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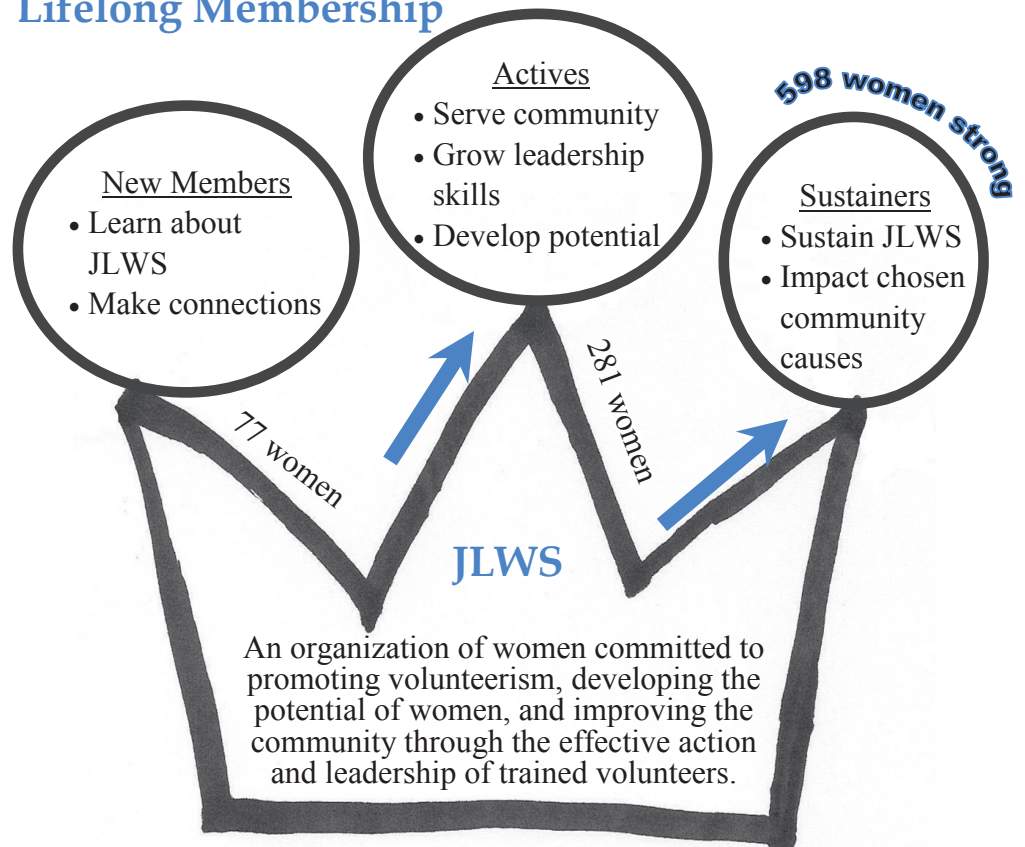
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Monday - Friday

Lifelong Membership



JLWS members are privileged to have lifelong membership, and the three tier membership model allows women to adapt as their life changes. New Members, Actives, and Sustainers each have unique roles to play in the lifelong membership. Experience serving as a JLWS leader prepares women to lead in non-profits and community entities like churches, schools, and businesses for years to come.

New Members are introduced the Winston-Salem community and spend time connecting with other engaged women becoming JLWS Actives. After several years of Active service, women find that other demands are pulling at their time. It may be careers, families or a desire to focus volunteer impact with one cause. All members have the opportunity to become JLWS Sustainers at the right time.

JLWS Sustaining members truly ensure the survival of the organization. Without the Sustainers, JLWS would not be able to continue with its mission to develop the potential of these young women leaders in the future. It would not be able to impact the community as it has since 1923, and it would not be promoting volunteerism for the generations to come. By retaining their lifelong membership, Sustainers are saying "this mission is still important to me and I understand that the future of women leadership in community service depends on JLWS."

Membership– Challenge Yourself to Make a Change



Happy Holidays! I cannot believe it is that time of year already! Thanksgiving is right around the corner to be followed by Christmas and then 2012 will be upon us! So much effort has gone into the planning of this Junior League year, (which is now almost half over!) and we are seeing the fruits of that careful planning in all our programming every day. It is so exciting and fulfilling to be a part of it all!

I have just returned from the fall AJLI conference in Baltimore, MD and I came back renewed and energized with so many ideas to share. I will be honest in saying that I don't always look forward to these conferences, as it is hard to get away from commitments to family, work and community. But I always learn so much, through the trainings presented by knowledgeable experts like Vicki Clark, and through sharing of best practices (and ideas that didn't work) with other Junior Leagues. Heather Mackey and I made long lists of ideas to share and we will be working on implementing some of these over the coming months.

