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Junior League of  
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Hours  
8:30 a.m. - 4:00 p.m.  
Monday - Friday

## Women's Health Risks

Presented by  
Chere M. Chase, MD  
Medical Director for Neuro-  
sciences and Neurocritical  
Care at Novant Health –  
Forsyth Medical Center

Monday, January 30, 2012



## Milton Rhodes Center for the Arts

6:30 p.m. Social  
7:00 p.m. General  
Membership Meeting

This will be a voting meeting  
GMM sponsored by:



Dr. Chere Chase is a board certified Neurologist who moved to North Carolina in 2003. Since that time, she has worked tirelessly toward the prevention of stroke and reducing cardiovascular risk factors. Her work has included obtaining grants to assist uninsured and underinsured residents of the Triad region to reduce stroke burden through various grassroots trainings, screenings, and interventions. Recently, her team received a Duke Foundation grant to develop and expand a telemedicine program to improve the care for neurology, neurosurgery and mental health patients across the region.

## Leadership Training: *Public Speaking and Effective Communications*

This training event will take place before the January GMM starting at 5:30 p.m. This session will feature a variety of experts that specialize in public speaking. From elected officials to theatre directors and CEOs to speech writers, this session will offer a wide array of professional advice on effective communications. Attendance will count as a GMM make-up.

## Bring Books for Smart Start Book Drive

Please bring new or gently used children's books to donate to Smart Start's Annual Book Drive! Bring books to the January GMM for collection. Each year Smart Start collects books & then distributes them to deserving daycares and preschools in Forsyth County. Their goal this year is 5,000 books! Let's help put a dent into their goal with 100 percent JLWS participation at the January GMM.

## Membership– Challenge Yourself to Make a Change



Happy New Year! It is so hard to believe it is 2012 and the start of another year! But we are right in the middle of our Junior League year and I know you all feel busy with your commitments to your placements and work in the community.

January is often a time when we think of making changes in our lives. We make those New Year's resolutions to be more organized, have a healthier diet or get more exercise. This year, I challenge you, and myself, to really make those changes stick. Research shows that it takes six weeks for a new behavior to become a habit. That doesn't sound like so much time on the surface, but it can be very challenging to stick with a new routine for that long. I challenge you to make it a habit to seek out a

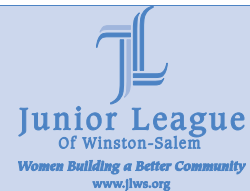
new face at a JLWS function and make a connection with someone you wouldn't have met had it not been for your shared membership. Make it a habit to call a friend and meet at a GMM, attend a Sustainer Book Club or a League Linkers event together.

I also challenge you to change up your work in JLWS. Actives and New Members, the placement brochure will go online in just a few days, so step out of your comfort zone and try a placement that offers you challenges and opportunities to grow and develop skills in new areas. Nominating will be calling on many of you to serve as leaders in the Junior League, and I challenge you to make the commitment to JLWS for 2012-2013. I congratulate the Nominating committee on the wonderful slate of officers they are presenting to the membership at our GMM this month. We have an excellent group of smart, experienced women who will continue to help the Junior League grow. They cannot do it alone and JLWS needs your help in serving as committee chairs to make sure the important work we do each day continues to get done. Sustainers, we will be asking more of you to serve in a leadership capacity in order to have more engaging Sustainer events, so please say "YES!" when you are called upon!

No matter what role you decide to take in the Junior League in the coming year, remember that you are making a commitment to this organization. Your dues are a financial symbol of that commitment. You will read in an article on the pages following about a proposed dues increase. As you will recall from communications over the past several months, AJLI passed a dues increase of \$8 per member at annual conference in 2011. Per our bylaws, this increase in AJLI dues is automatically passed on to our members. This fall, the Finance council performed a historical analysis of our dues and also compared our dues to other like-sized leagues in North Carolina. It was determined that JLWS has not had an effective dues increase in 10 years and our dues are lower than other similar leagues in the state. The fact that we have not had to increase dues and are asking for only a small increase now is a testament to the excellent financial stewardship of our leadership over the past 10 years. However, JLWS simply cannot continue to provide the excellent leadership development to our members nor make the impact in the community that we desire without an increase in dues. The membership will vote on this increase at the January GMM, and we hope you will all support the long-term financial stability of JLWS and vote to approve this dues increase.

