



In 1954, the JLWS created a fundraising event benefiting the community that became a key element of its own identity. The world has seen many changes over the course of the last sixty years, but many aspects of the Rummage Sale are unchanged. Theft, the weather, the line waiting to come in, and the hard work by a group of women with the goal of improving the community are constants. The 1978 Rummage Sale objective was to “Raise \$ and Have Fun.” That objective transcends all six decades.

Early on, the Rummage Sale was a novel concept and quickly became popular. People have stood in the line waiting for the doors to open for decades. The Rummage Sale chair was quoted in the Sunday, March 8, 1970 *Journal and Sentinel* describing the experience: “I was scared to death. People rushed in like crazy. It was like going the wrong way on a one-way street.” The initial rush was described in the newspaper that year as “a mob of humanity - from overalled men to mini-skirted women.” The JLWS created an event that appealed to a wide audience and drew large crowds from the very beginning.

In the printed words from “The Junior League Newsheet” (May, 1978), the chair stated, “At one of the earlier League meetings I said to you that I used to think that the Rummage Sale was a miracle, but that I was fast learning that the Rummage Sale didn’t ‘just happen!’ Now that the sale is over, I know now what the miracle part of the sale is – it’s the totally amazing effort by so many co-operative, dependable, enthusiastic, and hard-working people.”

Here’s to 60 years in the making—The Final Rummage!

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## March General Membership Meeting

### Featuring Jenny Fulton

Owner/Founder,  
Miss Jenny’s Pickles

### Monday, March 24, 2014

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

This membership meeting agenda will include a featured speaker, Jenny Fulton of Miss Jenny’s Pickles, and an opportunity to attend two breakout session training workshops.

### Junior League of Winston-Salem, Inc.

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

## Letter from the President



Last month I wrote about values-based goal setting. That is a fun, forward-looking, and rewarding exercise at the beginning of the year. The challenge comes with the commitment and, potentially, hard work that accompanies some of those goals. But, what happens after that? So here we are, three months into the year, have you stayed on the path you chartered? Are you living based on your values and have you taken the steps necessary to achieve your goals?

If you talk about setting goals, you must also address the end results. Setting solid, definite goals means success is easily definable. On the flip side, if you set a measurable goal and do not achieve it, that is also very clear. Is it failure? What is failure? Is it bad? It seems

bad. It feels bad. Failure is a heavy word with a bad rap. As I have recently worked toward a very measurable goal that I did not achieve, I have been contemplating this process. Are we better off failing a few times before success? Do we grow from it? Harvard Business Review has focused an issue on the belief that failure is a driver of creativity and is a desirable event for personal growth. Did you know Steven Spielberg was rejected from film school at USC, Hilary Clinton failed the D.C. bar exam in 1973 (later passed in AK), or that J.K. Rowling's Harry Potter manuscript was turned down 12 times!? Certainly these three achieved great success in their lives, but they also weathered a few 'failure' moments. Developing the mental resolve and resilience to persevere and being armed with the intelligence gained from failure puts you in a greater strategic position for future success. So, you failed. Take a moment to grieve the loss and then begin to regroup and reassess. Ask yourself why you failed and what is needed to change the outcome. This will include recognizing what aspects were within your control. A short period of time after my recent failure, I realized I now had opportunity. I will refocus and start again. Steady determination wins. Vivian Greene said "Life isn't about waiting for the storm to pass, it is about learning to dance in the rain." Sometimes there will be rain. The challenges we face, even if they generate an undesirable outcome, make us stronger.

Similarly, the JLWS also sets goals and assesses outcomes. The JLWS Strategic Plan outlines the overarching long range goals of our organization. Two of those goals are to strengthen our financial position and to enhance the membership experience. The fiscal example is apparent because monetary items are easily measured. From a budgetary standpoint, we plan for revenue to meet or exceed expenses. A break-even budget is a concrete and measurable goal. But, there are many factors at play within the overarching budget. If we don't achieve this desired outcome; we learn from it, we analyze it, we tweak an event, we try something new, or we make decisions that will improve the future probability of success. Member satisfaction is an overriding goal of the JLWS. This goal is not finite, like the previous example; thus, it is harder to measure. A survey would capture some data (if an accurate cross section of the membership completed the survey). But, this one can be measured by sentiment and observation. Does an unhappy member mean we have failed the whole? No. It is an opportunity to learn what membership wants and needs from the organization in order to create positive experiences in the future.

