

Come
Celebrate the
90th Birthday
of the
JLWS!

Earlier this month, the Junior League of Winston-Salem (JLWS) kicked off its birthday festivities with the 90th Anniversary Gala at Old Town Club. The celebration continues at the upcoming March General Membership Meeting (GMM) to be held on Monday, March 25, 2013.

Come join fellow JLWS members at the March GMM to celebrate the accomplishments of the JLWS in a fun and surprise filled way! Michele Gillespie, author of "Katharine and R.J. Reynolds: Partners of Fortune in the Making of the New South" will speak about Katharine Reynolds' work in leading social reform and establishing herself as a powerful and influential female leader within the Winston-Salem community. AJLI President Toni Freeman will be on hand to bring anniversary greetings from the national organization. There will be lots of tasty treats and fabulous door prizes. Do not miss out on the fun!

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March General Membership Meeting

90th Anniversary Celebration

Monday, March 25, 2013

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

5:30 p.m. - Wellness Training

Dr. Elisa Stein,
Plastic Surgeon

6:30 p.m. - Social

7:00 p.m. - Membership Meeting

Speakers: Michele Gillespie,
author, and Wake Forest University
Professor; Toni Freeman,
AJLI President

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

Letter from the President



♪♪ Happy Birthday to us! ♪♪
♪♪ Happy Birthday to us! ♪♪
♪♪ Happy Birthday, dear Junior League of Winston-Salem! ♪♪
♪♪ Happy Birthday to us! ♪♪

This month (March 23 to be exact) marks the ninetieth anniversary of the JLWS and our work towards promoting voluntarism, developing the potential of women, and improving the community. When I look back at photographs of those early years, I find myself wondering if those forty young women called by Katharine J.

Reynolds to Reynolda could have possibly imagined what the organization they established would accomplish throughout the years. From initiatives in early childhood development, to improving parenting skills, to establishing vital health and human services, to arts programming; the JLWS has had an integral role in so many facets of the Winston-Salem community. If you have never reviewed the “programming history” section on the public side of the JLWS web site, please take a moment to do so. What an amazing legacy to be part of today!

Just as important as those past accomplishments are our opportunities for the future. Just like those forty members from 1923, can we – as the almost 1,000 members of 2013 – imagine what will be accomplished the next ninety years? The possibilities are endless and I have no doubt, with the knowledge, skills, and abilities of the dedicated women of the JLWS, we will continue to make a positive impact on the community around us for many years to come.

This month is a busy one for the JLWS. In addition to all the committee meetings, phone calls, e-mails, events, workshops and trainings, we have a birthday to celebrate! Just a few days ago, we began our month long celebration with the 90th Anniversary Gala where members and guests came together to celebrate with one another in a fun and festive environment. Throughout the month, we will be sharing various opportunities to join together for community service opportunities to honor the 90th Anniversary. I hope that everyone – whether a New member, Active, or Sustainer – will come out to volunteer and celebrate our achievement through making a difference in our community.

On March 23, 2013 the community will find us celebrating our actual anniversary date at the 8th Annual JLWS Tour of Fine Spaces. The committee has worked very hard putting together another exceptional event and we look forward to touring the homes and enjoying munchies from the participating caterers, bakeries, and restaurants along the way. Tickets are available online or at various vendor locations across town. Before or after you tour the homes, we would love to have you volunteer to work a shift. More details can be found on page 12 of this *Informer*, as well as on the web site or in an upcoming *E-weekly*. You will also read about plans for the upcoming March GMM on the cover of the *Informer*. You will not want to miss it as we have some special treats and surprises in store!

After a few weeks of rest, April brings the 59th Annual JLWS Rummage Sale! As you know, the Rummage Sale is the largest annual fundraiser for the JLWS. It is the one opportunity we have for ALL members to come together for a week of hard work, camaraderie, and service to the community. This year's theme is “Renew with Rummage” and I know we've all enjoyed the DIY tips in the *Informer*, on facebook, and on Pinterest on how to refurbish and repurpose things around the house to make them new again. This committee has also been working exceptionally hard putting in long hours to pull together this massive event. They need all of our support to make this sale a success - through our donations (remember QUALITY rummage), our marketing (spread the word), and our womanpower (come ready to work hard and have some fun!).

Again, Happy Birthday to the JLWS and thank you ALL for your commitment to our organization and our community. Enjoy this month of celebration as we honor our past all the while envisioning the exciting future that lies ahead.