A big topic of conversation among AJLI board members and leaders of other Junior Leagues is Sustainer engagement. This has been a topic of focus for your Board this year and there are many points that we are working to address on the strategic plan. One area where I think we haven't been very successful, (and AJLI finds this trend nationally through surveys and research they have done,) is that we don't always do a very good job of making Sustainers feel like they are members of the organization. I think this is partly why we hear that Sustainers don't feel connected to the Junior League. Please know that we are working on that! As you read in the cover article, Sustainers are vital to JLWS, and this organization will not continue without your support. By definition, the word "sustain" means to "keep up and maintain." Synonyms include "promote, subsidize, aid, assist, keep alive, preserve." In looking at these words, this is exactly what Sustainers do for JLWS every day. Without Sustainers, our Junior League will not survive.

So Sustainers, please know that this, and every publication, is for you too – not just Active members. We want to know and publicize your milestones too – promotions at work, awards and recognition you have received in the community, marriages of children, birth of grandchildren. Send us that information and we will proudly share it with all our members. Please also know that all our general membership meetings and training sessions are open to you. We were happy to see several Sustainers attend the recent training in September on "How to be an Effective Board Member." There are more trainings scheduled throughout the year prior to upcoming GMM's and you can also sign up for AJLI's Webinar Wednesdays, where nationally known authors, volunteers, etc. will speak on a variety of topics – all from the comfort of your own home or office broadcast over the internet. You are also welcome at every social event, not just the holiday luncheon! We would love to see you at any of the League Linkers events that are offered this year.

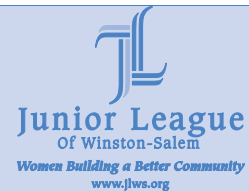
Actives and New Members, I challenge you to get to know JLWS Sustainers this year. Thank them for their continued support enabling you to receive the excellent volunteer development provided by this organization. You will all have the privilege to be Sustainers one day soon, and it will be your turn to give the opportunity for training and development to the next generation of women. You will also take all the training you are receiving out into the community, using it to be a catalyst for lasting community change, just as our Sustainers continue to do now.

So as you are reflecting on the end of one year and the start of a new one, I challenge all of you to remember that we are:

ONE LEAGUE with
ONE MISSION and
ONE MEMBERSHIP

Let's all work together to make the rest of this Junior League year the best JLWS has ever seen.

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
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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

**Advertising deadline for the
January/February issue: November 1, 2011**

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
January/February issue: November 9, 2011**

2011-2012 *Informer* Staff

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

Board Briefs

The Junior League of Winston-Salem Board of Directors met on September 12th, 2011. Susie Tickle reviewed the profit and loss statement.

The Board finalized the agenda for the September General Membership Meeting which will be held at St. Paul's Episcopal Church on September 19th. The Volunteer Development committee will be presenting a training session entitled "How to be an Effective Board Member" before the meeting. Member registration for Town Hall meetings will begin on Digital Cheetah after the GMM. The Board agreed to postpone the distribution of WOWS until after Boo-tique this year.

Council Vice Presidents reviewed progress toward the Annual Plan objectives. Meredith Masten led a discussion of the possibility of revising JLWS approach with investments.

Eva Wu highlighted the importance of sustainers in supporting the mission of the League. Members of the Board suggested possibilities to attract sustainers who have previously resigned.

AJLI Fall Conference

On September 22nd-25th, President Meredith Masten and President-Elect Heather Mackey represented the Junior League of Winston-Salem at AJLI's Fall Leadership Conference in Baltimore, Maryland. Over 300 delegates from Junior Leagues across the United States, Canada, Mexico, and the UK came together for a weekend full of networking, training, and discussion on issues impacting our organization and communities. The weekend began with a meeting of the Presidents of Large Leagues (POLL) affinity group, of which the JLWS is an active participating member. POLL's purpose is to provide opportunity to share information, concerns, and issues among members of the largest Junior Leagues to maximize community impact and membership satisfaction. Following the meeting, attendees enjoyed a reception at the National Aquarium located along Baltimore's "Inner Harbor", and had the opportunity to interact with AJLI Staff members as well as the Board of Directors. Attendees also had an opportunity to learn more about the 100 years of achievements made by the Junior League of Baltimore, and join in their centennial celebration.