As you move forward in 2014, I wish you complete success. However, if you do find yourself faced with adversity, I hope you recognize the opportunity for growth and learn to dance in the rain.

*"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."*

— Michael Jordan

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* accepts advertising.

For more information, visit

[www.jlws.org/informer](http://www.jlws.org/informer)

**Advertising deadline for the May 2014 issue: April 23, 2014**

### 2013-2014 *Informer* Staff:

Desiree Knight, Managing Editor  
Julie Antrim  
Meghan Corbett  
Patsy Brown  
Brooke Orr

## November 2013 Board Brief

The JLWS Board of Directors met on November 18, 2013. Stephanie Moser, Finance VP, presented the financial results for the Boutique fundraiser, and stated that the event was well-attended and vendor satisfaction was high. Christine Storch, President-Elect, provided a report from the Management Team meeting, including an update on issues surrounding certain community placements. Teresa Inman, President, presented an update on membership status, including a proposal for Five Year Active and Supporting Active statuses, financial obligations for Actives, and a fundraiser package. The Board discussed presentation of these changes to membership. Kelly McConnico provided a summary of placement liaison interviews. Grace Neal reviewed the highlights of the 2013 Town Halls. Christine Storch stated that the 2014-2015 JLWS Board of Directors had been slated by Nominating Committee. Allison Reaves reported on the Sustainer Town Halls. Teresa Inman discussed headquarters' matters.

## December 2013 Board Brief

The JLWS Board of Directors met on December 16, 2013. Stephanie Moser, Finance VP, presented a report on the Dine Around fundraiser, the financial results for Boutique, corporate solicitations and mini-sponsorship packages, and the Annual Fund. Christine Storch, President-Elect, provided a report from the Management Team meeting, including details on the February 10 placement night at Summit. Teresa Inman, President, discussed the JLWS supporting the Bookmarks' anniversary festival, and the Board approved supporting the festival through the planning and execution of a storybook parade in September 2014. Teresa discussed a wine gala fundraiser at the Fresh Market to be held in May 2014, and the Board approved moving forward with planning such fundraiser. Christine distributed the Placement Review Committee (PRC) recommendations for the 2014-2015 JLWS placements and the number of members dedicated to those placements, which the Board approved. The Board reviewed the January GMM Agenda, and made comments. Teresa discussed proposed amendments to the JLWS Bylaws and JLWS Policies, and requested Board approval on the basic elements of the principal amendments concerning dues increases, membership status (Supporting Active and Five-Year Active), fundraiser package, and JLWS Book Drive (a new project). After extensive discussion, the Board unanimously approved the proposed amendments. Wesley Suttle presented a motion to reinstate a member, which was unanimously approved.

## January 2014 Board Brief

The JLWS Board of Directors met on January 13, 2014. Stephanie Moser, Finance VP, provided an update on Annual Fund, Dine Around, and Tour of Fine Spaces. She reported on the net income produced by Boutique. Christine Storch, President-Elect, provided a report from the Management Team meeting, including transition items after Csilla Dunn's departure, the needs of Dine Around and League Linkers, and pending marketing pieces for the JLWS. Heather Wells, President-Elect-Elect, reported on the development of the JLWS Book Drive. Teresa Inman, President, presented proposed amendments to the JLWS Bylaws and JLWS Policies. She distributed blackline and clean versions of both documents in advance of the Board meeting, which the Board reviewed and discussed in detail at the meeting. With respect to the Bylaws, Teresa stated that the changes were to correct grammatical inconsistencies, delete the proposer requirement from membership, change the Provisional payment deadline to June 1, and add the JLWS Project requirement. After extensive discussion, the Board unanimously approved to recommend to membership the changes to the JLWS Bylaws. With respect to the JLWS Policies, Teresa stated that the changes were to correct discrepancies and grammatical inconsistencies, create the membership classification of the Supporting Active, add the fundraiser package policy, add the project obligation policy, remove the Rummage Sale policies, and increase the dues for all membership statuses. After extensive discussion, the Board unanimously approved the changes to the JLWS Policies. The Board discussed presentation of these amendments at the GMM and holding a Q&A session prior to the GMM to answer any questions from membership. The Board reviewed the January GMM Agenda. Wesley Suttle presented a motion to reinstate a member, which was unanimously approved. Teresa updated the Board on headquarter staffing issues.