We are, by definition, a membership organization, and the Junior League thrives when our membership is active and engaged. We all have commitments outside JLWS to family, work, and other volunteer organizations. At times it can feel overwhelming, but know that your league experience is developing you in ways you may not realize at the time. You are gaining invaluable experiences that are developing you into civic leaders to continue making lasting change in our community. I hope 2012 will be filled with all good things for you and your families and I know it will be a wonderful year for JLWS!

*Meredith*



*The Junior League of Winston-Salem is an organization of women committed to promoting volunteerism, 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.*

### 2011-2012 Board of Directors

**Meredith Masten** ♦ President  
**Heather Mackey** ♦ President-Elect  
**Alicia Madan** ♦ Administrative VP  
**Mary Elizabeth Craig** ♦ Communications VP  
**Amy Elizabeth Donley** ♦ Assistant Communications VP  
**Aimee Rowe** ♦ Community VP  
**Claire Calvin** ♦ Assistant Community VP  
**Susie Tickle** ♦ Finance VP  
**Maureen Elrod** ♦ Assistant Finance VP  
**Katy Ringeman** ♦ Membership VP  
**Dianne Conley** ♦ Assistant Membership VP  
**Heather Bumgarner** ♦ Nominating Chair  
**Loy McGill** ♦ Sustainer Advisor  
**Katy Fisher** ♦ Member-at-Large  
**Cat New** ♦ Volunteer Development Chair  
**Eva Wu** ♦ Strategic Planning Chair

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/public/publications/informer](http://www.jlws.org/public/publications/informer)

**Advertising deadline for the March/ April issue: January 15, 2012**

Editorial submissions are subject to editing for content and length. Articles and photographs may be submitted via e-mail to [informer@jlws.org](mailto:informer@jlws.org).

Photographs must be submitted with caption information, and appropriate photo releases are required from those pictured who are not JLWS volunteers.

**Editorial deadlines for the March/ April issue: January 11, 2012**

### 2011-2012 *Informer* Staff

**Heather Parker** ♦ Editor  
**Mia Sloan** ♦ Assistant Editor  
**Mara Schilly** ♦ Staff Editor

## October Board Briefs

The Junior League of Winston-Salem Board of Directors met on October 17, 2011. Susie Tickle reviewed the profit and loss statement.

Csilla Dunn attended a Birkman Method training and will now be able to work with Board members and other League members who take the Birkman inventory. The Placement Review Committee will be meeting soon to discuss potential changes to placement offerings next year, though no new community placements will be added for 2012-2013.

The Board discussed ways to increase attendance at Council meetings, as well as how Councils can best communicate to the Board when issues arise which require Board review. Heather Bumgarner updated the Board regarding the new application process for Nominating committee.

Town Hall meetings will be held November 1 through 10. The Board reviewed the agenda, discussion questions, other announcements, and logistics for the meetings.

Council Vice Presidents reviewed progress toward the Annual Plan objectives, including discussion of community partnerships, mentoring, fundraising, and marketing. The Board discussed an initiative developed for the purpose of attracting previously resigned sustainers.

## November Board Briefs

The Junior League of Winston-Salem Board of Directors met on November 14, 2011. Susie Tickle reviewed the profit and loss statement and the IRS Form 990 prepared by Butler & Burke, CPA. The audit of the 2010-2011 year budget will soon be completed, and according to JLWS policy, profits will go into long-term savings accounts. Financial results of Boo-tique were reviewed and plans for next year were discussed.

There is currently discussion about making Placement Liaisons more “high touch” for members, and a decision for next year will be made soon. The Placement Review Committee will be meeting on November 28 to discuss placements for 2012-2013, and the Placement Fair for new members and interested actives will be held on February 6, 2012. Attendance at the Placement Fair will count as a GMM make-up.

Town Hall meetings in early November were very successful with many positive and constructive issues discussed. Member-at-Large Katy Fisher will compile the meeting notes to present to the Board. The March GMM will be a Women’s Health Fair at the Children’s Museum with multiple sessions and kiosks from which members may choose.

Approximately 90 Sustainers attended the Sustainer Sip & Sandwiches event on November 8.

The Communications Council is emphasizing marketing the League’s fundraisers and translating external communications into Spanish.

The Board voted to approve an increase in member dues starting in the 2012-2013 League year, the first increase since 2001-2002. AJLI passed a \$4 dues increase each of the next two years, and per JLWS bylaws this increase must be passed to the JLWS membership. Dues for New Members, Actives, and Sustainers less than 65 years old will rise \$15 annually (including the AJLI increase), while dues for Sustainers between 65-80 years old will rise \$8 annually (the AJLI increase only).