Friday's sessions began bright and early with an update on the Strategic Roadmap and how AJLI is addressing the changing demographics and needs of our membership. Debuting this fall is the "Webinar Wednesdays" online series, being offered the first and third Wednesdays of every month. These sessions are designed for all League members as a way to enhance their knowledge of and interest in community and civic leadership. Also, later this fall, the first online, self-paced modules on the topics of "Junior League Movement" and "Personal Leadership Skills" will be introduced. These modules are offered as a means to provide additional training opportunities for busy League members, which can be completed on their schedule in their own home / office. More

modules are in the process of being developed for the 2011-12 year and beyond with details available on the AJLI website.

Throughout the weekend, Meredith and Heather attended sessions on Advocacy, Rethinking the Role of Sustainers, Issue Based Community Impact, Donor Giving Programs, and Engaging Millennial Members. Each session provided not only valuable information but opportunities for information sharing among Leagues as well. They also had the opportunity to participate in governance discussions on the role, purpose, and structure of the AJLI Board of Directors and the use of Collaborative League Engagement to identify ways AJLI can support individual League's efforts to address community impact issues

while building national and international collaborative voices. Saturday night's closing ceremony included a thought-provoking keynote speaker, Dan Pallotta, author of *Uncharitable: How Restraints on Nonprofits Undermine Their Potential*, which is prompting discussion about economic freedom for the humanitarian sector across the nation.

General Membership Meeting Calendar

November 1-10, 2011

Town Hall Meeting
Various Locations and Times

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



Beth Earnst (JL of High Point President Elect), Meredith Masten, Heather Mackey, Susan Davis (JL of Greensboro President), and Emily Faucher (JL of Greensboro President Elect). at the National Aquarium in Baltimore for the Opening Reception of AJLI Fall Conference.



Ask Your

Member-at-Large

Katy Fisher

Q: Who should I talk to if I'm unhappy with my placement?

A: If your placement isn't what you thought it would be, other than your committee chair, the best person to talk to is your placement liaison. Your assigned placement liaison is on your personal home page of www.jlws.org.

Your liaison is basically the HR department of the Junior League. They can advise you if you aren't happy with your placement and most importantly, guide you when selecting your next placement. If you want to take on more leadership within the Junior League, let your placement liaison know so she can give your name to the nominating committee for consideration. The nominating committee selects the committee chair and co-chair positions, in addition to the board each year.

Please speak up if you have any concerns or feedback about your experience this year. Your placement liaison would be happy to hear from you!



Junior League
Of Winston-Salem

Women Building a Better Community

League Linkers

**Calling all Actives, New Members & Sustainers-
Schiffman's Jewelers**

**is hosting a special evening for the JLWS!!
Thursday, November 17 from 5:00 p.m. to 8:00 p.m.**

Enjoy local vineyard wines & heavy hors d'oeuvres

Meet one of the Slane sisters from Slane Jewelry

& take advantage of their Gift with Purchase

TONS of door prizes including jewelry & giftware

Purchase incentives - only for this evening...

Fill out a wish list for husbands, boyfriends & family – because

JLWS women want to love their gifts this year!!

Free jar of jewelry cleaner – just for coming!!

Save the Date!

Junior League of Winston-Salem

Holiday Social

Thursday, December 1, 2011

Foothills Brewing

638 West Fourth Street

See *E-weekly* for more details

Mother/Child morning out

at "Originals by You"

Monday, November 7, 2011 at 10:00 a.m.

ORIGINALS BY YOU

3068 Trenwest Drive • Suite A

Mothers and children are invited to put their creative skills to work for a fun morning. Participants will pick out their favorite, unfinished piece of pottery to paint together! This is a great opportunity to make early holiday gifts! Contact Emily Hooke at

leaguelinkers@jlws.org for more information.

This event requires online sign up. Space is limited.

Member Interest Groups

This year, the Membership Council wants each member to meet other members with similar interests. To facilitate this objective, interest groups are forming. Below are the first samplings of groups started by and for JLWS members. Join any of the groups; attend as many or as few functions as possible! To be involved in any interest group, email Katy Ringeman at membershipvp@jlws.org. Interested members will be added to a Groupshare account designed specifically for each group.

Running & Walking Group:

Join other League members as we work on bettering our health through running and walking! Kristen Duchac will head this group and coordinate the group meeting on Wednesdays and Saturdays from September 14th through November 19th at 9AM at a location TBA. Members of any ability level are invited as well as their leashed dogs, baby strollers, husbands, partners, and/or children who would like camaraderie while they walk or run. Everyone is sure to find someone else of their ability level to meet up with!

Cooking Group:

Eat, drink, and be merry! This is the cooking group's motto. Headed by Erin Jelinek and Whitney Ewing, this interest group will focus on cooking and enjoying the friendship of other League members. Currently, two events are planned - one for the spring and one for the fall!