## General Membership Meeting Calendar

### 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:

How does the Rummage Sale committee plan on celebrating the final year of Rummage Sale?

#### Answer:

I am so excited to celebrate the 60 years of Rummage and I hope I can energize you too! The committee has planned to celebrate the 60th anniversary of Rummage Sale at Preview Party on April 10th. A short program has been planned to honor past Rummage Sale chairs and JLWS presidents. The program will include a champagne toast to mark this celebratory occasion in our League's history. In order to celebrate with other League members and friends of the League, the Preview Party will be closed to the public this year. The tickets to Preview Party will be \$25 per ticket or 4 for \$80 until April 1st. After that, the price will increase to \$30 per ticket. The tickets will include food catered by Dinners on the Porch.

As in years past, members who attend Preview Party will get first pick of the exciting Rummage Sale items from all departments. In addition, the silent auction will be filled with specialty items, including personal donations of goods and services. Despite this being the final year, the committee wanted to keep the Sale true to its heritage by keeping many elements of the Sale the same.

Come out to honor the 60th and final year of the Rummage Sale! Whether you are a Rummage lover or hater, this will be a celebratory occasion that will commemorate the end of an event that has defined the JLWS for decades. For any further information or questions, contact Rummage Sale co-chairs, Erin Muller and Leigh Sobel at rummagesale@jlws.org.

#### The JLWS Wants To Hear From You!

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

"I show my kids the value of voluntarism by involving them with random acts of kindness as often as I can. Whether it's delivering a meal to someone who needs it, dropping cards in the mail to people we are thinking of, or paying for someone's order secretly; I try to show them that giving is often more fun and exciting than receiving."

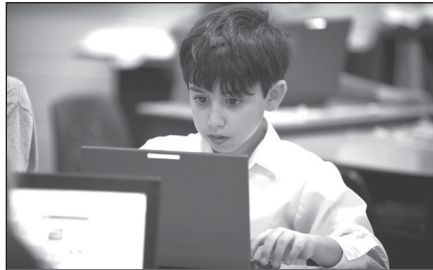
-Active Member, Csilla Dunn

#### For the next issue, the JLWS wants to know:

What was your most rewarding or enjoyable moment during your 2013-2014 placement?

E-mail your answer to [headquarters@jlws.org](mailto:headquarters@jlws.org).

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




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## Interest Groups

Interest group guidelines are available 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.

To participate or learn more about upcoming events, please contact the following interest group leaders.

**Knitting** - Heather Angell (knitting@jlws.org)

**Finding Venus: A Fertility Interest Group** - Christie Stein (findingvenus@jlws.org)

**New to Winston-Salem** - Desiree Knight (newtowinston@jlws.org)

**New and Expectant Moms** - Jennifer Lawson (newmoms@jlws.org)

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

### Spotlight on the Finding Venus: A Fertility Interest Group

Members of the Finding Venus fertility interest group celebrated their friendship and support network with mimosas and mocktails on February 1.



If you're in the 10 to 15 percent of U.S. couples with fertility issues, you don't have to experience the feelings of uncertainty, loneliness and hopelessness alone. To learn more about our members' experiences or attend an upcoming get-together, please contact Christie Stein.

Left to Right: Katie Neal, Emily Saunders, Nina Walters, Michelle Griffith, Layla Manning (floor) and Christie Stein



### Transfer Spotlight:

Caroline  
McNeil Smith

**Which Junior League did you transfer from?**

Junior League of Charlotte

**What positions did you hold in that Junior League?**

Committee Member - Arts for Life, KITK  
Vice Chair and Chair - Levine Child Life

**What placement will you be participating in for the JLWS?**

Brenner FIT - Beautiful Me

**Tell us about your family.**

My husband, Aaron, works as an investment advisor. We have a sweet little boy, McNeil (Mac), who is 17 months and a 6 year old Coton de Tulear, Winston (our first born).

**What do you enjoy doing in your spare time?**

Spending time with my family, volunteering with the Junior League! And catching up on my favorite sitcoms.

**What are you enjoying about living in Winston-Salem so far?**

Being closer to family, living in Deacon Country and a friendlier, more laid back atmosphere.

**Where did you grown up?**

Greensboro, NC

**What do you do for a living?**

I am the practice manager for a pediatric practice.

