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

MARCH GENERAL MEMBERSHIP MEETING (GMM)

Monday, March 26, 2012

Events starting at 6:00 p.m.
(See page 5 for more details.)

CHILDREN'S MUSEUM of WINSTON -SALEM

Get Healthy and Fit!

This highly interactive meeting will provide many opportunities in both awareness and activity that will be beneficial to JLWS members' health.

Beginning at 6:00 p.m. with run/walk or strength training, this GMM proves to be personalized to any members' health interests. Attend breakout sessions with healthy cooking, exercises, and health education. Look inside this month's issue for more detailed information about all of the events to enjoy.

Members are encouraged to wear tennis shoes and comfortable clothes for this healthy and fit membership meeting. Don't miss this great event and feel free to invite a friend!

New Member Information

Friends, colleagues and neighbors are invited to learn more about membership in the JLWS by attending one of the upcoming Prospective New Member Open Houses this spring. The first event, which is open to guests of members only, will be held at a Sustainer's home on March 18 at 4:00 p.m. The second and third events, which are open to the public, will be held before the March GMM at the Children's Museum of Winston-Salem at 6:00 p.m. and on May 16 at the Diamondback Grill at 7:00 p.m. For more information on these events please email Maile Philpott at new-memberinterest@jlws.org or Heather Wilson at assistantnewmemberdevelopment@jlws.org.

Membership– Challenge Yourself to Make a Change



It is spring and that means it's fundraising time for JLWS. We have Tour of Fine Spaces coming up very soon on Saturday, March 24, and then, just three weeks later, Rummage Sale begins with work week starting April 16 and the sale on April 20-21.

These fundraisers are so important to the Junior League, and I would like to start by commending each of the committees for all their hard work this year. While we depend heavily on both of these fundraisers from a financial sense, we also depend on them as well to raise awareness of the JLWS in the community and for Rummage Sale to fulfill a need in our community to provide quality merchandise at an extremely affordable cost.

Rummage Sale also meets a need in fostering fellowship of our members. It is the only fundraiser where Active and New Members are required to participate. As such, Friday night of the sale is the only activity where all JLWS members: New Members, Actives, and Sustainers, can come together to work at the same time to accomplish a goal. We have a fifty-seven year history of camaraderie and successful "rummaging" together, and I have no doubt that this fifty-eighth year will be another success. So as you are making plans for Rummage Sale – gathering your rummage and brown bags, scheduling time to attend work week and sale shifts, attending Preview Party – please keep this opportunity for togetherness and fellowship in mind. I challenge you to seek out old friends and committee members from previous years who you haven't seen in a while. Reconnect with them and enjoy catching up with each other.

I hope everyone will make plans to attend the March GMM. I am so excited about this meeting! It will be highly interactive. As you will see on page 5, we have fitness classes offered prior to the start of the meeting from 6:00 p.m. -6:30 p.m. Sara Lee Center for Women's Health Educators group will be talking more about their get healthy program that they unveiled at the January GMM and members will be able to sign up for the program at this March meeting. We will also have an array of healthy foods and snacks for you to try and you will be able to see some cooking demonstrations. Please also note that there will be a prospective member information session prior to the meeting also from 6:00 p.m. -6:30 p.m. So please bring with you a friend, co-worker, or neighbor whom you think would make a great JLWS member!

The JLWS year is beginning to wind down, but there's still a lot left to accomplish in the next few months. I have been so honored to serve you as President this year and cannot believe my term is almost at a close. I look forward to seeing all of you at all the spring events that are coming up!

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

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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

**Advertising deadline for the
May issue: March 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. 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
May issue: March 13, 2012**

2011-2012 *Informer* Staff

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

December Board Briefs

The Junior League of Winston-Salem Board of Directors met on December 12, 2011. Sustainer Ragan Folan presented statistics of childhood hunger in the greater Winston-Salem area, which at 34.8% is the highest rate in the country. She described the Backpack Program which currently operates in conjunction with Second Harvest Food Bank in multiple schools in the Winston-Salem/Forsyth County School system, allowing needy children to take non-perishable food home each weekend. The Board discussed options for starting a JLWS Backpack Program at a new school as well as options for assisting with a current program. The League's involvement with the Backpack Program will be highlighted at the January General Membership Meeting.