Arts and Theatre:

Winston-Salem is the City of the Arts, so why not enjoy it with women who have the same interest? Tasha Smith will be planning events for the arts lover - from going to the symphony to movies at a/perture - come to one, come to all!

League Ladies in Business:

Want to meet other League members who are in business? This group's objective is to network with League business women in a casual atmosphere. Walker Jones will be leading the group.

Done-in-a-Day:

Want to volunteer more but just don't have a lot of time to commit? The done-in-a-day interest group is perfect! The group focuses on volunteering in the community for one-day projects for a variety of charitable organizations.

Book Club: Love to read? Join Elizabeth Nolan and Emily Reel as they lead a book club for JLWS members only! Book to be announced!

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.

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Mental Health and Its Effects on Chronic Disease

This time of year often brings about festive celebrations of holiday traditions filled with friends, family, and all those delicious (and commonly unhealthy) treats and goodies. For most people, it is a happy and joyous time; but for others, it can be a source of frustration, anxiety, and sadness. The majority of American women experience some degree of being overwhelmed or stressed due to the busyness associated with the obligations of the holiday season. Even those who do not consider themselves depressed may develop responses such as insomnia, anxiety, headaches, or excessive eating or drinking in response to the stresses that occur during the holidays. However, those women with mental illnesses such as depression or anxiety, experience such symptoms to a much higher degree which can have major negative effects on their physical health.

About 29 million American women, or twenty percent of the female population, are treated for a diagnosable mental health-related disorder every year, and an untold number go untreated.

In the United States, it is estimated that mental illness affects forty-six percent of Americans at some point during their lifetime. About 29 million American women, or twenty percent of the female population, are treated for a diagnosable mental health-related disorder every year, and an untold number go untreated. Although men and women experience mental ill-

ness at similar rates, some disorders occur more frequently in women than men. For example, women (twelve percent) are twice as likely as men (six percent) to suffer from major depression. Prenatal depression affects an estimated ten percent of women during pregnancy, and some studies report up to twenty-five percent of women experience post-partum depression following the birth of a child. Research suggests that this may be related to biological differences related to the female hormones estrogen and progesterone, due to their effects on brain function and stress response. Anxiety rates in women are twice that of men, including panic attacks and post-traumatic stress disorder (PTSD) following a traumatic event. Up to eight-five percent of eating disorders occur in women, which left untreated, carry the highest mortality rate of all mental illness. Eating disorders are frequently associated with other disorders such as depression, substance abuse, obsessive-compulsive disorder, and social phobias. Men die from suicide at four times the rate that women do, but women attempt suicide two or three times more often than men.

Focusing on depression, which is the most common mental illness affecting women across the United States, research shows that being depressed can lead to higher rates of chronic illness or depression itself can be exacerbated by the presence of chronic disease. Depressed women are more at risk for developing chronic diseases such as cancer and cardiovascular disease, which are known to be the leading causes of death across North Carolina, including here in Forsyth County. Mortality, or death rates, from chronic diseases are increased significantly in those who are depressed, and research shows that by treating depression, survival rates for such conditions as heart disease, can be improved.

Take time to slow down and relax. Anticipate the busier times, and plan accordingly. Be sure to take care of yourself by getting adequate sleep, exercise, and eating healthy foods so that you are better prepared to handle the stress of the holiday season.

Whether a woman has been diagnosed with mental illness or not, there are important steps to take over these next few months to better prepare for the additional stressors that come along with the holiday season. Take time to slow down and relax. Anticipate the busier times, and plan accordingly. Be sure to take care of yourself by getting adequate sleep, exercise, and eating healthy foods so that you are better prepared to handle the stress of the holiday season. Common signs and symptoms of depression include feeling hopeless or helpless; difficulty concentrating; difficulty sleeping or sleeping too much; increased irritability, aggressiveness, or short-temperedness; and / or inability to control negative thoughts. If you or someone close to you is experiencing any of the above, talk with your health care provider. Enjoy the celebration and Happy Holidays to all!

Information compiled from the US Dept of Health and Human Service, 2011; National Institute on Mental Health, 2011; and National Institutes for Health, 2011.

WHO-Five Well-being Index (WHO-Five)

The WHO-Five Well Being Index can be used as an effective screening tool for signs and symptoms of depression. In the questions below, please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks. Notice that higher numbers mean better well-being.

Example: If you have felt cheerful and in good spirits more than half of the time during the last two weeks, put a tick in the box with the number 3 in the upper right corner.