## November Town Hall Thank You

Thank you to everyone who attended a Town Hall in November. Member feedback is so valuable, and the Board of Directors reviewed the results of the Town Hall questions at their December meeting. There were many interesting discussion points that were raised, and the Board has begun research and further discussion about implementing possible changes next year based on members’ feedback. One suggestion that was made through town halls that will be implemented immediately is to allow the Leadership Development training courses offered by Volunteer Development as GMM make-ups. The Placement Fair on February 6, 2012 will also count as a GMM make-up. Further developments based on member ideas will be shared as they are finalized.

## General Membership Meeting Calendar

### January 30, 2012

6:30 p.m. Social  
7:00 p.m. Meeting  
Milton Rhodes Center for the Arts  
Voting Meeting

### March 26, 2012

6:30 p.m. Social  
7:00 p.m. Meeting  
Children’s Museum of Winston-Salem

### May 21, 2012

6:30 p.m. Social  
7:00 p.m. Meeting  
Milton Rhodes Center for the Arts  
Voting Meeting

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### Ask Your

Member-at-Large

Katy Fisher

Q: What are the  
Community Board

Representative Positions and what  
do they do?

A: The Junior League of Winston-Salem has members sitting on several Board of Directors in the community. Some of the Boards we have representatives on are; Bowman Gray Child Guidance Clinic Advisory, Domestic Violence Shelter- Kernersville, Forsyth Adolescent Health Coalition, Forsyth Education Partnership, SciWorks, and Smart Start of Forsyth County. The community organizations we place members on are either an organization that we helped found like: SciWorks or one that coordinates well with the Junior League mission. These positions are filled by Active and Sustaining JLWS members.

The Junior League benefits greatly from having its own members speak on behalf of the Junior League to other organizations, keeping the JLWS mission in mind when voting. Other organizations will also stay tapped into the JLWS efforts and plan cohesive programs. If you are at all interested in serving on a Board of Directors and are not able to serve on the Junior League Board next year, you may want to consider serving on one of these Community Boards. It is a great way to get Board experience and meet new people. Some terms are longer than others from 2 years to up to 8. And, the Community Boards meet anywhere from every month to once a quarter. If you are interested in serving on a local Community Board, tell your placement liaison and she will help you find one that is available.

## 2012-2013 JLWS Board of Directors Slate

It is with great enthusiasm that the Nominating committee announces the slate for the 2012-2013 JLWS Board of Directors. All Active members will have the opportunity to vote on the proposed Board of Directors at the January 30, 2012 GMM.

Heather Mackey *President*  
Teresa Inman *President Elect*  
Claire Calvin *Community VP*  
Anna Ball Hodge *Assistant Community VP*  
Dianne Conley *Membership VP*  
Kelly Meachum *Assistant Membership VP*  
*To be slated* *Communications VP*  
Heather Jenkins *Assistant Communications VP*  
Maureen Elrod *Finance VP*  
Stephanie Moser *Assistant Finance VP*  
Erin Jelinek *Nominating Chair*  
Kelly Carswell *Member-at-Large*  
Felecia Manning *Administrative VP*  
Elizabeth Dampier *Long Range Planning*  
Catherine "Cat" New *Volunteer Development*  
Julie Groves *Sustaining Advisor*

## 2012-2013 Nominating Committee Slate

The Nominating committee is also pleased to announce those Actives who have been slated to join the 2012-2013 Nominating Committee. All Active members will have the opportunity to vote on the proposed Nominating Committee at the January 30, 2012 GMM.

### ACTIVE SEVEN YEARS AND OVER

**Hunter Douglas**

### ACTIVE TWO THROUGH SIX YEARS

**Katy Fisher**

**Alicia Madan**

The Nominating Committee members who will be completing the second year of their 2-year term during 2012-2013 are: Cornelia Groce, Amine Seifert, and Heather Wells.

Please contact Nominating Chair Heather Bumgarner at [nominating@jlws.org](mailto:nominating@jlws.org) or any current members of the committee with questions about the slate of officers, the nominating slate, or the nominating process in general.

# Fall 2011 League Linkers Events



## Give Yourself the Gift of Better Heart Health with Forsyth Medical Center

‘Tis the season for gift giving. So this year, make sure you put yourself on the recipient’s list, and give yourself the gift of good heart health with the help of Forsyth Medical Center (FMC).