Carrie Ross presented the recommendations from the Placement Review committee. A new Publications committee will be formed with members who will write for both the *Informer* and *WOWS*, with the Office Manager overseeing both publications. The Children's Museum will be combining two placements into one, a grant writer and Major Leaguers will be brought back, and the Communications Finance Manager and Cookbook positions will be eliminated with those duties going to the Office Manager and Assistant Office Manager. The Board voted to approve the recommendations, which included six members being placed on the Backpack Program committee.

Susie Tickle reviewed the profit and loss sheet. The JLWS received a clean opinion for the fiscal 2011 audit from the external auditors. The audit report was reviewed by the Board. Heather Bumgarner updated the Board on leadership positions the Nominating committee is working to fill. Katy Fisher reviewed detailed reports from the November Town Hall meetings. Several suggestions from members were highlighted and work is being done to assess the feasibility of implementing some of these changes. Heather Mackey is preparing for the GMM on January 30 at the Milton Rhodes Center, where there will be a book drive for Smart Start and Dr. Chere Chase will be speaking on women's health. Preceding the GMM, Volunteer Development will host the second Leadership Training class which will be on public speaking.

Council VPs summarized additional progress toward annual plan goals that had been discussed earlier in the fall.

January Board Briefs

The Junior League of Winston-Salem Board of Directors met on January 23, 2012. Susie Tickle reviewed the profit and loss statement. Heather Bumgarner updated the Board with the Nominating committee's progress in filling positions.

The Tour of Fine Spaces and Rumage Sale will be advertised on billboards in town through Fairway Outdoor Advertising. Due to a schedule change with the Junior League of Raleigh's SPREE event, discussion was held at the recent Finance Council meeting about moving the JLWS market to later in the fall. The recommendation from Finance Council was that Boo-tique be moved to Friday, November 29, 2012 through Sunday, December 1, 2012 and that it be partly rebranded to "Boutique: A Holiday Market" or something similar. Feedback from the Town Hall Meetings regarding Boo-tique was also reviewed.

On February 2, the JLWS will be partnering with the Sara Lee Center for Women's Health and The Winston-Salem Chapter of The Links, Inc. to host the 4th annual Go Red for Women women's health kickoff event in the Forsyth Medical Center Conference Center at 6:30 p.m.

The JLWS will again sponsor two \$500 scholarships for high school girls in 2012, and the application deadline will be April 1, 2012. The Placement Fair will be held at the Children's Museum on Monday, February 6 at 6:30 p.m. Meredith Masten reviewed plans for the March 26 GMM at the Children's Museum, which will be an interactive meeting focusing on women's health. Multiple pre-meeting sessions will be held at 6:00 p.m., followed by a social at 6:30 p.m. The meeting will begin at 7:00 p.m. with a variety concurrent sessions and trainings from which members may choose.

General Membership Meeting Calendar

March 26, 2012

6:00 p.m. Pre-Meeting Workouts
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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Eva Wu described the proposed structure of the 100th Anniversary ad hoc committee. The goal of the committee will be to research the needs of the community and to propose a 100th Anniversary project with a timeline for its implementation. The hope is that this committee will lay the groundwork that will lead to the implementation of the facility or service which would be in place and operating by 2023.

Council VPs summarized progress toward annual plan goals related to developing a multi-year grant plan, evaluating investment alternatives, and connecting with New Members and Sustainers.

Membership



Katy Fisher

Ask Your Member-at-Large

Q: What happens to all of the feedback that we gave at the Town Hall meetings?

A: Thank you, thank you for your attendance at the November Town Hall meetings and all of the fantastic feedback that you gave the Junior League. We hope that you were able to find a time that fit in your busy schedule and that you enjoyed the more casual format. Your valuable feedback has not gone unnoticed. Here is a brief summary of the items that we are already planning to address, and the others that are not below will be discussed by the incoming Board of Directors.

Rummage Sale

Almost everyone agrees that the Rummage Sale has a huge impact in the community and is one of the most visible ways that we market ourselves. The Rummage Sale team hears your feedback! They want everyone to know that unsold items are donated to several local charities. They realize that work week is a large time commitment and plan to send information on how to manage our time that week. And, new this year, New Members are not required to solicit merchandise for the silent auction! They also plan on involving several of our community partners to make it clear to the public what other groups we impact through our fundraiser.

