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



**Mistletoe Misschief**  
**Thursday, October 27, 2011**  
**7:00 p.m. - 10:00 p.m.**

**Tickets: \$30 in advance**  
**Four for \$100 or \$35 at the door**  
**Includes wine and appetizers,**  
**fashion show by Nitsa's, and**  
**ticket for weekend shopping**

**Sustainer Special**  
**Shopping\***  
**Friday, October 28, 2011**  
**9:00 a.m. - 10:00 a.m.**

**Only JLWS Sustainers will be allowed in**  
**this session for early bird shopping**

**Sale Weekend**  
**Friday, October 28, 2011**  
**10:00 a.m. - 8:00 p.m.**  
**and**  
**Saturday, October 29, 2011**  
**10:00 a.m. - 4:00 p.m.**  
**Tickets: \$4 in advance**  
**or at the door**

**All JLWS members are asked**  
**to attend the Boo-tique to sup-**  
**port the JLWS fundraising and**  
**ENJOY THE SHOPPING!**

## November Town Halls

During the month of November, the Junior League of Winston-Salem (JLWS) will once again hold Town Hall meetings at various locations and flexible times to allow smaller groups to gather to share ideas and engage in discussion. Light refreshments will be served at each of the Town Hall meetings. Attendance at a Town Hall meeting will count toward membership meeting requirements (all members are required to attend three meetings). Members may sign up in the Members Only section of the JLWS Website beginning September 19 to choose the time and location of the meeting that best meets their schedule. Over the last few years, members have provided very positive feedback about these smaller meetings and the opportunities they provide to better get to know one another and discuss JLWS happenings. See list of dates and times on page 5.

## Membership– Challenge Yourself to Make a Change



Fall is here and I for one am enjoying the cool, crisp air. It is such a busy time of year with work, school, football games, and of course, JLWS activities! Committee work is in full swing and we are making an impact in our community every day!

With all of this busy-ness in our lives, it can be really challenging to fit everything in. Sometimes we end up having to let something go. We all understand and it just happens. But this fall, I challenge you to make JLWS one of your priorities. Do you remember why you joined this organization? Was it because you wanted to make a real difference in your commu-

nity and make it a better place to live for all of us? If so, really engage yourself in your committee work this year and see the results of your efforts. You will feel so rewarded by seeing the smile on a child's face after he enjoys listening to you read a book and make a craft with him. You will have started him on the road to a lifelong love of reading. Imagine the difference you make in a young woman's life who was on the brink of dropping out of high school but stays in school to graduate because you served as her role model.

Maybe you joined the Junior League to meet other like-minded women in our community and establish lifelong friendships. If that is so, then make sure to attend a League Linkers event and connect with those friends. Sustainers, this includes you! The Sustainer committee is making changes to Sustainer programming to try to accommodate working Sustainers as well as those who are not. So look for events that are planned at lots of different times and call a friend to go with you. Actives and New Members, join one of our newly formed interest groups and meet up with new friends for a book club or cooking class.

Perhaps you joined our Junior League because of the excellent training and development opportunities we provide. Volunteer Development has developed a year-long calendar of training events that will aid in your personal and volunteer development. Check out their offerings and plan to attend.

One important challenge I have for you is to give your leadership feedback. JLWS is a membership organization and it is our members who drive us forward and implement change. Select a Town Hall meeting in November from those offered over the course of two weeks and take the opportunity to make your voice heard. We will be asking a lot of questions about JLWS and its operations and we need your responses to make improvements.

One common theme your leadership has heard through Active and Sustainer surveys is that it is hard sometimes to feel connected to JLWS. Please know that we hear you and we are making efforts to make your membership experience more engaging. But I challenge you to make that effort as well. Remember why you joined and why you continue your membership and attend events that will fulfill you. Engage with other members and make new connections. And remember that you only get what you give.

*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 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](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 January/February issue: November 9, 2011**

### 2011-2012 *Informer* Staff

**Heather Parker** ♦ Editor  
**Mia Sloan** ♦ Assistant Editor  
**Mara Schilly** ♦ Staff Editor  
**Elizabeth Lee Lawley** ♦ Communications Finance Manager

## Board Briefs

The Junior League of Winston-Salem Board of Directors met on August 29, 2011. Susie Tickle reviewed the profit and loss statement.