“Many women have not been taught how heart disease symptoms differ between male and female patients,” says Lindsay Peral, MD, a family medicine physician with Maplewood Family Practice who is affiliated with the Women’s Heart Center at Forsyth Medical Center. “Many of them don’t even know what individual risk factors they possess. But our personalized heart health screening can help you learn about your risk factors for heart disease – and what you can do to overcome them.”

### Woman’s Heart Disease Risk Factors

Female family history of  
heart disease before age 65

Diabetes

If a woman is 55 or older

Research shows that a woman’s most important heart disease risk factors are: Female family history of heart disease before age 65, diabetes, age (55 or older), and cigarette smoking. Other risks may include being post-menopausal, or having the ovaries removed, obesity, a sedentary lifestyle, high blood pressure, high total cholesterol and/or low HDL cholesterol and Metabolic syndrome (a combination of factors, such as those listed above).

So, who should have a heart disease assessment done? Everyone, says David Bohle, MD, an interventional cardiologist with Winston-Salem Cardiology who is also affiliated with the Women’s Heart Center.

“Not only should every woman know her Pap smear and mammogram results, but every woman should also know her heart disease risk factors,” Dr. Bohle says. “The early evaluation we offer at the Women’s Heart Center is a proactive way to stay ahead of any problems that might not show themselves until they become serious.”

The Women’s Heart Center offers all women an opportunity to better understand their heart disease risk factors and how best to manage them. The center’s personalized heart disease risk assessment, which normally costs just \$25, includes several simple screening tests, including: Blood pressure check, cholesterol blood test (total,

HDL, LDL and triglycerides), glucose blood test, weight / body mass index screening and a non-invasive test to check for peripheral arterial disease in the legs (an ankle brachial index). As a special bonus, FMC is offering its heart health risk assessment to all Junior League members for *free*. Schedule your free heart health risk assessment today.

Following the screenings, you’ll have an opportunity to work with one of the Women’s Heart Center’s heart health counselors to develop an individualized wellness plan aimed at lowering your risk factors. 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 and hormone management. Based on your screening results, you may also be referred back to your primary care physician or a cardiologist for follow-up or additional testing.



### Complimentary Free Heart Health Risk Assessment available for all Junior League of Winston-Salem Members

Call 336-718-6037 or email  
[womansheart@novanthealth.org](mailto:womanesheart@novanthealth.org)

An overwhelming majority of women who died suddenly of coronary heart disease had no previous symptoms (63 percent). Women are more likely than men to experience heart attack symptoms that are not related to chest pain, including: neck, shoulder, upper back, jaw or abdominal pain or discomfort, shortness of breath, weakness, nausea or vomiting, sweating, lightheadedness or dizziness, unusual or excessive fatigue, and cold sweats. *If you or a loved one experiences any of these symptoms, call 911 immediately.*

Heart disease is the No. 1 killer of women, claiming more than 8,000 women in North Carolina every year. And while you may not be experiencing any symptoms of heart disease, the Women's Heart Center assessment can still prove beneficial.

"Our screening is easy, it's inexpensive, and it could ultimately save your life," Dr. Bohle says.

Understanding your risk factors is the first step in fighting heart disease, so give yourself the gift of better heart health by scheduling your free personalized heart disease risk assessment today. Just call 336-718-6037 or e-mail [womensheart@novanthealth.org](mailto:womensheart@novanthealth.org).

## Heart Attack Symptoms (Not Related to Chest Pain)

Neck, shoulder, upper back, jaw or abdominal pain or discomfort

Shortness of breath

Weakness

Nausea or vomiting

Sweating

Lightheadedness or dizziness

Unusual or excessive fatigue

Cold sweats

## Placement Fair – February 6 – Choose 2012-2013 Placements Soon

Mark your calendar now for the 2012-2013 Placement Fair to be held Monday, February 6, 2012 at the Children's Museum of Winston-Salem beginning at 6:30 p.m. This event is required for all New Members and Active members are strongly encouraged to attend to learn more about placement offerings for the coming year. New this year, information regarding placements will be organized based on the time commitment required (daytime, evening, weekend, etc). It promises to be a fun event full of helpful information, invaluable networking, and fabulous door prizes!

For the 2012-2013 year, there will be no new community placements, however all available community placements will be offered in combination with existing agencies. The Children's Museum "Special Programming" and "Discount Friday Nights" committees will be combined into one "Special Events" committee that will use their creativity to plan fun filled events for children at the Museum. Members assigned to this placement will be given more direction to plan and implement events. An expansion of the work of the Children's Museum "On the Road" committee will be the Children's Museum "Outreach Coordinators" committee. This placement will take the importance of early childhood literacy into underserved day cares and work to develop collaborations with other non-profits such as Smart Start and

Imprints to build literacy programming for underserved populations. By working on Big Brothers / Big Sisters, members will have the opportunity to not only entertain those children waiting for "bigs", but will also work to reduce the number of children on the waiting list by planning events with other area nonprofit / civic organizations.