Membership

Almost everyone wanted more ways to meet people and have more social events. There are a number of new special interest groups that were formed this year and we encourage you to look to the *E-Weekly* to learn when the next group is getting together. You could make a new friend at a walking group, at a movie downtown, or a business networking event.

Training

Many of you were unaware of the training classes available, but made suggestions of topics in which you would be interested. The training team has been working hard and has several of these topics on the schedule for future training. If you are interested in learning more about "fund development," look out for a class scheduled for May.

Communication/Marketing

We all agree that the community "knows" us for the Rummage Sale and not for the many other groups we support. The PR and Marketing committee is making sure that we have all the community partners linked on our web site, Facebook page, and in our publications. Likewise, we want to be linked to our partners' communication outlets. To keep tabs on what the Junior League is up to in the community, "like" our Facebook page and feel free to comment!

As always, please send questions to memberatlarge@jlws.org

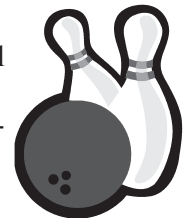
Cooking and Wine Interest Group TAKES OFF

The Cooking and Wine group has had some fun events. They started at Milner's with a tour of the kitchen given by an owner and then headed to the bar for wine and appetizers. In January, they gathered at Merlot and Van Gogh to enjoy wine, appetizers and paint wine glasses.

In February, they gathered at Diamond-back Grill for a cooking lesson from the head chef and then enjoyed the delicious food they prepared. Other events to come, consider joining now!

League Linkers Bowling Party

Join the League Linkers committee on Wednesday, March 21, 2012 at 7:00 p.m. for Bowling Night! There are lanes reserved and waiting for JLWS bowling at AMF Lanes (811 Jonestown Road). Admission is \$11.50 for 2 games and shoes OR \$10.00 for 1 game and shoes. Light snacks will be provided. Drinks may be purchased separately. RSVP at www.jlws.org Members only site.



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MARCH GENERAL MEMBERSHIP MEETING

March 26, 2012

Children’s Museum of Winston-Salem

LIST OF EVENTS:

6:00 p.m.—7:00 p.m.

- Prospective Membership Meeting
- Run/Walk on the Greenway, meeting at the Children’s Museum parking lot at 6:00 p.m. (Run or walk on the greenway between Children’s Museum and Gateway YWCA)
- Strength Training in the Children’s Museum parking lot led by Rob Danahy, certified personal trainer. Members should bring dumbbells in a comfortable, manageable weight ranging from 5-15 lbs. (Advanced registration is required. Sign up online in the Members Only section or see *E-weekly*)

6:30 p.m. - Social with a light meal provided by Programs & Arrangements

7:00 p.m. - Meeting begins

Concurrent sessions will run from 7:15 p.m.-7:45 p.m. and will be repeated from 8:00 p.m.-8:30 p.m. Featuring Sara Lee Center for Women’s Health session, including sign-ups for Eight Week Challenge, a relaxation techniques class, and a Best Health Cooking Class led by Chef Betty Morton.

BEFORE AND AFTER the GMM, take advantage of the following opportunities and booths:

Gateway YWCA—March 26-30 is “Special Guest Preview Week” for JLWS members. Pick up certificates for free admittance during this week. This free week includes the Aquatics Center, Fitness Center, Walking/Running Tracks and any classes offered in addition to the Child Care Watch area.

KIDS IN THE KITCHEN—The committee will have healthy snacks and recipes that taste great and are easy to make.

RUMMAGE SALE—Pick up Rummage Sale magnets, buy Preview Party tickets and get any and all Rummage Sale questions answered.

DUES—Membership dues are payable on March 1. Representatives from Finance Council will be on hand to accept cash or check payments.

Eight Week Challenge

Sara Lee Center of Women’s Health Educators

This spring, the committee of Sara Lee Center for Women’s Health Educators is taking the risk of heart disease straight to heart and putting it into action! This placement committee is embarking on their Wellness Challenge - an eight-week program to track and monitor healthy eating and activity habits. When it comes to maintaining a healthy diet and lifestyle, the statistics show that tracking and documenting on a consistent basis increases the chances for long-term success.