	Over the last two weeks	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1	I have felt cheerful and in good spirits	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2	I have felt calm and relaxed	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3	I have felt active and vigorous	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4	I woke up feeling fresh and rested	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5	My daily life has been filled with things that interest me	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

Scoring:

The raw score is calculated by totalling the figures of the five answers. The raw score ranges from 0 to 25, 0 representing worst possible and 25 representing best possible quality of life.

If your score is below 13, or if you answered 0 to 1 to any of the five items, you should talk to your doctor as your score indicates that you may have symptoms consistent with depression.

(Used with Permission: World Health Organization, 2011)

New Member Calendar

November 14, 2011

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

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.

Welcome New Members

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



Left to Right: Amber Cooley, Cathy Seivers, Leader Mary Andrews, Kisha Boykin, Evelyn Woodard-Chavous, Shawna Cone and Kelley Kenner-Patridge. *Not pictured:* Missy Farrell and Stacy Hill.

New Member Highlight

Cecelia McPhail



Hometown
Charleston, S.C.

Education
Bachelor of
Science in Biology, UNC - Chapel Hill

Occupation
Homemaker

Family
Fred, husband; daughters, Grace, 4, and Miriam, 1 1/2

Favorite Book
Pride and Prejudice
by Jane Austen

Favorite Quote
"You are the change you see in the world."
Mahatma Gandhi

Favorite Female Role Model
My grandmother, after whom daughter Miriam is named

Special Interests/Hobbies
Cooking, reading, UNC sports, Knollwood Preschool



Left to Right: Carmen Sauls, Shea Hawkins, Megan Calhoun, Caitlin Webb, Caitlin Folan, Christine Nader, and Leader Katie Neal.

Not pictured: Erin Wallace, Mollie McInnis, and Maggie Maranda.

Project Mannequin and September GMM



Members enjoy an evening at Nitsa's for Project Mannequin. New Members decorated mannequins in teams using clothes from Nitsa's.



Members make thank you cards for SECU Family House during the September GMM at St. Paul's Episcopal Church on September 19.



Boo-tique Committee greets JLWS members



A smile from Katy Fisher and Aimee Rowe

Schiffman's Jewelers
invites all League members for an evening with Heath Slane

SLANE



Thursday,
November 17th
5 to 8 pm

Enjoy wine, h'ordeuvres, door prizes & take advantage of the Gift with Purchase from Slane

**Dear Rummage Sale Committee,
I'm a new member to the Junior League of
Winston-Salem (JLWS), what can I expect
from this year's Rummage Sale? Is there any-
thing I need to be doing now to prepare?
Sincerely,
Rummaging New Member**

Dear Rummaging,

We are so glad that you are already thinking about the 58th Annual Rummage Sale! This year's sale will bring exciting changes and opportunities for JLWS. You can expect new t-shirts, better quality rummage, an easier scheduling process, fun week-long perks for workers and more marketing of our League's biggest fundraiser. Our committee is working hard to ensure that the Rummage Sale is a positive experience for both our League workers and the community. You can also expect to see heart-health tips and screenings from our event and League partner, Forsyth Medical Center. This year's Rummage Sale is excited to partner with Forsyth Medical Center to deepen the community impact of our fabulous fundraiser. Not only will we be raising money, we will be spreading awareness about women's heart health!

Secondly, there are several things you can do to make your Rummage Sale requirements a "lighter load". Because all Actives and New Members are required to fulfill work and sale week shifts, as well as bring their own rummage, the Rummage Sale can seem a bit intimidating if you wait until the last minute. The JLWS Rummage Sale is one of the largest of its kind in the Southeast, and we can't do it without your help! Below are a few tips to help you manage this volunteer work! We look forward to seeing you in April!

Sincerely,
The Rummage Sale Committee

Utilize Early Rummage Drop-off Schedule

Have quality rummage that can't be kept until the April sale? Please consider using one of the early drop-off dates held at the NEW storage location, 3800 Reynolda Road (behind Old Town Shopping Center).

Saturday, December 3
Saturday, January 21

Rummage Sale Committee members will be there to receive rummage from 9:00 a.m. to 2:00 p.m. on these Saturdays.

Please see the Web site for a list of products that JLWS cannot accept for rummage during the early drop-off sessions.

Preparing for the Rummage Sale 2012

**T H E J U N I O R L E A G U E
O F W I N S T O N - S A L E M P R E S E N T S
R U M M A G E
— Y O U R —**

H E A R T O U T

A P R I L 1 9 - 2 1 , 2 0 1 2

— LVJM EDUCATION AND ANNEX BUILDING —

W I N S T O N - S A L E M , N C

 **Forsyth** MEDICAL CENTER

 **Junior League**
Of Winston-Salem
Women Building a Better Community

Mark your calendar with these dates now!