Heather

The Junior League of Winston-Salem is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

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The *Informer* is published six times a year in August, October, November, January, March, and May by Junior League of Winston-Salem, Inc.

The *Informer* accepts advertising.

For more information, visit

www.jlws.org/informer

**Advertising deadline for the May issue:
March 22, 2013**

2012-2013 *Informer* Staff:

Csilla Dunn, Managing Editor
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December Board Briefs

The JLWS Board of Directors met on December 17, 2012. Carrie Ross attended the meeting to discuss and review the Placement Review committee recommendations for the 2013-2014 year. The majority of the meeting consisted of discussion regarding the Placement Review committee recommendations and the importance of quality placements.

Maureen Elrod and Stephanie Moser presented the finance report. Next, two motions affecting Membership Policies Section IV, B. – Reinstatements were passed to reinstatement two members who previously resigned. Teresa Inman provided the Management team update. Leah Crowley had visited the Management team meeting to talk about the Community Board Representatives' responsibilities and place within the JLWS. Additionally, Teresa reviewed the progress of the web site redesign and provided an estimated go-live date of January 8, 2013.

January Board Briefs

The JLWS Board of Directors met on January 14, 2013. Stephanie Moser presented the finance report. Erin Jelinek, chair of the Nominating committee presented an update on slated positions for the 2013-2014 JLWS year. Board members were asked to submit recommendations of JLWS members for leadership positions.

Next, Teresa Inman provided the Management team update and discussed the upcoming GMM. Cat New, Membership vice president, and Kelly Meachum, Membership assistant vice president reviewed the plans for the Placement Reception on February 11, 2013. A motion was submitted by Cat New for clarifying the criteria for requesting a special placement. After a small amendment to wording, the motion was approved.

Finally, Elizabeth Dampier led discussion on the strategic plan and provided updates on its progress.

2013 JLWS Scholarship Awards

This year, the JLWS is proud to award three (increased from two last year) \$500 scholarships to deserving High School Senior Women who exhibit outstanding service to others through voluntarism. Any college bound High School Senior Woman is eligible for this award. Emphasis will be placed on the volunteer's activities (time commitment, impact, dependability, and quality of performance) in conjunction with academic achievement. Financial need is not a criteria. Applications are available on the JLWS website and all materials, including reference letters and transcript, must be returned to the JLWS Headquarters, postmarked by Monday, April 1, 2013.



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General Membership Meeting Calendar

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March 25, 2013
6:30 p.m. Social
7:00 p.m. Meeting
Forsyth Medical Center Conference Center

May 20, 2013
6:30 p.m. Social
7:00 p.m. Meeting
Forsyth Medical Center Conference Center
Voting Meeting



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Ask Your Member-at-Large

Q: I have always had community placements since I joined the JLWS four years ago. I do the online process every year that places me based on my availability. I would like a leadership position next year, what do I need to do to make that happen?

A: Great question! We are always looking for great leaders to help achieve our mission. Here are a couple of things you should do to get a leadership position. The Nominating committee places all the leadership positions each year. They rely heavily on leadership interest forms and board recommendation forms members fill out. Self-nominations are encouraged. These forms are located on the JLWS web site under the Publications section- Forms and Documents. Another great way to let the JLWS know you are interested in a leadership position is to tell your Placement Liaison contact. They work closely with Nominating after your fall and spring interviews are complete to relay any interest you may have.

Please note, telling a member of Nominating or filling out the form does not guarantee a member will be appointed to a position. Nominating balances the needs of the JLWS with the experience (in and out of league) of members. All members of the Nominating committee sign a confidentiality agreement and take it very seriously. There is also a place on the leadership interest form to indicate if you do not want a leadership position and Nominating wants to know this too!

Getting to Know the Members



Active Member Profile: Anna Sebastian

Hometown: Winston-Salem, North Carolina

Family: Adam (husband), daughter: Leah (five), and son: Conrad (three)

Profession: Stay-at-home mom

Years in the JLWS: Eight Active years

Favorite placement: Serving families with children in the NICU, sitting, talking with them, and hearing their stories through Chat and Snack

Fondest JLWS memory: While chairing a committee for Children's Museum placement, we planned a "Kick-off-to Kindergarten" event. Seeing it all come together with everyone's hard work and watching the kids enjoy the event so much was so rewarding.

JLWS influence in everyday life: I have been inspired by so many of our speakers at our GMM, most notably Molly Barker, who I have had the pleasure of hearing speak twice. I often reflect back on her stories, struggles, and accomplishments and am reminded to be better and work harder at achieving my own goals.