So...they began by each obtaining a cardiovascular risk assessment. The screening included weight, BMI, blood pressure, pulse, cholesterol, triglycerides, blood glucose and other known cardiovascular risk factors. For eight weeks, they are monitoring daily health habits such as eating 5 servings of fruits and veggies per day, performing at least 1 hour of physical activity per day, aiming for zero sugar sweetened beverages per day, and watching less TV and computer time. At the end of the eight weeks, they will be re-screened, and will certainly see improvements in overall numbers. Most importantly, it is making each committee member more aware of areas in their daily lives where they can make better lifestyle choices...whether it is drinking more water throughout the day or taking the stairs instead of the elevator.

Here’s the exciting part for JLWS members...the SLCWH Educators committee is launching the Wellness Challenge for interested members at the March GMM. There will be information in the *E-Weekly* to sign up for the challenge as well as at the March GMM. Community Health Educators from Sara Lee Center for Women’s Health will be at the GMM to conduct members’ cardiovascular risk assessments so each member can begin her own wellness challenge! Then kick off the eight-week program and track it weekly for success. Look for more information to come.

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Join American Heart Association Advocates in Urging NC Senators to Improve Child Nutrition at School

In May when the North Carolina General Assembly convenes the 2012 Legislative Session, colorful paper plates with drawings of healthy foods will adorn the Legislative Buildings. The American Heart Association is collecting paper plates decorated by children and parents and will present them to North Carolina Senators as they head into session to consider legislation that would improve child nutrition standards for competitive foods and beverages sold in schools.

You're the Cure for Healthy Kids - What's On Your Plate? Campaign

Launched statewide, the campaign supports efforts to pass legislation that would require the N.C. State Board of Education to adopt national nutrition standards consistent with those of the Alliance for a Healthier Generation School Program or the National Academy of Sciences Institute of Medicine for foods sold outside of the school meal program.

It's all part of the American Heart Association's "You're the Cure for Healthy Kids—What's On Your Plate?" campaign. Launched statewide, the plate campaign supports efforts to pass legislation that would require the N.C. State Board of Education to adopt national nutrition standards consistent with those of the Alliance for a Healthier Generation School Program or the National Academy of Sciences Institute of Medicine for foods sold outside of the school meal program. This includes food sold in vending machines, school stores and through other means to students.

Studies show that children consume up to 47% of their total daily calories at school. In addition to cafeterias, nearly all schools offer competitive foods including a la carte items, vending machines or school stores at which children have access to food. A recent national study found that 40% of students consumed or more competitive foods on a typical school day. The most popular foods included juice drinks, cookies/cakes/brownies, chips, candy and carbonated soda.



The campaign is a fun way to engage people in support of the issue. Participants are invited to decorate the front of the plate, and then include a simple message on the back, along with their contact information to encourage their senator to support improving child nutrition standards in schools. Home street addresses and zip codes are essential so that people can be matched to their senators.

Help in Three Easy Steps

- 1. Take Action Now:** Tell your Senator that you support improving child nutrition standards and urge them to support HB 503 in May.
- 2. Help with Paper Plates:** Contact Betsy Vetter, betsy.vetter@heart.org to find out how you can help.
- 3. Join You're the Cure:** Visit www.yourethecure.org to register and receive important updates about this and other policy issues that the AHA is working on to build healthier lives, free of cardiovascular diseases and stroke.



Women's Health Across the Lifespan

The topic of women's health encompasses a wide variety of issues across the lifespan. As discussed in previous issues of the *Informer*, maintaining a healthy diet and active lifestyle can help to prevent or reduce the risk of developing conditions such as cardiovascular disease, diabetes, stroke, and multiple types of cancer. There are also issues such as hormonal and body composition changes that impact women's health.

Whether a woman is in her twenties or nineties (or any point in between), these basic tenets can make a dramatic impact on their health and quality of life...