The JLWS's focus on Women's Health in the community grew this year with the addition of several new, exciting placements. These placements will continue to expand in the coming year, making an even greater impact on the lives of many women in the community. Junior League members from the BestHealth placement offer healthy cooking classes and other health outreach activities in conjunction with Wake Forest Hospital's BestHealth clinic at Hanes Mall. The women on the Sara Lee Center for Women's Health committee participate in a health challenge that they are then able to teach to other groups in the community. The Kids in the Kitchen committee also works to encourage healthy lifestyles by teaching kids and their parents ways to make cooking and eating fun and healthy!

Information about these and many more placements, including in-league placements, will be available at the Placement Fair and online through the Placement Brochure (available early February 2012).

## New Members

### New Member Calendar

**January 9, 2012**

New Member General Assembly  
6:30 p.m. - 8:30 p.m.

**February 6, 2012**

New Member General Assembly  
6:30 p.m. - 8:30 p.m.

**March 5, 2012**

New Member Town Hall Meetings  
6:30 p.m. - 8:30 p.m.

### New Member Highlight

**Weatherly Gordon**

**Hometown**  
Winston-Salem, NC

**Education**  
B.S. in Textile  
Technology/Textile  
Design, North  
Carolina State  
University

**Occupation**  
*C9 by Champion* Womens Technical  
Designer at Hanesbrands Inc.

**Family**  
Susan (JLWS Sustainer) & James, parents;  
Russell, brother

**Favorite Book**  
Deception Point by Dan Brown

**Favorite Quote**  
"Don't sell yourself short; pick the best parts  
of yourself and put them out there" -Grace  
Potter

**Favorite Female Role Model**  
Mary Lou Fogleman; grandmother

**Special Interests/Hobbies**  
Field hockey, knitting, HBI's Young Leaders  
United



## Welcome New Members

*Informer* will be introducing New Member groups and individuals in each future issue.



*Left to Right:* Megan Davis, Layla Manning, Samantha Woltz, Summer Hanna, Michelle Griffith, Lauren Weinstein, Meghan Nolan, Allison Whitcomb, Christie Stein & Rachel Johnson (Absent)



*Left to Right:* Rebecca Pareja, Kristin Kelly, Jayne Dallas, Britta Trigg, Laura Pippitt, Sloan Hepfer, Alexis Kennedy, Melissa Buckner, Marie Zavala, Jessica Robinson & Weatherly Gordon (Absent)

New Members in Action



Stop Child Abuse Now!

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

*Pictured Left to Right:* Emily Elrod, Jayne Dallas, Kathleen Barry, Gretchen Edwards

TODAY

women are stronger

THAN EVER.

WE INTEND TO KEEP IT THAT WAY.

Right now you face the future with more power and vitality than you ever have before. And we're with you every step of the way. Forsyth Medical Center offers pioneering services, like our women's heart center. But your heart is just the beginning. We also offer many other services for your complete wellness, including a high-risk birthing center and breast imaging clinic. Every day we're finding more ways to tailor our care for you. Because we don't just take your health seriously, we take it personally.

**Forsyth) MEDICAL CENTER**  
*Remarkable People. Remarkable Medicine.*

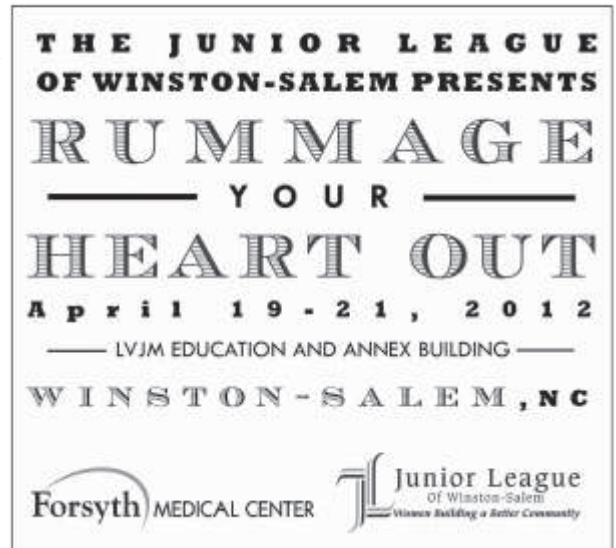
Heart | Bone | Breast | Birth | Gynecology | Bladder | Menopause  
[www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org) | 336-718-7000