Favorite quote: Kindness is a language that the deaf can hear and the blind can see. -Mark Twain

Sustainer Member Profile: Barbara Kirby

Hometown: Winston-Salem, North Carolina

Family: Brent (husband), two daughters and sons-in-law, and six grandchildren

Profession: Part-time assistant in the Development Office at Summit School

Years in the JLWS: Thirteen Active years and eighteen years as a Sustainer

Favorite placement: I have enjoyed every one - from my first on the Child Abuse Puppet Show to my final one chairing a Nominating committee!

Fondest JLWS memory: Memory's 1988- 1989 Executive committee. Our group has continued to meet for the past twenty-five years, and catching up with each other over dinner every month shows how the Junior League is still a big part of our lives.

JLWS influence in everyday life: It has raised my awareness of the importance of volunteerism in everyone's lives and has introduced me to many of my closest friends!

Favorite quote: "When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice." -Indian Proverb

2013-2014 Placement Selection Process

The placement selection process for the 2013-2014 JLWS year will begin March 1, 2013 and run through March 15, 2013. Active and New members will have the opportunity to submit their top five choices (ranked in order of preference) via the online placement choice tool which can be found on the JLWS web site.

It is imperative that all members review the Placement Brochure (also available online) prior to submitting choices in order to understand placement requirements including time commitment, time of day, and placement responsibilities. If a member has any question about potential placements, please contact a placement liaison or the current placement chair (as appropriate) as soon as possible. Those JLWS members that have accepted a leadership position for the 2013-2014 JLWS year, do not need to complete the placement choice tool.

Important Dates to Remember

February - March 2013

- Placement Brochure available online

March 1, 2013:

- Deadline for 2013-2014 membership dues to be paid. (Members will be unable to be placed until dues are paid in full)
- Deadline for online Change of Status form submission including Sustaining, Option A/B, Special Placement, or Sabbatical
- Placement Choice tool available online

March 1 - March 15, 2013:

- Submit choices via Placement Choice tool

Beginning of May 2013:

- Member notification of 2013-2014 placement notification

Placement assignments are based on several factors placed into an algorithm that determines each member's placement. These include member's choice, member's previous year placement assignment (those who did not receive one of their top choices the previous year will be placed first), years of service, and dues payment status. When considering placements for the upcoming year, consider personal and professional interests, skill sets, previous placements, and areas of desired growth. Maybe this is the year to reach outside one's comfort zone and take on a new challenge! Or perhaps this is the year to move away from in-league placements to make an impact in the community. As members have read in the *E-weekly*, there are many new and exciting opportunities for both community and in-league placements. Be sure to review these more closely in the Placement Brochure posted on the Member's Only side of the JLWS web site.

League Linkers

Join JLWS members, family, and friends for "Star Power" Thursday at the Reynolda House featuring Edward Steichen's Glamour Photography on Thursday, March 21, 2013 from 6:00 p.m. to 8:00 p.m. The exhibition features more than one hundred celebrity photographs by the first great American fashion photographer, vintage gowns, and jewelry from the Golden Age of Reynolda. Entry fee is \$5.00 per person and the event is open to JLWS members, spouses, and friends. There will be entertainment, appetizers, and a cash bar. Sign up for this or other League Linkers events on the JLWS Members Only web site.

There's No Time Like Now to Plan Your Future



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Community

The Community council has been very busy carrying the JLWS mission into the local community. Here is an update on what the committees have accomplished this year-to-date!

Backpack Program

The Backpack Program has been going very smoothly, making regular, routine deliveries at schools. The committee has worked hard to keep up the busy schedule. One special note of interest is that one of the committee members, Julie Oates, took it upon herself to organize a sports equipment drive to benefit the students at Cook Elementary School. She found out through talking to the guidance counselor that they needed these types of items for their school store. Julie asked her friends and neighbors to donate new or gently used items and she had a wonderful response!

BestHealth

BestHealth Cooking Classes help educate community participants about healthy eating. Professional chefs present a cooking class with topics ranging from Heart Healthy to Healthy Alternatives to Traditional Meals. Junior League members have been assisting the chefs in prepping, serving, and cleaning up the meals. Members also help the BestHealth staff with the setup of the facility.

Big Brothers Big Sisters

JLWS has partnered with BBBS to provide special opportunities for kids still waiting to be matched with a “big” sibling. Events included the trampoline park, a Wake Forest University basketball game, and a hayride at Tanglewood Park. The children awaiting a “big” have enjoyed creating a meaningful bond with a JLWS volunteer. The committee is currently recruiting additional corporate volunteers who will commit to becoming a “big” brother or sister.