Work week: April 16-18, 2012.

Sustainer Breakfast & Preview Party: April 19, 2012.

The Rummage Sale (open to the public):

Friday, April 20 and Saturday, April 21, 2012

If you know that you will need to **find a make up opportunity** for any of the work week or sale dates, please let Rummage Sale Scheduling know as soon as possible. The earlier you submit a make-up request, the better we can handle your request.

Email rsscheduling@jlws.org with questions.

Collect brown bags! The Rummage Sale is always in need of brown grocery bags for our sale. These bags are our "shopping bags" and each member is required to bring fifty bags. Start saving now to make this requirement a breeze!

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

AJLI Webinar Wednesday: Forces for Good

Beginning in October 2011, AJLI has started offering webinars on the first and third Wednesdays of each month. These webinars feature experts on various training topics pertinent to Junior Leagues and nonprofit volunteers.

On Wednesday, October 5, 2011, Heather McLeod Grant led a webinar on her book, *Forces for Good, The Six Practices of High-Impact Nonprofits*. During the session, Ms. Grant specifically discussed leveraging these six practices to increase community impact specifically for Junior Leagues. She shared information and examples gleaned from her research into twelve high impact nonprofits, including as Teach for America, the Heritage Foundation, Habitat for Humanity, Feeding America, and Self Help.

A complete recording of the webinar and the presentation is available now through the AJLI website. Webinar Wednesdays are open to all members (New Members, Actives, and Sustainers) who register and login for the sessions.

2011-2012 Leadership Class

The Volunteer Development Committee is pleased to announce the 2011-2012 Leadership Training Class. These sessions are designed to prepare the membership as leaders within JLWS and the broader community, while integrating networking and mentoring. Member attending all three sessions will receive a certificate for completion of the 2011-2012 JLWS Leadership Training Class.

The first session, *How to be an Effective Board Member*, was held on September 19 prior to the GMM and featured non-profit expert, Karl Yena, and JLWS leaders: Loy McGill, Heather Mackey, Tog Newman, and Eva Wu offering over 100 years of combined board leadership. The session covered topics from knowing your legal and ethical responsibilities to understanding financial statements, thus preparing participants for service on a wide variety of boards.

Junior League of Winston-Salem members mark your calendar for the upcoming sessions, that will take place prior to the General Membership Meetings listed in the calendar above.

Upcoming Webinar Wednesday

Registration is now open for all remaining Webinar Wednesday topics in 2011.

- **Dee Dickinson**, *Using Your Junior League Experience to Start a Non-profit Organization* on Wednesday, November 2
- **Linda Tarr-Whelan**, *Women Lead the Way: Your Guide to Stepping Up to Leadership and Changing the World* on Wednesday, November 16
- **Amy Eisenstein**, *Simple Things You're Not Doing to Raise More Money* on Wednesday, December 7

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winston salem. 2 screens, 160
seats, beer, wine, and a whole
bunch of movies you've probably
never heard of.

a/perture

aperturecinema.com for showtimes and ticketing information.
open 7 days a week / 311 west fourth st. / winston salem / north carolina / 27101 / 336.722.8148.



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336 945.3151

FCDS.org

FCDS admits students of any race, religion, color, and national or ethnic origin.

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Church Nursery Workers, Wedding, Hotel & Business Meeting Sitters

JLWS Sustainers Provide Valuable Contribution

The mission statement of the Junior League of Winston-Salem includes being “committed to promoting volunteerism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers.” Many Sustainers have taken the excellent training from their Active years and put that training to effective use in projects outside the Junior League of Winston-Salem. One such event that has gained much expertise from Sustainer involvement is the Candle Tea sponsored by the Women’s Fellowship of Home Moravian Church.

Several JLWS Sustainers cite training from their Active years as helping them in current important leadership positions for Candle Tea. Beth Baldwin, former chair and current volunteer, chooses “cooperation and working as a team to accomplish big things, with everyone bringing their unique gifts to a project. Working together for a common goal allows us all to appreciate and respect each other’s talents and personalities and senses of humor as we engage in serious endeavors to help our community.”

Susan Elster values her League training as a public speaker. While in the League she played a pivotal role in bringing the Children’s Museum of Winston-Salem from vision to reality. This experience made Candle Tea speaking parts less daunting to her.



Tamra Thomas (*pictured above*) believes her leadership training in the Junior League allowed her to tackle being Chair of Candle Tea in 1994. Mary Jane Dewees echoes that sentiment as JLWS leadership training helped her to encourage others to participate and excel.