**What accomplishments are you most proud of?**

Becoming a mother and graduating from my alma mater - Wake Forest.

**What do you enjoy about volunteering in your community?**

Getting to know the individuals that make up our community and touching the lives of those who touch mine in return.

## Membership

# 2014-2015 Placement Selection Process

The placement selection process for the 2014-2015 JLWS year will run March 3, 2014 through March 17, 2014. Actives 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.

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 2014-2015 JLWS year do not need to complete the placement choice tool.

Members will receive 2014-2015 place notification around the beginning of May 2014.

## Placement Assignments

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.

# JLWS Scholarship Awards

Last year was the third year of the JLWS scholarship. The Junior League of Winston-Salem made a difference and awarded three \$500 scholarships to deserving high school ladies. We are excited to announce three \$500 scholarships will be awarded again this year! Each candidate should have a focus on volunteerism while excelling in her studies as well.

Any high school junior or senior woman from Forsyth County can apply. Applications will be online at [www.jlws.org](http://www.jlws.org) in early February with a return date of April 1 and a presentation of the scholarship at the May General Membership Meeting.

Please encourage any junior or senior high school girls you know to apply. If you have any questions, contact Kelly McConnico at [membershipvp@jlws.org](mailto:membershipvp@jlws.org).




*Gina S. Spangler DDS, MS*  
*Gail K. Rohlifing DDS, MS*  
*Kate D. Lambert DDS*

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## March General Membership Meeting Speaker: Jenny Fulton

Please join fellow JLWS members for the March General Membership Meeting (GMM) on Monday, March 24, 2014. The JLWS welcomes Jenny Fulton as the guest speaker.



Jenny Ingram Fulton's personality is as robust as her Miss Jenny's Pickles line. From a humble beginning full of hardships coupled with a lot of love, Miss Jenny's success is a tribute to both her character and her zest for life. After Jenny Fulton's father died when she was two years old, times were tough. At the age of 12, her grandmother "Mamie" took Jenny in and raised her, never predicting that the field next to Mamie's house would one day grow cucumbers for a pickle brand that has gone global soon after since its inception. In 2009, she and business partner and former investment assistant, Ashlee Furr, attended Pickle School at North Carolina State University, one of its kind in the United States. Jenny reinvented her career, capitalizing on her roots, Mamie's old-fashioned pickle recipes, and a penchant for hard work. Jenny's commitment to her pickle commerce is immeasurable. At the end of 2010, Miss Jenny's Pickles line was in 50 stores. By mid-2013, Miss Jenny's Pickles line could be found in 1700 stores. And, her success had attracted political attention. Jenny was invited to testify in front of a Congressional Subcommittee on behalf of the United States Chamber for exporting and small businesses. In April, she was invited back to Washington D.C. to introduce Vice President Joe Biden at the Ex-Im Bank Conference. Jenny has peddled her pickles on the cable shopping network giant QVC eight times. She has participated in the International Food Show in Hong Kong and been a guest speaker at over 50 functions in two years. Jenny Fulton's passion for pickles is surpassed only by her love of family and friends. She married Bo Fulton in 2007. Her two daughters, Madison and Kennedy, are as active as their mother and enjoy sports, people and their community of Kernersville, North Carolina.

## March General Membership Meeting Workshops

At the March General Membership Meeting, the Volunteer Development Committee is excited to offer workshops as part of the regular meeting. After the guest speaker concludes, all members will choose two 20-minute breakout workshops to attend. Veteran Actives may remember participating in similar "cluster meetings", which has been a JLWS tradition. Workshops will be presented by Sustainers, Actives and friends of the Junior League on a range of personal development topics. This meeting will be a fun opportunity to bond with JLWS friends while learning something new!

## Spring Training Opportunities Birkman Method Workshop, April 23, 6:00 p.m. - 7:30 p.m.

Join JLWS members for this assessment workshop, which serves to outline one's specific interests, personal strengths, preferred work habits and environments in addition to the types of relationships and support needed for one to thrive. Participants will leave more confident and aware of their personal, preferred work style as well as the work environment best suited to her based on honest responses and true preferences. Registration and completion of the online Birkman questionnaire is required. The JLWS is pleased to offer the Birkman Method at a discounted fee of \$25 per person. Volunteer Development will cover the workshop fee for a limited number of interested participants.