Child Abuse Puppet Show

The Puppet Show is a community placement that opens the discussion among third-graders in Forsyth County Schools regarding physical abuse, sexual abuse, neglect, and internet safety. The program touches the lives of many children in the community and reinforces the point that there is “*Someone to Talk to*”. After visiting forty-five elementary schools in only a few months, the committee of six dedicated women feel strongly that the Puppet Show is a vital part of the JLWS’s mission.

Children’s Museum on the Road

JLWS members have provided assistance on weekend days and some weekday evenings, taking the Children’s Museum of Winston-Salem on the road to community events including Dash games and football games. These events help gain exposure and guests to the museum as well as allow families to enjoy the Children’s Museum’s activities off-site.

Children’s Museum Special Events

The Children’s Museum Special Events committee has enjoyed volunteering, planning, and organizing four Discount Friday Nights which allows members of the community to enjoy crafts, activities, and games at the Children’s Museum at a discounted rate. Members of this committee also volunteered their time to assist the Children’s Museum with special events such as the Hello Kitty party, Truck or Treat, Girls Scouts evenings, Breakfast with Santa, and Gingerbread House making.

Chat and Snack

Chat and Snack offers food and emotional support to parents of infants in the Neonatal Intensive Care Unit (NICU) at Forsyth Medical Center and Brenner Children’s Hospital. The committee consists of volunteers who receive training from the Family Support Network of Greater Forsyth, Forsyth Medical Center, and Brenner Children’s Hospital. Parents are given a book for their baby and volunteers talk with the parents about the importance of reading to children early in life.

The poster features a black and white checkered border. At the top is the Junior League of High Point logo, a stylized 'J' with 'JUNIOR LEAGUE OF HIGH POINT' underneath. Below the logo, the words 'SHRIMP Boil' are written in a decorative font, with a shrimp illustration. The event details are listed in a clean, sans-serif font, separated by horizontal lines. The text includes the event name, date and time, location, ticket cost, and contact information. At the bottom, it states that proceeds benefit the historic preservation of The Junior League of High Point, Inc. - Mary Strickland Froelich Headquarters - The Briles House. A small circular logo on the bottom left says 'Celebrating 100 Years of Service' around a 'J' logo. The main logo at the bottom right says 'JUNIOR LEAGUE OF HIGH POINT Women building better communities'.

JUNIOR LEAGUE OF HIGH POINT
SHRIMP Boil

Shrimp Boil, Band, Beer & Wine

Saturday, April 27, 2013
6:00 pm until 11:00 pm

The Briles House
1103 North Main Street
High Point, NC 27262

Ticket Cost \$50

Please visit www.jlhp.org for more information
and to order your tickets.

Proceeds benefit the historic preservation of
The Junior League of High Point, Inc. -
Mary Strickland Froelich Headquarters - The Briles House

Celebrating 100 Years of Service
JUNIOR LEAGUE OF HIGH POINT
Women building better communities

Crosby Scholars

The Crosby Scholars placement works with high school seniors throughout Forsyth County. Through this placement, the women on the committee proofread college application essays, offering constructive criticism and advice to the students. Many of these students attend large high schools and do not have access to one-on-one help from college counselors. The committee's goal is to impact the community by helping these students create above average application packages to gain admission to the college of their choice. The hope is also that the impact is lasting and these young people will be inspired to make a difference in their own communities post-college.

Girls on the Run (GOTR)

GOTR is a nationally acclaimed after-school program for third through fifth grade girls designed to improve their self-image, health, behaviors, and physical activity habits. JLWS and other volunteers are trained utilizing a nationwide curriculum that addresses multiple aspects of girls' development, including physical, emotional, mental, social, and spiritual well-being. Sessions are held on-site at schools or other suitable locations. At the end of the Fall ten week program, the girls ran a 5K in the Mistletoe Run. The spring season started in February, however volunteers are still needed for the 5K race in April.

Goler Community Garden

Goler Community Garden was established to feed patients from Downtown Health Plaza and the surrounding community. The garden is made up of twenty-two raised beds that produce fruits and vegetables. In 2012, the garden produced 1,200 pounds of food for the patients and also serves as a learning lab for healthy eating for the patients at the Downtown Health Plaza.

Graduate. It Pays.

This placement is helping the locally based program, Graduate. It Pays., to increase the high school graduation rate through mentoring. The JLWS volunteer is assigned a student and visits with the student once a week. Through this program, each year, nine out of ten of these students have advanced one grade, and in some cases two grades, or graduated!