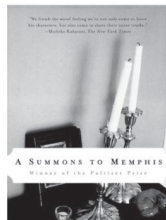
Lucy Strawsburg (*pictured above*) appreciates her time management training from the Junior League. Juggling the dual roles within the League with small children makes volunteering at a Christmas event such as Candle Tea easy.

Community events such as Candle Tea benefit greatly from experienced sustainers. One of the most valuable accomplishments of the Junior League is to provide the community with trained, experienced volunteers.

Candle Tea is an annual event sponsored by the Women’s Fellowship of Home Moravian Church. In its 82nd year, Candle Tea is a joyous celebration of the Christmas season and of Moravian traditions. Music is an important part of Moravian worship and heritage so the Candle Tea includes singing Christmas carols accompanied by the resounding sounds of the Tannenburg organ in the ‘Saal’ or chapel. A demonstration of candlemaking and a taste of sugarcake and hot lovefeast coffee are highlights. But the centerpiece is the treasured Putz, a fascinating miniature replica of snow-covered Salem in about 1900. The finale is the lighted Nativity scene. Cost is \$4 for adults and \$1 for children 12 and under. All are welcome. Hours are:

December 1, 2, 8, and 9	1:00 p.m. – 8:30 p.m.
December 3 and 10	11:30 a.m. – 8:30 p.m.

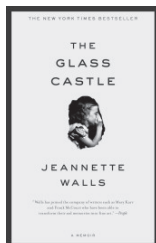
Daytime Book Club



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

Evening Book Club

The evening book club will meet on November 8, 2011 at 7:00 p.m. at the home of Elizabeth Pate to discuss *The Glass Castle*, an autobiography by Jeannette Walls.



Save the Date: Sip, Sandwiches, and Socialize (formerly the Sustainer Coffee)

Tuesday, November 8, 2011
11:00 a.m. - 1:00 p.m.
Home of Julianna Strickland

Plan to attend a new version of a JLWS tradition. To accommodate members' increasingly busy schedules, the event formerly known as the Sustainer Coffee will now occur over the noon hour and offer a light lunch. Drop in, chat with old friends, make some new ones – all with minimal disruption to the day!

Sustainer Events Calendar

November 8, 2011
Sip, Socialize, & Sandwiches (formerly Sustainer Coffee)
Home of Julianna Strickland
11:00 a.m.—1:00 p.m.

November 8, 2011
Evening Book Club
Home of Elizabeth Pate
7:00 p.m.

December 19, 2011
Sustainer Holiday Luncheon
1703 Restaurant
11:30 a.m.—1:00 p.m.

Save the Date!

Junior League of Winston-Salem
Sustainer Holiday Luncheon
Monday, December 19, 2011
11:30 a.m. – 1:00 p.m.

1703 Restaurant

Take a break from a busy December to visit with Sustainer friends over a delicious lunch.



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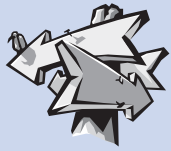
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League Transitions

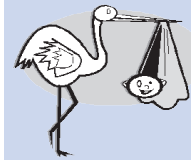
Transfers to Winston-Salem from:

Mindy Bloom (S) Richmond, VA
 Nancy Kingsbury (S) Charlotte, NC
 Margaret Scholz (A) Washington, DC

Transfers from Winston-Salem to:

Hannah Dow (A) Birmingham, AL
 Kim Shipley (A) Wilmington, NC
 Megan Wallace (A) Richmond, VA

*(A) designates Active member



Little Leaguers

Willis Scott Hileman
 September 23, 2011
 Carrie and Michael Hileman

William Grant Oates
 September 26, 2011
 Julie and Grant Oates

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Volunteers Of Distinction

Natalie Braswell for doing an excellent job as WOWS editor in her first active year and continuing to serve even after accepting a new job and moving to Raleigh.

Karl Yena for his presentation on being an Effective Board member.

Tog Newman, Loy McGill, Eva Wu, and Heather Mackey for sharing their experiences and recommendations as part of the JLWS panel on how to be an effective board member.

Sarah Wright for her work in publicity and marketing for Boo-tique.

Whitney Webster, Teresa Inman, Elizabeth Myers, and the entire Boo-tique Committee for a spooky, sensational, successful event.

Allegra Printing for donating printing of Boo-tique yard signs.

Heather Mackey for contributing the women's health articles to the *Informer* 2011-2012 issues.

Anna Warburton and the League Linkers Committee for planning fall events.

Heather Smith for co-chairing the Arts Based Elementary School's Community Creates fundraiser.

Member Milestones

K Wood has been selected as the 2011-2012 North Carolina Art Education Association Middle School Art Educator of the Year and as the National Junior Art Honor Society Sponsor of the Year.