## Webinar Wednesday Sponsored by AJLI Build Your League's Fiscal Fitness with StrongNonProfits.org

Guest Speaker: John Summers & Stu Cohen,  
Fiscal Management Associates  
Wednesday, March 26, 1:00 p.m. - 2:00 p.m. (via WebEx)

Developed in partnership by The Wallace Foundation and FMA, StrongNonprofits.org has quickly established itself as the go-to resource hub for all things nonprofit finance. StrongNonprofits.org features more than 60 free tools, how-to's and guides for anyone involved in nonprofit financial planning, monitoring, operations or oversight. Its features range from a nonprofit accounting guide, to an article on sensible growth strategies, to a podcast on how to understand the true cost of programming. The site also offers an array of helpful tools, including "Go or No Go Decision Tool," an interactive technology powered assessment tool that helps an organization decide whether accepting a contract would help- or hurt- the group's bottom line. Join us as we take a guided tour of StrongNonprofits.org and get started with building the League's (or any non-profit's) fiscal fitness! Members can register for this webex webinar through the AJLI site.

## New Members

# New Member Group Spotlight



### **Sarre Gellar Boglioli's New Member Group: Turquoise Group**

**From Left to Right:** (Back) Isabelle Ruana, Kimberlyn Edmundson, Amy Wilkerson, Sally Thompson, Megan Cleaveland, (Front) Claire Moll, Mary Catherine Hollowell, Meredith Sloan, Mimi Driscoll, Sarre Boglioli

Sarre is the group leader of the turquoise group and describes her group members as amazing ladies with unique and talented backgrounds. Sarre is from New York and joined the Junior League one year ago to meet other women in the community who were passionate and excited about getting involved. Sarre has done just that, and says that she is excited to watch the members of the turquoise group grow with the league and be a part of everything we do! Sarre and her group have been busy making memories with new friends; one of their favorite outings was teaming up with the purple group and going to the Winston Salem Open. An upcoming event for the turquoise group include a holiday cooking party at Southern Home and Garden. Sarre stays busy in the JLWS and in her community; as she is a physical therapist, wife and mother.

# The Junior League of Winston-Salem is recruiting New Members! Spread the Word!

Please encourage women who are not members of the JLWS to attend one (or many!) of the information sessions this spring! In addition to the events listed below, there will be some events at the homes of current Active members that will be advertised and are RSVP only. Please contact Elizabeth Marsh at [newmemberinterest@jlws.org](mailto:newmemberinterest@jlws.org) with any questions.

March 21st—Happy Hour at Carolina’s Vineyards & Hops, 5:30 p.m.

Week of April 28th—University Tour at Wake Forest University, Salem College, and Winston-Salem State University

April 30th—Event at the home Carrie Hileman, 6:30 p.m. (Please email [newmemberinterest@jlws.org](mailto:newmemberinterest@jlws.org) for address and to RSVP)

May 14th—Information Session at Diamondback Grill, 5:30 p.m.

# Recruitment Ambassadors Needed!

Are you interested in helping recruit New Members for the JLWS? We would love to have you join us as a Recruitment Ambassador! It’s a fun, low time-commitment position. You would simply:

- Reach out to Prospective New Members (PNM’s) via email or phone and offer to be a friendly resource once assigned.
- Meet up for coffee, dinner, drinks, etc. with your PNM’s.
- Invite PNMs to join you at JLWS events like Dine Around, Tour of Fine Space, and Rummage Sale
- Follow up with them after the application is live and encourage them to apply!

Still considering? Contact Carmen Sauls, New Member Development Assistant Recruiter, with questions: [carmen.sauls@gmail.com](mailto:carmen.sauls@gmail.com).

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# Finance

## To the Sustainers of the Junior League of Winston-Salem:

We all know her, but some have known her longer than others.

It is almost her birthday and it's a big one- she is turning 60.

Saying her name brings a smile.

She is one of a kind.

Her reach was wide and deep into our community, not stopping at just goods sold and dollars exchanged.

When we think of her, countless stories come to mind.

We all took a little something different from her.

She helped us join hands, one beside another.

She never minded the dust, wrinkles, small dents, piles of clothes, long lines, etc., as they were a necessary part of the end result and greater good.

She was the first of her kind, "green" before "green" was popular.