Kids in the Kitchen

The committee is continuing to show children correct portion sizes, help them make healthier choices in their diet, and to exercise more. They have also made more families aware of the government's "My Plate" visual and eating guide. The committee served more than 200 children at the Mistletoe Run, taught them about portion sizes, and healthy snacking.

My Aunt's House

Unfortunately due to lack of funding, My Aunt's House, located on

the campus of the Children's Home was closed at the end of 2012. However, earlier in the year the committee was very active. They hosted a spaghetti dinner Christmas party for the four young mothers and their children. One committee member donated handprint keepsake ornaments which the mothers made with their babies. The mothers also received Walmart gift cards and the children received age appropriate books. In addition, another committee member provided BabiesRUs gift cards. It was a bitter sweet night. They were all excited to celebrate the holiday season but sad about the end of the relationship. All moms have moved on and are in new living situations.

SECU Family House

This year the SECU Family House committee has been busy coordinating different activities and events at the SECU House. The committee has been involved with preparing meals for the guests, and volunteering with the Spiffer Upper crew. They also had the help of two mini placement groups set up and coordinate meals. For the upcoming year they are hoping to design and sell aprons with the Family House logo, put together gift bags for the guest when they are checking out, create a family assistance fund for a family to stay a night, and helping out with baking ginger cookies. They would also like to set up a donation package for kids when have birthday parties, instead of gifts, donate to the Family House or to their monthly wish list of items to restock their kitchen supplies. They are very excited about the opportunity to make a difference at the SECU Family House.

Smart Start/READ TO ME

The committee is made up of five members working to promote literacy by attending selected schools monthly to read to preschool aged children. After reading a book the members have the children interact through an art project or activity relating to the book. In November, one committee member read "Ten Fat Turkeys" after making turkey

headbands and doing a number activity with the students. Another group of students did a watercolor activity after listening to a winter themed book. The committee also will participate in the annual Smart Start book drive that helps bring thousands of books to the local community each year.



Community

Getting a Good Night's Sleep

Sleep is just as important to our health and well-being as diet and exercise, but for many Americans a good night's sleep is an elusive dream. More than twenty-five percent of the population report occasionally not getting enough sleep, while nearly ten percent suffer from chronic insomnia.

“We want people to recognize that sleep is not just a luxury – it’s a necessity for long-term good health,” says Dr. Brandon Chandos, a neurologist and sleep expert with Forsyth Medical Center. “Long considered a ‘passive’ activity, we’re regarding sleep with greater importance because it really does impact the health of our bodies and how we function.”

Why do we sleep?

While our bodies are at rest during sleep, our brains continue to be very active. Studies show that certain nerve-signaling patterns generated during the day get repeated during deep sleep, which may help encode memories and improve learning. Deep sleep also coincides with the release of growth hormones and helps the body’s cells maintain the immune system.

“There’s a direct correlation between sleep and health. Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression,” says Dr. Chandos. “In our twenty-four/seven society where we have constant access to information and social networks, we’re seeing more and more people suffering from sleep deprivation.”

Common sleep problems

Insomnia, the inability to fall asleep or remain asleep, is the most common sleep complaint and can be a serious medical condition. It can last from one night to a few weeks and is considered chronic when it lasts longer than a month. “If you have difficulty sleeping, one of the first steps is to determine if there’s an underlying disease or condition causing the problem,” explains Dr. Chandos. “Many people with insomnia blame stress and worry, but insomnia can also be caused by pain, digestive problems or a sleep disorder such as restless legs syndrome or sleep apnea.”

Sleep apnea is another serious disorder in which a person’s breathing is repeatedly interrupted. Signs of sleep apnea include chronic snoring or a periodic gasping noise.

Restless legs syndrome (RLS) is the urge to move the legs and is often associated with painful aches, pains and tingling sensations throughout the legs. Symptoms of RLS are most severe in the evening hours and can easily disrupt a person’s sleep.

Sleep studies

If sleep problems are a regular occurrence and interfere with your daily life, you may want to consider undergoing a sleep study. A sleep study

measures how well you sleep, how often you wake up, and shows whether you may have a sleep disorder and how severe it is. “Many times it’s a partner or spouse who encourages someone to consider a sleep study due to severe snoring, gasping or choking during the night,” says Dr. Chandos. “The good news is that these disorders, once diagnosed, can be effectively treated.”