The September General Membership Meeting will be held at St. Paul's Episcopal Church on September 19<sup>th</sup>. Nadia Sharin Moffett, Miss North Carolina USA 2010 and the founder and executive director of The Queen's Foundation, will be speaking. The Volunteer Development committee will be presenting a training session entitled "How to be an Effective Board Member," the first of a series of three leadership training sessions to be held before GMMs this year. The training will begin at 5:30, with a member social at 6:30 and the meeting starting at 7:00.

Member sign-ups for November Town Hall meetings will be available on Digital Cheetah after the September GMM.

Council Vice Presidents reviewed progress toward the Annual Plan objectives.

Heather Bumgarner led a discussion regarding a proposed policy change to select members of the Nominating committee through an application process rather than through the existing straw ballot process. The motion to change the policy passed.

Eva Wu reviewed the sustainer survey results, and the Board discussed new possibilities for engaging Sustainers.

## 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

## Nominating Committee Selection Process Changing

Many Junior Leagues throughout the country have transitioned the selection process for Nominating and leadership positions. This year we, too, will be utilizing an application process for the appointment of members to the Nominating Committee.

For the 2012-2013 year and going forward, new members of the Nominating Committee will be selected through an application process and then approved by an election of the JLWS membership. The Nominating Committee will continue to be represented by:

- four (4) actives from the two (2) through six (6) years of service of category and
- two (2) actives from the seven (7) and over years of service category.

Nominating Committee members serve a two-year term and should possess a broad range of JLWS experiences. Each Nominating Committee member must be able to objectively evaluate a member's potential for leadership and set friendships and personal relationships aside. Upon selection, members of the Nominating Committee will be required to sign a confidentiality agreement and maintain that confidentiality and a level of integrity, maturity, objectivity, and foresight at all times as the group strives to make leadership decisions based on what is in the best interest of the JLWS as a whole. While serving on the Nominating Committee, members are not eligible to be nominated for any Board position and may not serve on any other committees ("double-place").

Applications are now available for those who are interested in applying for a position on the 2012-2013 Nominating Committee. The current Nominating Committee will review all applications submitted and will select the most qualified individuals for each membership category. Once candidates are selected, the current Nominating Committee will present a proposed slate of new members of the Nominating Committee to be voted on for approval by the membership at the January 2012 General Membership meeting.

Anyone who is interested in serving on the 2012-2013 Nominating Committee is encouraged to complete an application. The application can be found online at [www.jlws.org](http://www.jlws.org) in the Members Only section under the Forms and Documents tab. Applications are due by Friday, November 4.

Contact Heather Bumgarner, Nominating Chair, with any questions or for additional information about serving on the 2012-2013 nominating committee at [nominating@jlws.org](mailto:nominating@jlws.org).



## Ask Your

### Member-at-Large

Katy Fisher

**Q:** How do I share exciting personal news in the Informer?

**A:** Don't you love reading about the weddings, births and promotions in the Informer each month? I do! The Informer is a great place to announce major happenings in your life outside of your Junior League work. If you have a job change, promotion, a major achievement, you've gotten married or had a baby; the Junior League wants to know! We have a Personal and Professional Milestone Form to fill out to announce your news. It can be found in the "Forms and Documents" section on [www.jlws.org](http://www.jlws.org).

In addition to filling out the form, tell your committee chair and Placement Liaison. They are your link to the JLWS, and they want to support you and celebrate with you.

If you read about a fellow member who just celebrated a milestone, reach out and congratulate them. A small gesture goes a long way!

#### 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!

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!

## PLACEMENT LIAISON UPDATE

Placement liaisons are here to serve each JLWS member this year! Placement liaisons are a personal resource for placement and membership issues. Members should contact their placement liaisons if they have concerns regarding their placement or if they want to share a great experience they have had while participating in their placement. Liaisons need to hear about changes in membership status (*such as the desire to transfer, sustain, and take a sabbatical or maternity leave*) or if a member feels that life is making it difficult to fulfill their placement obligations. In addition, placement liaisons want to celebrate exciting life events such as marriage, additions to the family, and other accomplishments within or outside the Junior League. Finally when members decide they want to take a more active role or become a future leader within JLWS they should inform their placement liaison.

Fall placement interviews will be held in October this year. This is a great time to share any of the information listed above. Since it is early in the JLWS year, the Placement Liaison committee also wants to find out what each member expects from their placement. Have these expectations been met thus far and do they match the hopes for this placement when the member originally committed? Even if everything is going great and members have no concerns they are encouraged to participate in these important calls. This gives JLWS valuable information on membership satisfaction and placement development. The goal is to improve everyone's overall experience within the JLWS. For questions regarding anything related to Placement Liaisons, please contact either your assigned Placement Liaison or Placement Liaison Chair, Alisha Detroye, at [placementliaisons@jlws.org](mailto:placementliaisons@jlws.org).