She was one of the first in our community to provide quality second-hand goods to others in a big way; many organizations and individuals have followed in her footsteps.

She loved "the rush" when the doors first opened.

She enjoyed all the rooms of her house....housewares, toys, media, linens, large appliance, sun porch, etc.; not any one more than the other and although each piece was important, she was always proud when a piece of her rummage landed in "antiques/newtiques".

She was Santa Claus every year for many children in our community.

She helped instill confidence as she dressed men and women as they prepared to enter the work force.

She shook her head and smiled as she saw us move "rummage" from one house to another and then her smile became even bigger when some of those very same items landed back at the sale the following year.

Each year "sunken" treasures were discovered.

She was always pleased to be working side by side with the kind officers of our city that assured everyone's safety.

She heard what we did with the money raised from her sale and was proud.

She is one of us.

### To honor her and make this her best year ever:

Begin collecting your rummage today and if you need to get rid of some of your stuff before the sale, call Headquarters and arrange for an early drop-off.

Give at least one "something special" this year; an item or two you might have considered giving your child, a friend, or perhaps consigning.

Plan to work at least one shift during work week.

Attend preview party.

Put on your apron one last time and work the Sale.


**She has worked hard and deserves a rest, but during this last year let's roll out the red carpet and make sure she shines!**

*Thank you to Sustainer, Past President and Past Rummage Sale Chair, Angie Murphrey, for this inspiring reminder of what the Rummage Sale has meant to the members of JLWS and to the community.*

 American Girl

FASHION SHOW<sup>®</sup>

### Styles of Yesterday & Today

 The American Girl Fashion Show is a fun-filled event for girls and their families, friends, and favorite dolls! Celebrate the experience of being a girl, whether yesterday or today, through a colorful presentation of historical and contemporary fashions.

Hosted by

**Children's Museum of Winston-Salem**

#### Show Dates & Times

Saturday, April 12th | 9:30 am & 1:00 pm  
Sunday, April 13th | 1:00 pm & 4:00 pm

**The Embassy Suites Hotel, Grand Ballroom**  
460 N. Cherry Street, Winston-Salem, NC 27101


#### Tickets

\$40 Standard Seating

To purchase tickets visit: **AGFSHOW.org**

*Recommended for children 6 and up*

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## LJVM EDUCATION & ANNEX BUILDING APRIL 10-12.2014

The Rummage Sale Committee has been busy working to ensure the success of the FINAL Rummage Sale! All members should be signed up for departments and shifts, and have planned accordingly to fulfill responsibilities to the Junior League of Winston-Salem (JLWS) that week. It will take the entire Junior League working together to optimize a successful event, and with this being the last one, we want to make sure we're going out with a bang! If make-ups need to be scheduled, please contact the Scheduling Chair at [rsscheduling@jlws.org](mailto:rsscheduling@jlws.org).

### Share your 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](mailto: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 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.

### 'Toast A Tradition' at this year's Preview Party!

This year's Preview Party theme is "Toasting a Tradition" and the JLWS looks forward to celebrating with all JLWS members and friends of the Junior League of Winston-Salem! 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 food 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](http://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!

### Rummage Sale Donation Guidelines for New Members and Actives

All New Members and Actives must bring a personal donation for Rummage Sale. Personal donations must be representative of at least 3 Rummage Sale departments, not including their donation of ladies clothing. All donations must total a rummage resale value of approximately \$75. In addition, members are responsible for contacting any assigned Sustaining Members and bringing 50 brown grocery bags for sale week. Please refer to the Rummage Sale Donation Quota page on the JLWS website for a list of items that can and cannot be accepted as rummage.

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

# Finance

## TOUR of FINE SPACES Junior League of Winston-Salem

The 9th Annual Tour of Fine Spaces is excited to announce a VIP Ticket Holder event hosted by Schiffman's from 9:00 a.m. – 11:00 a.m.. Join us before the Tour at Schiffman's Jewelers to sip a mimosa, taste brunch items from Julia's Take Away Gourmet and Catering, and tour their renovated space while taking a peak at exquisite jewelry. What better way to kick-off a morning with your friends! The Tour of Fine Spaces will feature 10 beautiful homes in the Winston-Salem area. Each home will display the beautiful craftsmanship and talents of our supporting local builders and designers and enjoy a culinary treat from a local restaurant.