When a woman is in her **twenties**, her body is producing hormones such as estrogen and progesterone at high levels to help prepare her body for pregnancy. Metabolism rates are usually high which helps burn extra calories. Bone mass is strong. As women move into their **thirties**, hormone levels begin to fall which can lead to problems with infertility. Metabolism begins to slow and the percentage of lean muscle mass decreases with an increase in fat tissue. Bone mass also decreases after age thirty. Women should take in at least 1500 mg calcium daily (in divided doses) and 800 international units of vitamin D, in addition to continuing weight bearing exercise to help compensate for these changes and reduce the risk of osteoporosis.

A woman's **forties and fifties** typically bring high levels of career and family satisfaction. They also can be stressful times as women are busy caring for their children as well as their aging parents. This time also brings further decrease in hormone production and the onset of menopause, with the onset of early menopausal symptoms (called perimenopause) presenting as early as the late thirties. With menopause comes associated changes in the cardiovascular system, bones, and central nervous system, resulting in increased risk of heart disease, osteoporosis, and memory changes. Women undergoing menopause or perimenopause may find regular exercise to be one of the best things that they can do to promote their physical and emotional health.

For those postmenopausal women who have not maintained a healthy lifestyle (or due to genetic predisposition), the **sixties and above** are when they are commonly faced with the consequences of their unhealthy lifestyle with the onset of cardiovascular disease, diabetes, and cancer. There is also a change in the balance between female hormones, such as estrogen, and male hormones, such as androgen, that leads to thinning hair, facial hair, and decreased libido. As a woman approaches her **seventies**, her appetite may begin to slow as her metabolism continues to slow. It is important to continue intake of calcium during this time as bone density and muscle mass decrease. Exercise helps women to stay flexible and maintain strength, hoping to leading to less risk of falling and subsequent fractures due to weakened bones.

Special offer for JLWS Members Free Heart Risk Assessment

To register, e-mail womensheart@novanthealth.org
Or call 336-718-5748

As a Junior League of Winston-Salem member, this personalized service will be no charge – a \$25 value.

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).

 **Forsyth** MEDICAL CENTER
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Following the screenings, there will be 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 individual risk factors.

New Member Calendar

March 5, 2012

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

April 16, 2012—April 19, 2012

Rummage Sale Week at the Annex

April 20, 2012

Rummage Sale—Friday Night Sale at the Annex

April 21, 2012

Rummage Sale—Saturday Sale at the Annex

May 21, 2012

New Members Become Active!

Welcome New Members



Left to Right: Kathleen Barry, Jessica Francis, Liz Noland, Elizabeth Hamlin, Andrea Whitley, Amy Miller & Hannah Norman (*Absent:* Ashley Talbott, Elizabeth Voelker, Kate Wall & Heather Wilson)

New Member Highlights

Alison Grein

Hometown: Asheboro, NC

Education : B.A., UNC-Chapel Hill; M.A in School Administration, Appalachian State University

Occupation : 8th Grade Science Teacher, Guilford County Schools

Family: Tim, husband; Marlie, siberian husky; Reagan, shih tzu

Favorite Quote: "For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope." *Jeremiah 29:11*

Special Interests/Hobbies: Running, working out, going to Carolina Panther games with husband, being with family/friends

Favorite Places: Bermuda; where she and her husband got engaged

Favorite Book: Twilight Series by Stephanie Meyer



Rebecca Pareja

Hometown: Greensboro, NC

Education: B.S. Biological Sciences & B.A. Women and Gender Studies, North Carolina State University

Occupation: 2nd year medical student at Wake Forest University School of Medicine

Family: Mr. and Mrs. Roger II Pareja, parents; Roger III, brother

Favorite Quote: "I want to walk into a room, be it a hospital for the dying or a hospital for the sick children, and feel that I am needed. I want to do, not just to be." -Diana, Princess of Wales

Special Interests/Hobbies Susan G. Komen for the Cure and Breast Cancer Awareness, DEAC, Running, Soccer

Favorite Places: Sao Paulo, Brazil; Napoli, Italy; Charleston, SC

Favorite Book: *Another Day in the Frontal Lobe* by Katrina Firlrik



Highlights from the January General Membership Meeting



New Members, Actives, and Sustainers enjoy the social before the GMM featuring homemade chili made by the Programs and Arrangements Committee. Yummy!!



