan
October 21, 2013
Meghan and Matthew Nolan

Mary Hannah Proctor
October 23, 2013
Hannah and Eric Proctor



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