Brandon Chandos, MD, is a neurologist and sleep specialist with Winston-Salem Neurology. For more information, call 1-877-99-AWAKE or visit www.forsythmedicalcenter.org, keyword ‘sleep.’

Tips for better sleep

- Set routine bed and wake times
- Avoid caffeine and alcohol close to bedtime
- Exercise regularly (at least 3 hours before bedtime)
- Create a dark, quiet and comfortable environment (no electronics)

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New Members in Action

As a group project, the New member class created 150 Valentine's Day cards during its January New member meeting on January 14, 2013. These cards were distributed to those in the community in need of lifted spirits on Valentine's Day. The cards are being taken to Brenner Children's Hospital, the Ronald McDonald House, and SECU Family House.



New Member Profile

Carolyn Hern

Hometown:

Dallas, TX

College:

University of Puget Sound (undergrad) and Wake Forest University (MBA)

Employment:

Owner of Pure Barre Winston-Salem

Current involvement in community activities:

Wake Forest MBA mentorship program

Reason for joining the JLWS:

To meet great women, develop friendships and become more involved in the Winston-Salem community

Hobbies or other interests:

When not at Pure Barre, walking my two English bulldogs and spending time with friends and family

New Members

Spring into New Member Recruitment

Spring has always been an exciting time in the JLWS and the New Member Development committee is busy getting to know Prospective New Members (PNMs) interested in joining the JLWS to improve the community. This year, by implementing the first-ever year-round recruitment strategy, the committee has been engaging with many of the PNMs since last summer.

Keys to the ongoing recruitment efforts have been:

- Maintaining frequent and timely communications with PNMs
- Inviting them to attend interest groups, socials, fundraisers, and other JLWS events
- Enlisting a group of twenty-six JLWS members to serve as “new member ambassadors” and arranging casual get-togethers and ensuring that each PNM has a personal welcoming committee.

As a result, there were more than sixty women on the interest list when the 2013-2014 New member application became available. Information and application packets are now available at jlws.org.

Though there have been several PNMs attend fall information sessions, spring remains an important time for recruitment events. Please join the New Member Development committee and invite friends to attend any of these upcoming events.

Tour of Fine Spaces Caravan

Saturday, March 23, 2013 at 10:00 a.m.

Meet at Sherwood Plaza on Robinhood Road, Winston-Salem

Jeffrey Adams on Fourth

(321 West Fourth Street, Winston-Salem)

Monday, March 11, 2013 at 6:00 p.m.

Diamondback Grill

(751 North Avalon Road, Winston-Salem)

Tuesday, April 20, 2013 at 6:00 p.m.

Five Points

(109 South Stratford Road, Winston-Salem)

Tuesday, May 14, 2013 at 6:00 p.m.

Additional Upcoming Information Sessions in April

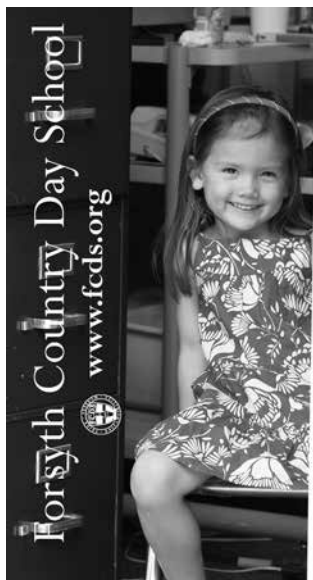
Wake Forest University

Salem College

Winston-Salem State University

Please encourage any PNM friends to reserve their spots in the 2013-2014 New member class before it's too late. Five percent of the class filled up in less than twenty-four hours.

Please e-mail newmemberinterest@jlws.org to reserve a place or for more information on any of these events.



COMMUNITY THEATRE FOR ALL AGES!



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www.twincitystage.org

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Winston-Salem, NC 27106



It's almost time...to Renew with Rummage!

The Rummage Sale committee has been busy working to ensure the success of the 2013 Sale and they want to thank all JLWS members for their support. It will take the entire Junior League working together to create a successful fundraising event that will benefit not only the JLWS, but also the Triad community at large. All Active and New members should be signed up for departments and shifts and have planned accordingly to fulfill responsibilities to the JLWS the week of the sale. If any makeups still need to be scheduled, please contact the Assistant Scheduling chair at rsbrownbag@jlws.org.