## Rummage Sale 2012

**Help Rummage Sale Marketing Go Viral!**

This year, the Rummage Sale Committee is taking a new approach with its marketing strategy. The long-term effects of the recent economic downturn have hit Winston-Salem and have without a doubt hit the wallets of Rummage Sale shoppers and supporters. 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 partnership with Forsyth Medical Center and theme, “Rummage Your Heart Out!” are big strides towards creating a more dynamic and wide-reaching marketing campaign, but JLWS can’t stop there.

So, this year the Committee is looking into a variety of new and unique marketing opportunities. However, there is one opportunity that all agree needs to be utilized, Facebook! Facebook is a free marketing tool that everyone can use, as a Junior League and individuals, to market the 2012 Rummage Sale. The Rummage Sale Committee hopes that each of member will post positive statements and photos about the upcoming event between now and April! So snap a photo of a member in a Rummage Sale t-shirt, and post it online! Or, after dropping of donations at an early drop off, mention it on the Facebook wall. It’s easy to do, and creates a valuable buzz around the upcoming event. Please join the Facebook group, Junior League of Winston-Salem Rummage Sale, as well as post fun facts, tid-bits, stories, and comments on all the Facebook walls!

**The Rummage Sale Maternity Policy**

Members qualify for maternity leave from working the Rummage Sale if their due date falls between Monday, March 5, 2012 and Monday, June 4, 2012. This is six weeks before and after the sale. This is not the same policy as for your maternity leave from your placement. Those members who are on bed rest are, of course, also exempt from their work shifts, regardless of their due date. If you are able to work, but need a special job, please don’t hesitate to let our Scheduling Chairs know. We have several jobs during the week that are more sedentary than working in a department and are happy to accommodate your needs. Please contact Amy Wauford, Scheduling Assistant Chair, as soon as possible at [rsscheduling@jlws.org](mailto:rsscheduling@jlws.org) to prevent from receiving a fines notice after the sale. Please note that **ONLY** the Rummage Sale Scheduling Chair and Assistant Chair can excuse you from your responsibilities, and maternity leave is not an exemption from contacting Sustainers or donating items. This requirement may be completed any time leading up to Rummage Sale.

**The Silent Auction is getting a MAKEOVER!**

The Merchant Solicitation Chair and Co-Chairs, Meredith Ahles and Katie Clendenen, have teamed up with Preview Party Co-Chairs Vicki Visel and Erin Moore to make sure that this year’s auction, and event, is different, daz zling, and is full of high-quality items from the area’s most popular businesses. “Our goal is to have a smaller auction, but with items of higher quality.” Ahles says. “We want people to get that got-to-have-it! feeling when they are browsing in the auction”. Rummage Sale Chair, Kate Reece, agrees, “The Preview Party Co-Chairs are doing a dynamite job with making sure that the Rummage Sale Preview Party becomes a signature event in our community.”

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

This year’s Preview Party theme is “*Fiesta Your Heart Out!*” and will have fabulous Tex-Mex inspired dishes and beverages. BestHealth will be on hand to teach all our party goers how to make a healthy, and delicious, fresh salsa. As always, Preview Party attendees will have the first pick of our fabulous Rummage Departments. Tickets are \$20 at the pre-sale price, with benefits for purchases more than one ticket at a time! So grab mother, sisters, grandmothers, aunts, nieces, daughters-in-law, daughters, or best friends and mark the calendar for a night of shopping on Thursday, April 19, 2012!

JLWS Dues Increase Proposal

As written in previous communications in the Informer, an increase of AJLI dues was approved at annual conference in Philadelphia in spring of 2011. The increase changed AJLI dues from \$35 per member to \$39 per member for the 2012-2013 year and then increased again to \$43 per member for 2013-2014 and thereafter. AJLI laid out a plan of increased services that they will provide to all Junior Leagues as part of the reasoning for the requested increase. Some of these include the Webinar Wednesdays, which have already been rolled out, as well as other online self-paced training modules that will be coming in the next few months. There are additional planned enhancements to technology and member services.