Mary Craven Adams was elected President Elect for District 21 Bar Association for 2011-2012.

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Best Health Offers Cooking Classes

Come to Best Health at Hanes Mall and see just what the new JLWS community partner is cooking up. Free admission to all. Just go online to www.wakehealth.edu/besthealth and register for the class or classes to attend.

November 5 from 12:00 p.m.-1:30 p.m. – Cooking with Seafood (Thomas Lantz) Baked, broiled, or steamed, seafood can be a healthy choice for dinner plates this fall. Join Chef Thomas Lantz to learn tips for easy meals.

November 16 from 6:00 p.m. -7:30 p.m. – Southern Favorites (Nikki Miller-Ka) Chef Nikki Miller-Ka prepares tried and true classic southern dishes with healthful twists to satisfy any belly.

December 3 from 12:00 p.m. -1:30 p.m. – Roasting (Nikki Miller-Ka) Thinking of roasting a turkey for the holidays or perhaps trying a rib roast, ham or even lamb? Chef Nikki Miller-Ka shares tips for roasting special meats this season.

December 6 from 6:00 p.m.—7:30 p.m. – Low-Fat Holiday Desserts (Betty Morton) Learn a healthier take on seasonal sweet treats from Chef Betty Morton.

December 12 from 1:00 p.m. -2:30p.m. – Marvelous Muffins for the Holidays (Thomas Lantz) Chef Thomas Lantz shares recipes for muffins to make for breakfast to feed those out-of-town guests during the holidays.

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WALK OR RUN TO YOUR CALENDAR



Mistletoe Run

December 3rd, 2011

William G. White, Jr. Family YMCA, Winston Salem, NC

Race Day Timeline

- 6:30 am – 8:00 am Registration
- 7:00 am – Childcare opens
- 8:00 am – Fun run starts
- 8:15 am – Half marathon starts
- 8:35 am – 5K starts
- 8:50 am – After party starts



Mistletoe Run

Run, Walk, Stop Childhood Obesity.

This year, participants will run and walk for a special purpose—to help fund childhood obesity programs that we know work. The YMCA-sponsored P.A.C.E.S. (Program for Active Children Eating Smarter) is a proven program that helps families understand and make healthier lifestyle and eating choices. P.A.C.E.S. has reached over 3,000 kids in our community so far. Included in this program is nutritional education for parents of obese children. The YMCA also provides an after-school physical activity curriculum and fitness classes for the entire family.

Childhood obesity rates in our area are twice the national average. All of the net funds raised by the Mistletoe Run will go toward fighting this problem. We need your support, now more than ever.

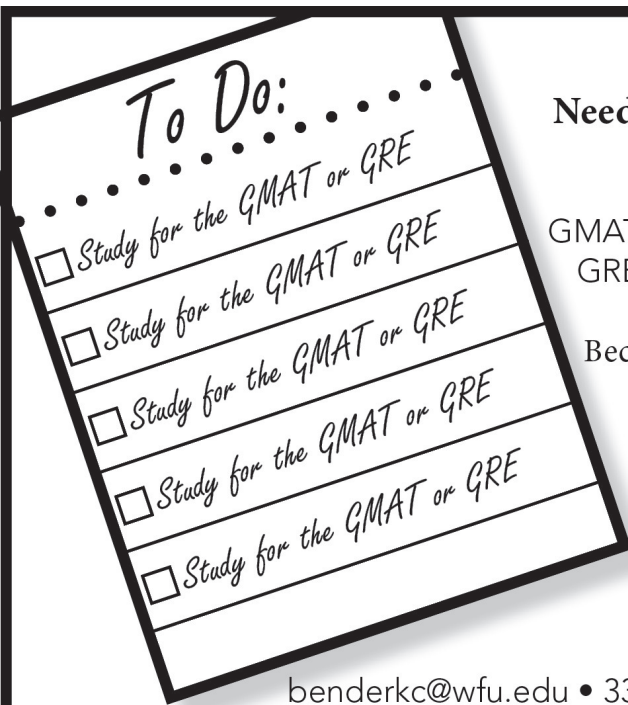
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www.active.com/event_detail.cfm?event_id=1972476

Pricing	5K	Half Marathon
Register by 10/31/11	\$25	\$40
Register by 12/2/11	\$30	\$45
Register on 12/3/11	\$35	\$50

The half marathon package includes a technical t-shirt, chip timing and finisher medal. The 5K package includes a t-shirt and chip timing.
Special thanks to JLWS Girls on the Run for their continued support and participation.

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GRE Prep Workshop • January 27 • 6:00 p.m.–9:00 p.m.

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