JLWS is excited to announce that once again this year, a portion of University Parkway near the LJVM Coliseum Complex, will carry the honorary name of "Rummage Sale Boulevard" leading up to and during the sale. Please join the committee at JLWS Headquarters on Friday, March 22, 2013, at 11:30 a.m., where Major Allen Joines will read the official Proclamation of Rummage Sale Boulevard. The JLWS is thrilled to be able to do this for a second year and take advantage of the marketing opportunity the signs will provide the sale!

The Plants Department Returns!

With this year's sale focus on renewal, the Rummage Sale will include a plants department. Shoppers will be able to get a wide array of flowering plants, vegetable plants, succulents, and more. Adding plants to a space is a great way to renew a home or outdoor space. The Rummage Sale committee asks that all Active and New members donate one live plant of any kind as part of their donation this year.

Renew with Rummage DIY Tip

Create a fabulous magnetic memo board using a flat cookie sheet, fabric, and a ribbon to hang – great for a kitchen or a kid's bedroom! See the Rummage Sale Pinterest board for the details on how to create. For the JLWS members that use Pinterest and haven't started following the Rummage Sale Pinterest board yet, be sure to search by people for JLWSRummage, and follow the board "Renew with Rummage 2013" for more creative DIY Renewal ideas!

Rummage Sale Donation Guidelines for Active and New Members

All New members and Actives are required to bring a personal donation for Rummage Sale. Personal donations must be representative of at least three Rummage Sale departments, not including their donation of ladies clothing, plus one live plant. All donations must total a re-sale value of approximately \$75.00. In addition, members are responsible for bringing fifty brown grocery bags for sale week and Active members must contact and pick up donations from assigned Sustaining members.

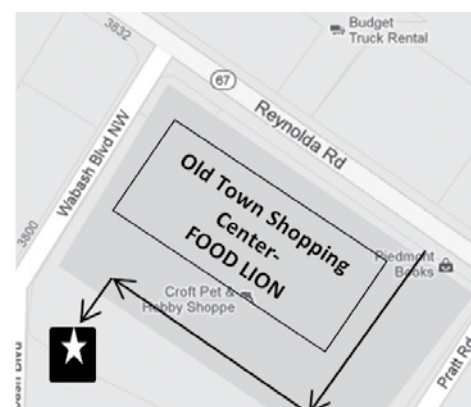
Preview Party Project Rummage

Do not forget to purchase Preview Party tickets for the PROJECT RUMMAGE event on Thursday, April 18, 2013. In an exciting "Quick-Challenge" find out which of the special guests attending can best refinish a piece of rummage in under twenty minutes. As always, attendees will have their first pick at the quality rummage items for sale. Tickets include dinner and a drink ticket for \$25.00 each or four tickets for \$80.00 at the advance pre-sale price through April 1, 2013. The committee is also offering again this year the educator's discount of fifty percent off with valid school identification. Visit www.jlws.org/rummagesale to buy tickets online and find out all the up to the minute details on the event. Tickets will also be available for sale at the March GMM and at JLWS Headquarters. Invite husbands, parents, friends, and family to this great event!

Last Early Rummage Drop-off Day

Have quality rummage that cannot be held on until the sale dates? Please consider utilizing the last early drop-off before the sale. It will be held at the JLWS storage location, 3800 Reynolda Road (behind Old Town Shopping Center), Winston-Salem. Rummage Sale committee members will be there to receive rummage on Saturday, March 16, 2013 from 10:00 a.m. to 1:00 p.m. Please bring all clothing and linens in plastic garbage bags and all other rummage donations in boxes.

The Rummage Sale committee is also happy to receive donations during work week prior to the Sale at LJVM Coliseum Annex from Monday, April 15, 2013 through Wednesday, April 16, 2013.





TOUR
FINE SPACES
Junior League of Winston-Salem

8th Annual
Tour of Fine Spaces
2013

Saturday,
March 23, 2013

Tickets:

\$25.00 in advance and \$30.00 at the door
10:00 a.m. to 4:00 p.m. (Rain or Shine!)

With each advance ticket purchase, attendees receive a free, 1-year subscription to Winston-Salem Monthly (a \$36.00 value).