Per JLWS bylaws, an increase in AJLI dues is automatically passed on to JLWS members and requires no vote of the membership. The Board and Finance Council found it prudent at this time to perform a historical analysis of JLWS dues increases and also a comparison of JLWS dues to those of other leagues in North Carolina. The chart to the right shows the results of the comparison of JLWS dues to other NC Junior Leagues. JLWS has not had an effective dues increase since 2001 for the 2001-2002 league year. Each year for the past several years, the Board has had to make cuts in the budget in order to maintain a balanced budget. The fact that JLWS has been able to operate without a dues increase for ten years is a testament to the excellent financial administration of past leadership. However JLWS cannot continue to operate and make the same impact in the community without a dues increase.

Based on the results of this analysis, the Finance Council and Board of Directors have approved an increase of \$7.00 for New Members, Actives, and Sustainers under the age of 65 on top of the AJLI increase. This results in an effective increase of \$15 to these membership groups (AJLI increase of \$8 + JLWS increase of \$7). Sustainers between the ages of 65 and 79 will have no additional increase on top of the AJLI increase of \$8.00. These dues will be due and payable on March 1, 2012.

A motion to approve this dues increase will be presented at the January GMM.

Annual Dues by JL Membership Class

Junior Leagues in NC	Provisional	Active	Sustainer ≤65	Sustainer 65-70	Sustainer 70-79
Current Winston-Salem Greensboro Durham/Orange Counties Asheville Raleigh Charlotte	\$115.00 \$128.00 \$135.00 \$103.00 \$138.00 \$200.00	\$115.00 \$128.00 \$135.00 \$150.00 \$160.00 \$200.00	\$98.00 \$93.00 \$110.00 \$100.00 \$133.00 \$125.00	\$90.00 \$93.00 \$90.00 \$85.00 \$88.00 \$65.00	\$65.00 \$93.00 \$90.00 \$85.00 \$88.00 \$65.00
Proposed Winston Salem Rate	\$130.00	\$130.00	\$113.00	\$98.00	\$73.00



Save the Date for  
**Tour of Fine Spaces**  
 Saturday, March 24, 2012

**Wishing You A Season Of Smiles!**

**Chermak & Hanson**  
 Orthodontics

Dr. David S. Chermak • Dr. John C. Hanson  
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## Volunteer Development Calendar

**January 30, 2012**

5:30 p.m.- 6:30 p.m.

*Public Speaking and Effective Communications*

**May 21, 2012**

5:30 p.m.- 6:30 p.m.

*Fundraising, Solicitation and Grant Writing*

Upcoming Webinar Wednesday Registration is now open for all remaining Webinar Wednesday topics in 2012. All past webinars are available on demand through [www.ajli.org](http://www.ajli.org).

- **Sandra Timmons**, *My Accidental Journey to Leadership* on January 18
- **Ada Jo Mann**, *Leading Positive Change; An Appreciative Approach to Community and Civic Leadership* on February 1
- **Sally Helgesen**, *Tapping the Power of the Female Vision* on February 15

## Sustainers Sip, Sandwiches & Socialize

On Tuesday, November 8, over ninety Sustainers gathered at Sip, Sandwiches & Socialize at the home of Jimmy and Julianna Strickland. Sustainers commented that the new midday timing allowed more of them to attend with their work schedules. It was a beautiful, warm fall day which made it lovely to enjoy the Strickland's amazing home.



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## Evening Book Club



The evening book club will meet on January 10, 2012 at 7:00 p.m. at the home of Gretchen Wells to discuss *The End of the Affair* by Graham Greene. Set in London during and just after World War II, Graham Greene's *The End of the Affair* is a pathos-laden examination of a three-way collision between love of self, love of another, and love of God.



Evening Book Club meeting on September 13, 2011

The evening book club will also meet on March 13, 2012 to discuss *Outliers: The Story of Success* by Malcolm Gladwell and on May 8, 2012 to discuss *City of Thieves: A Novel* by David Benioff.

## Sustainer Events Calendar

### January 10, 2012

Evening Book Club  
Home of Gretchen Wells  
7:00 p.m.

### January 25, 2012

Daytime Book Club  
Home of Dee LeRoy  
9:30 a.m. - 11:00 a.m.

### March 13, 2012

Evening Book Club  
Location TBD  
7:00 p.m.

## Daytime Book Club



The daytime book club will meet on January 25, 2012 at 9:30 a.m. at the home of Dee LeRoy to discuss *A Summers to Memphis* by Peter Taylor.

In this book, only the second novel of his long career and the winner of the 1987 Pulitzer Prize for fiction, Taylor weaves a rich social web in telling the story of one family's stark social decline, symbolized by a move from Nashville to Memphis, and of the consequences through the years and down the generations.