Recognized for Promoting Volunteerism: The Leaders of Member Interest Groups: Heather Angell, Walker Jones, Elizabeth Nolan, Whitney Ewing, Erin Jelinek, Tasha Smith, and Kristen Duchac.

Girls on the Run Chair Smruti Shah is recognized by Member-at-Large Katie Fisher for improving the community.

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Rummage Sale 2012

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RUMMAGE



— YOUR —

HEART OUT

April 19-21, 2012

— LVJM EDUCATION AND ANNEX BUILDING —

WINSTON-SALEM, NC

The Rummage Sale Committee has been busy working to ensure the success of Rummage Sale 2012! All members should be signed up for departments and shift, 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 create a successful fundraising event! If make-ups need to be scheduled, please contact the Scheduling Chair at rsscheduling@jlws.org.

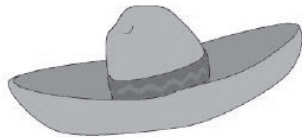
JLWS is excited to announce that this year University Parkway will have the honorary name of “Rummage Sale Blvd” leading up to and during the sale. This is the first year an honorary street has been named for the Rummage Sale. Everyone is thrilled about the extra marketing it will provide for our sale!

Don't forget about grabbing Preview Party tickets for the Mexican themed “Fiesta Your Heart Out” event, Thursday, April 19, 2012. BestHealth will be on-hand to teach guests how to make a delicious heart healthy salsa, and attendees will have their first pick at the quality rummage items for sale. Bring husbands, moms, girlfriends, sisters, and aunts... this will be a night of JLWS fun that no one wants to miss!

**New 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 re-sale value of approximately \$75.

In addition, members are responsible for contacting any assigned Sustaining Members and bringing 50 brown grocery bags for sale week.



THE JLWS RUMMAGE SALE PRESENTS

F I E S T A

— YOUR —

HEART OUT



— LVJM EDUCATION ANNEX —

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\$20 in Advance • \$25 after April 1 • \$30 at the Door
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www.jlws.org/rummagesale

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Tour of Fine Spaces 2012



Tour of Fine Spaces Junior League Of Winston-Salem

Saturday, March 24, 2012

10:00 a.m. – 4:00 p.m.

The Seventh Annual Tour of Fine Spaces will feature eleven homes throughout Winston-Salem and the surrounding areas. Local builders, interior designers, cabinet makers, flooring/tiling specialists, landscapers, and architects have come together for this unprecedented showcase featuring contemporary to traditional styles. Enjoy savory and delectable culinary samplings from local caterers, restaurants, wineries, and bakeries while you witness the beautiful craftsmanship.

Tickets are \$20 in advance. Tickets may be purchased online at www.jlws.org. With each advance ticket purchase, attendees will receive a free 1-year subscription to Winston-Salem Monthly- the city's premier life-style magazine (\$36 value). Event day tickets are \$25.

Thank you to our 2012 sponsors:

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Tickets on sale starting March 5 at the following retail outlets:

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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.

- **Gloria Feldt**, *Boost Your Power-To: A 9 Ways Power Tool Webinar* on March 7
- **Dr. Katrice Albert**, *Enhancing Diversity & Cultural Inclusion* on March 21
- **Colleen Willoughby**, *Leveraging Women's Philanthropy Through Collective Giving* on April 4

Sustainer Holiday Luncheon

On Monday, December 19, 2011, forty-five JLWS Sustainers gathered at 1703 Restaurant to enjoy a holiday treat of a delicious meal with old and new friends.



LuAnne Wood, Frances Brenner, and Kara Helms



Becky Perkinson and Jennifer Ballsieper



Jane Ahles, Nancy Harper, Marianne Northington



Susan Conger and Julie Wise



Kathleen Evans and Sherrie Fain



Chris McFadden, Carol Fagg, and Lynn Howland



Emelda Lawing, Katharine Memory, and Pat McPhail

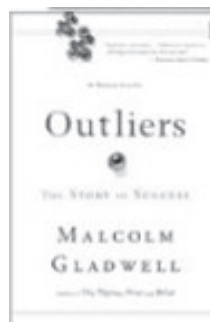


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Evening Book Club

The evening book club will meet on March 13, 2012 at 7:00 p.m. at the home of Margeret Brock to discuss *Outliers: The Story of Success* by Malcolm Gladwell.