Thank you to the 2013 sponsors:

Born in a Barn Cabinetry
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Thank you to the 2013 Food Sponsors:

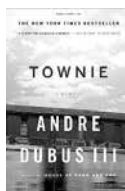
Casanova's Fudge	Jeffrey Adams on Fourth
Dinners on the Porch	Kilwins
Downtown Thai	Old Winston Social Club
Foothills Brewery	Milners

Tickets are on sale at the following retail locations:

1502 Fabrics	LA Reynolds
ACE Hardware (Cloverdale location)	Schiffman's Jewelers
Cabinet Studio	The Golden Apple
House of Plants	Meg Brown Home Furnishings
June Delugas Interiors	McCullough Tile & Stone
Junior League of Winston-Salem Headquarters	

Sustainer Evening Book Club

2012-2013 Book Selections



March 12, 2013 at 7:00 p.m.
(at the home of Elizabeth Pate)

Townie: A Memoir

Andre Dubus III (autobiography)



May 14, 2013 at 7:00 p.m.
(at the home of Katherine Memory)

Stone Arabia

Dana Spiotta (novel)

Coming Soon-
Be sure to watch the
E-weekly for details on the
Spring Sustainer Event!

Sustainer Daytime Book Club

2012-2013 Book Selections



March 27, 2013 at 9:30 a.m.
(at the home of Lynn Howland)

The Last Runway

Tracy Chevalier (novel)

Do not forget the
Sustainer Breakfast
at the 59th Annual
Rummage Sale!

Thursday, April 19, 2013
from 10:00 a.m.
to 11:30 a.m.

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Noteworthy



Volunteers of Distinction

The Placement Liaisons committee would like to thank **Cat New, Parker Tegeler, Carrie Ross, Erin Jelinek, Heather Wilson, and Walker Jones** for their help in the Placement Reception on February 11, 2013. It was a great success!

Actives **Whitney Webster** (chair), **Heather Bumgarner, Kate Reece, Sarah Wright**, and Sustainers **Susan Conger, Lorre Ruffin, and Julianna Strickland** for planning the JLWS 90th Anniversary Gala!

Actives **Eva Wu** (co-chair), **Anne Dunn, Mari Krane**, and Sustainers **Meredith Masten** (co-chair), **Pam Ball, Terri Crawford, and Susan Elster** for serving on the 100th Anniversary Ad Hoc committee.

Incoming 2013-2014 Board of Directors who have already begun meeting and planning the upcoming year while busily completing their current year placements.



Little Junior Leaguers

Hunter Gentry Gatewood
June 4, 2012
Amelia and Nicholas Gatewood

Carter Bennett Hughes
December 15, 2012
Jessie and Austin Hughes

Kathryn (Kate) Alifair Muller
January 17, 2013
Erin and Ben Muller

Alexandra "Lexie" Grace Maddux
January 18, 2013
Rebecca and William Maddux

Weston Adler Saunders
January 19, 2013
Emily and Wiggly Saunders

Madeleine Abigail Johnson
January 24, 2013
Rachel and Mark R. Johnson

Margaret Grace Baker
February 14, 2013
Jen and Patrick Baker



In Memoriam

John Olin Perritt, Jr., Father of Sustainer Annette Lynch
December 19, 2012

Floyd Thomas Donahue, Father of New member Katy Wyatt
January 5, 2013

Roland Friedman, Father-in-law of Sustainer Colleen Friedman
January 25, 2013

Mary Joe Kelley Hanes, Sustainer and two-term Past President of the JLWS, mother of Sustainer Lucy Hanes Mullen
February 21, 2013



Junior League Transitions

Transfers from Winston-Salem:

Shea Hawkins (Active)
Charleston, South Carolina

Caroline Igou (Active)
Charlotte, North Carolina

Amy Rush (New member)
Augusta, Georgia

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What is the Annual Fund?

For the 2012-2013 year, the JLWS has budgeted more than \$350,000 in total costs to run the everyday business of the JLWS, fund the community placements, support the fundraisers, pay dues to AJLI, among other expenses. Unfortunately, the membership dues alone are not enough to cover the day-to-day operating costs of the organization. The JLWS relies heavily on the income from fundraisers, corporate solicitation, and gifts from the members.

Donations to the Annual fund

- Help provide books to children enrolled in Smart Start daycare centers across Forsyth County
- Purchase the t-shirts for all the girls enrolled in the Girls on the Run program in the schools supported by the Forsyth County Girls on the Run
- Update equipment to allow JLWS members to teach children that there is always “Someone to Talk To” if they are being abused or neglected
- Educate women on the benefits of healthy eating and physical activity in an effort to reduce the growing epidemic of obesity and its effects on chronic disease

Gifts of every size are important and make a significant difference in the work that the JLWS and its members are able to accomplish. This year, the JLWS is humbly asking each JLWS member to consider a tax deductible gift of \$90.00 in honor of the 90th anniversary of the JLWS. The goal, as it is every year, is for one hundred percent participation by the membership. Any size gift helps support the mission and is greatly appreciated and much needed.



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