Tickets are \$25 in advance and \$30 the day of the event. Tickets are available on the JLWS website or at one of these supporting retailers: The Golden Apple, Pure Barre, Kilwins, LA Reynolds, Meg Brown Furnishings, Schiffman's, Ace Hardware at Cloverdale, June DeLugas Interiors, McCullough Tile and Stone, and House of Plants. With each advance ticket purchase, attendees will receive a free 1-year subscription to Winston-Salem Monthly- the city's premier lifestyle magazine (\$36 value).

### Thank you to the Promotion Sponsors!

**McCullough Tile & Stone, Berkshire Hathaway, and Schiffman's**



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### Thank you to the home sponsors!

Cabinet Studio, Custom Homes by Hamrick, Emily Taft Interior Design, Icon, JALA, Landplus Landscape Design, June DeLugas Interior Design, QFC, Quinn Pillsworth- Architect, McCullough Tile & Stone, Nothing But Detail, Susan Bradford Designs, Timberwolf, Twin City Custom Cabinet, Wilson-Covington Construction Company.

### Thank you to the food sponsors!

Black Mountain Chocolate, Café Prada, Foothills, Julia's Take Away Gourmet, Kilwins, Milners, Mozelles, Panne Vino, Raylen Vineyards, Silo, and Spring House

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## Springtime Sinus or Migraine March?

We all look forward to spring, but many of us dread the dull ache of facial pressure and brutal headaches that inevitably follow. Sometimes they are brief, but for many, they persist for weeks or even months. You seek relief with allergy tablets and over-the-counter pain relief medications, but the headaches continue – or even worsen. Your doctor says the CT scan is normal – your sinuses look healthy. So what can you do?

The answer might surprise you.

### THE PROBLEM

Let's take a closer look. Your head contains nearly a half-dozen sinuses – membrane-lined air chambers on each side of the face and forehead, some of which are located within one-tenth of an inch of your brain. Sometimes, those membranes swell up due to allergy (pollen sensitivity) or germs (including bacteria, viruses and mold), and the body fights back with secretions that drain out your nose or down your throat.

If this aeration and drainage system fails, a sinus infection may follow; your membranes will thicken, and you will feel pressure, facial pain and sometimes headache attacks that may mimic or even trigger a migraine. Taking decongestants may shrink those membranes; however, if decongestants are used for more than several days at a time, those sensitive membranes react by swelling even more, often leading to daily decongestant and painkiller use. This vicious cycle may outlast the original allergy or infection, sometimes causing recurrent facial pressure and headaches for months or even years.

### THE DANGERS AND CONSEQUENCES

Telling the difference between a sinus infection, or sinusitis (infection or inflammation of the sinuses) and migraine is not always easy. Even physicians often have trouble. This is because both conditions have overlapping symptoms that often respond to commonly used over-the-counter medications, including antihistamines, decongestants and analgesics. Nonetheless, a correct diagnosis and proper management is crucial for many important reasons including:

- Blocked sinuses and retained secretions may lead to infectious sinusitis
- Overuse of decongestants (pseudoephedrine, phenylephrine, etc.) often leads to chronic, daily “rebound” sinus symptoms that mimic chronic sinus infection or migraine
- Overuse of decongestants and painkillers leads to daily rebound migraine headache in those who initially have occasional migraines

- Excessive use of even simple painkillers and decongestants may lead to many related medical conditions ranging from liver toxicity to high blood pressure and related disease including stroke and heart attack

- Medication is not cheap; why waste your money?

### FOLLOW THE RULES

The springtime headache sufferer should therefore follow several simple rules of engagement when dealing with springtime headache and facial pain:

- Less is more: limit decongestant and painkiller use to no more than two days in the week (although simple antihistamines generally can be used longer without fear of rebound symptoms)
- We can help: if those familiar symptoms of seasonal runny nose and post-nasal drip last more than a few days or are accompanied by more intense headache, fever or stroke-like symptoms (changes in vision, speech, hearing, numbness or weakness).

Suffering from headaches? The Novant Health Winston Neurology Headache Clinic can help. Call 336-765-5553.