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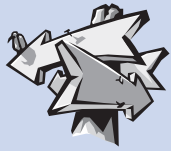
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## League Transitions

**Transfers to Winston-Salem from:**

Kathleen Evans (S)	Evanston-North Shore, IL
Nancy Tuohy (S)	Philadelphia, PA
Kate Windemuller (A)	Columbia, SC

**Transfers from Winston-Salem to:**

Pam Gray (A)	Portland, OR
--------------	--------------

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## Volunteers Of Distinction

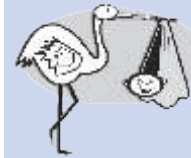
**Julianna Strickland** for hosting the JLWS Sustainers for Sip, Sandwiches, and Socialize on November 8.

**Jennifer Ballsieper and Michelle Roehm** for planning and organizing the Sustainer events this year.

**Carrie Ross** for compiling survey results for Placement Review Committee and editing the Placement Brochure.

**Aimee Rowe** for organizing the Girls' Night Out at Schiffman's in November.

**Marley Russell** for serving as Co-Chair for Brenners' Festival of Trees. Also serving on the organizing committee were **Abbie Plonk, Meredith Ahles, Sarah Lafferty, Parker Tegeler, Hunter Douglas, Kristie Blanco, Cabell Edmundson, Christine Storch, Elizabeth Myers, Cristen Sessions, Anna Ball Hodge, Teresa Inman, Anna Warburton, Mary Katherine Crane, Sarah Catherine Gibbs, Katy Fisher, Kate Reece, Cate Lynch, Vicki Visel, Jennifer Baker, Ashley Young, Emily Tripp, Amy Wauford, Allison Goodson, and Brandi Cleveland.**



## Little Leaguers

Holden Ezra Gerardi  
 August 19, 2011  
 Carly Weisthal and Anthony Gerardi

Frederick Lee Bryan  
 October 3, 2011  
 Jennifer Bryan

Vivian McLean Sessions  
 October 11, 2011  
 Cristen and Ben Sessions

Hattie Noland  
 October 20, 2011  
 Liz and Ben Noland

Noah William Harrelson  
 October 27, 2011  
 Andrea and Adam Harrelson

William Meyer Suttle  
 November 3, 2011  
 Wesley and Mark Suttle



## League Unions

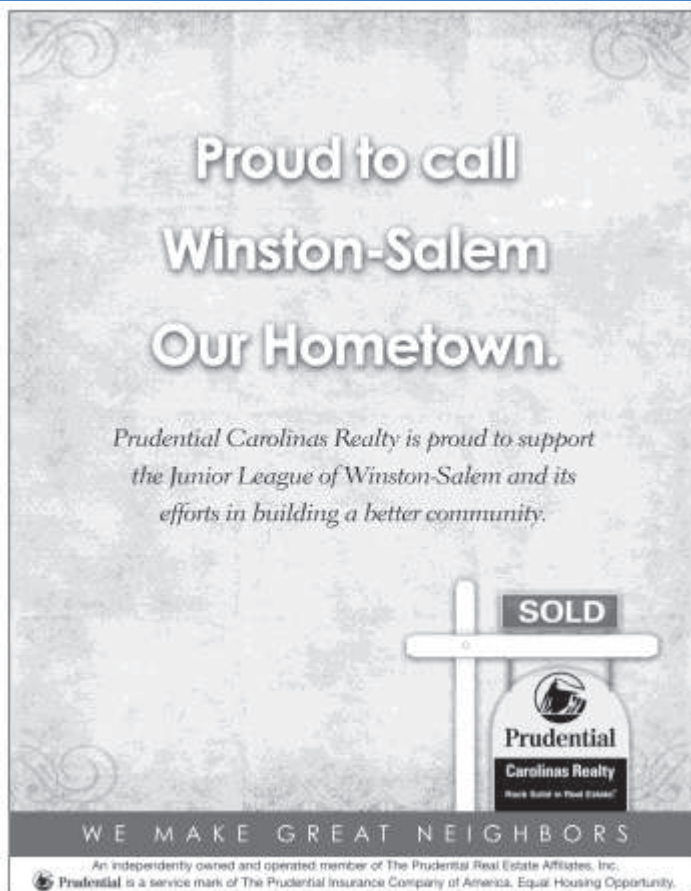
Chrissy Snapp  
 Married  
 Al Sergiacomi  
 October 8, 2011

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### The JLWS Mission

The Junior League of Winston-Salem, Inc. is an organization of women committed to promoting volunteerism, 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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