According to the Amazon.com review: "In this stunning new book, Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different? Brilliant

and entertaining, *Outliers* is a landmark work that will simultaneously delight and illuminate."

The evening book club will also meet on May 8, 2012 to discuss *City of Thieves: A Novel* by David Benioff.

Sustainer Events Calendar

March 13, 2012

Evening Book Club
Home of Margaret Brock
7:00 p.m.

April 13-15, 2012

New York City Trip
Weekend of shopping, dining, and entertainment with Sustainer friends. Contact headquarters @jlws.org for more info.

April 18, 2012

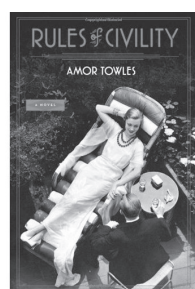
Daytime Book Club
Home of Carol Fagg
9:30 a.m. - 11:00 a.m.

April 19, 2012

Rummage Sale
Sustainer Breakfast
9:30 a.m. - 12 p.m.

May 8, 2012

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



Daytime Book Club

The daytime book club will meet on April 18, 2012 at 9:30 a.m. at the home of Carol Fagg to discuss *Rules of Civility* by Amor Towles.

From reviewer Caley Anderson: "Set during the hazy, enchanting, and martini-filled world of New York City circa 1938, *Rules of Civility* follows three friends--Katey, Eve, and Tinker--from their chance meeting at a jazz club on New

Year's Eve through a year of enlightening and occasionally tragic adventures. Tinker orbits in the world of the wealthy; Katey and Eve stretch their few dollars out each evening on the town. While all three are complex characters, Katey is the story's shining star. She is a fully realized heroine, unique in her strong sense of self amidst her life's continual fluctuations. Towles' writing also paints an inviting picture of New York City, without forgetting its sharp edges. Reminiscent of Fitzgerald, *Rules of Civility* is full of delicious sentences you can sit back and savor (most appropriately with a martini or two)."



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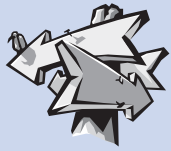
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League Transitions

Transfers to Winston-Salem from:

Anne Proctor(A) Greensboro, NC

Transfers from Winston-Salem to:

Emily Eddins (A) Greensboro, NC
Megan Harless (A) Asheville, NC

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Volunteers Of Distinction

Mayor Allen Joines, Rev. David Hodges, Ragan Folan, and Leigh Sommerville-McMillan for speaking at the Volunteer Development Public Speaking Training.

Programs and Arrangements Committee for making delicious chili for the January GMM.

Carrie Ross and the Placement Liaisons for organizing and leading the Placement Fair.

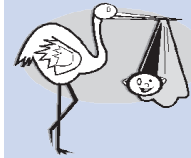
Hunter Douglas and Angie Murphrey for serving as Winterlark Silent Auction Co-Chairs. Winterlark Committee members from JLWS were: **Henri Brown, Missy Butler, Susan Conger, Mary Dean, Hunter Douglas, Marian Douglas, Lynn Eisenberg, Susan Elster, Ragan Folan, Heidi Geary, Penny Greenwood, Sue Henderson, Shelley Holden, Barbara Kirby, Lynda Morris, Angie Murphrey, Ellen Parsley, Nancy Spencer, Lucy Strawsburg, and Allison Watts**

Member Milestones

Ragan Folan was appointed President and CEO of Old Salem Museum and Gardens.

Jennifer Baker completed her Masters degree in Consumer, Apparel, and Retail Studies from UNC-Greensboro in December 2011.

In Memoriam
Georgia Goodson Saunders
1916 -2011



Little Leaguers

Owen Patrick Archer
November 23, 2011
Abby and John Archer

Avery Catherine Clarke
December 15, 2011
Kim and Brandon Clarke

Michael James "Jack" Wilson, Jr.
January 26, 2012
Heather and Mike Wilson

Gavin Michael Detroye
February 3, 2012
Alisha and Chad DeTroye



League Unions

Debbie Smith-Ruark
Married
Dr. Richard Dosek
February 18, 2012

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