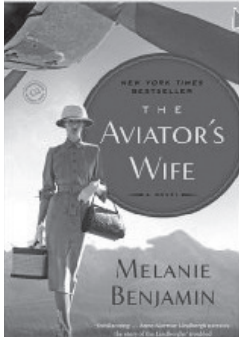
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## Sustainers

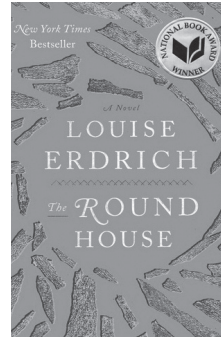
### Sustainer Daytime Book Club: 2013-2014 Book Selections



#### **The Aviator's Wife** *by Melanie Benjamin*

**March 26, 2014**  
9:30 a.m. at the home of  
Carolyn Vaughn

### Sustainer Evening Book Club: 2013-2014 Book Selections



#### **The Round House** *by Louise Erdrich*

**May 13, 2014**  
at the home of  
Katherine Memory

## Update Your Member Profile

The Junior League of Winston-Salem is comprised of nearly 1,000 exceptional women who make extraordinary contributions to our organization and local community every day. The wealth of knowledge, breadth of skills, professional and civic leadership expertise that our volunteers possess are astounding.

In an effort to obtain a more complete snapshot of our membership, we are asking ALL members to showcase their skills, experience and achievements by updating their Junior League of Winston-Salem profile. Our goal is to create a dynamic database of profiles that will serve as an extraordinarily useful resource for our organization and its members. How will this benefit JLWS?

- Your picture will put a “face with a name” for other members.
- Your demographics will help us present a complete snapshot of our membership to potential volunteers, donors, sponsors and the community.
- Your skills will provide a source for volunteer development opportunities.
- Your League experience may benefit another member considering the same path.
- Your professional expertise can help our organization improve its efficiency and efficacy.
- Your civic leadership can provide valuable knowledge of community needs and an opportunity to collaborate with other local organizations.
- Your achievements allow us the opportunity to recognize your accomplishments.

## How do you update your profile?

Visit our website at <http://www.jlws.org>.

In the top right corner of the window, click **Member Login**.

Type in your **Username** and **Password**.

If you have forgotten your Username or Password, the **Click here** link will take you to a new window where you can retrieve one or both.

If you are still having issues logging in, call Junior League of Winston-Salem Headquarters at **722-9681**.

Once you reach the Members' Welcome page, click **Edit Profile** in the top right corner of the page.

Update your profile information including a picture, demographics, skills, JLWS experience, professional expertise, civic leadership and achievements. Be as specific and thorough as possible.

**Update regularly!**

When you are finished updating your profile, click the **Submit** button at the bottom of the page.

To log out of the Junior League of Winston-Salem website, click the **Member Logout** button in the top right corner of the window.

 **Member Milestones**

Active member, **Ayanna VanSluytman**, was initiated into the Phi Omega Chapter of the Alpha Kappa Alpha Sorority on December 15, 2013

Active member, **Catherine Heitz New**, was named as one of the Triad's "40 Leaders Under 40" and was honored at a reception on Thursday, February 20, 2014.

Active member, **Melissa O'Buch**, will be changing to a non-resident active after her recent move to Wilmington for a new position, Special Assets Officer, within Commercial Credit at Live Oak Bank.

Active Member, **Sonny Hanyes**, is chairing the Winston-Salem Chamber of Commerce Winston < 40 Advisory Board.

Active Member, **Kristin Kelly**, was named the 2014 Younger Lawyer Pro Bono Attorney of the Year by the North Carolina Bar Association.

 **Engagements**

**Cristen Fletcher** to **Timothy Ratay**  
October 29, 2013

**Salem Simmons** to **Fuller Parham**  
December 14, 2013

**Andrea Whitley** to **Chas Peyton**  
February 10, 2014

 **Marriages**

**Patsy Elliott and Daniel Brown**  
December 6, 2013

Please e-mail any additions to [headquarters@jlws.org](mailto:headquarters@jlws.org).

 **Little Junior Leaguers**

**William Daniel Riazzi**  
December 9, 2013  
Erin & Daniel Riazzi

**Gavin Isaiah Rodgers**  
December 19, 2013  
Jessica & Aaron Rodgers

**Trey William Boland**  
January 6, 2014  
Yvette & Michael Boland

**Henry Wilson McConico**  
January 21, 2014  
Kelly & Jake McConico

**Mary Bridges Lynch**  
February 2, 2014  
Cate & Jack Lynch

**Thomas Hanes Pierce**  
February 17, 2014  
Laura & Nicholas Pierce



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