## 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](mailto:membershipvp@jlws.org). Your name will be added to a Groupshare account designed specifically for each group.

#### 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!

#### 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.

#### 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!

#### 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 for you! The group focuses on volunteering in the community for one-day projects for a variety of charitable organizations.

## November Town Halls

Sign-up online through JLWS website. All members are requested to attend. Attendance at a Town Hall will count towards membership meeting requirements.

**November 1, 2011**  
7:00 p.m.— 8:30 p.m.  
Hosted by Meredith Masten

**November 3, 2011**  
6:00 p.m.— 7:30 p.m.  
Hosted by Amy Elizabeth Donley

**November 8, 2011**  
10:00 a.m.— 11:30 a.m.  
Hosted by Heather Bumgarner

**November 1, 2011**  
11:30 a.m.— 1:00 p.m.  
Hosted by Heather Mackey

**November 4, 2011**  
11:30 a.m.— 1:00 p.m.  
Hosted by Claire Calvin

**November 9, 2011**  
9:30 a.m. — 11:00 a.m.  
Hosted by Katy Ringeman

**November 1, 2011**  
6:00 p.m.— 7:30 p.m.  
Hosted by Cat New

**November 7, 2011**  
7:00 p.m.— 8:30 p.m.  
Hosted by Dianne Conley

**November 9, 2011**  
7:00 p.m.— 8:30 p.m.  
Hosted by Maureen Elrod

**November 2, 2011**  
7:00 p.m.— 8:30 p.m.  
Hosted by Alicia Madan

**November 7, 2011**  
11:30 a.m.— 1:00 p.m.  
Hosted by Loy McGill

**November 10, 2011**  
7:00 p.m.— 8:30 p.m.  
Hosted by Aimee Rowe

**November 2, 2011**  
11:30 a.m.— 1:00 p.m.  
Hosted by Meredith Masten

**November 8, 2011**  
6:00 p.m.— 7:30 p.m.  
Hosted by Eva Wu

**November 10, 2011**  
12:00 p.m.— 1:30 p.m.  
Hosted by Mary Elizabeth Craig

**November 3, 2011**  
12:00 p.m.— 1:30 p.m.  
Hosted by Susie Tickle

**November 8, 2011**  
9:30 a.m.— 11:00 a.m.  
Hosted by Katy Fisher

**November 10, 2011**  
7:00 p.m.— 8:30 p.m.  
Hosted by Heather Mackey

## League Linkers

*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](mailto:leaguelinkers@jlws.org) for more information.

This event requires online sign up. Space is limited.

*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 you want to love your gifts this year!!

Free jar of jewelry cleaner – just for coming!!

## Breast Cancer: How Obesity Plays a Role

Breast cancer is the most common type of cancer and represents the second leading cause of cancer-related death among women across the United States (2011). In Forsyth County, according to 2008 statistics, female breast cancer was the most frequently diagnosed type of cancer in the county with the mortality rate 55% higher among minority women than among Caucasian women. Fortunately, recent trends show the rates both in terms of incidence (the number of new cancer cases) and mortality (the number of deaths) to be decreasing. Current estimates suggest that a woman's risk of developing breast cancer at some point in her lifetime remains around 12%, or approximately "1 in 8."

There are certain factors that influence a woman's risk of breast cancer including:

**Age**: the older a woman is, the higher her risk due to cumulative exposure to the female hormones estrogen and progesterone, as well as an aging immune system.

**Gender**: women remain 100 times more likely to develop breast cancer than men, although men account for 1% of all breast cancer cases.

**Genetics / family history**: those women with a family history of breast cancer are generally at a higher risk than a woman without any family history of breast cancer, but it is important to note that only 5-10% of breast cancers are inherited.

**Menstrual history**: the earlier a woman begins menstruating (particularly if before age 12) and the later they complete menopause (particularly if after age 55), the higher her risk of breast cancer due to cumulative exposure to female hormones.

**Childbearing / breastfeeding**: women who do not have children or have their first child after age 30 are at a slightly higher risk of developing breast cancer due to never having an interruption in their menstrual cycle. As suggested in some studies, women who breastfeed have a lower chance of developing breast cancer due to the interruption in menstrual cycles. This is especially true the longer a woman breast-feeds.

**Hormone exposure**: women who take combined hormone replacement therapy (estrogen and progesterone) following menopause or those with recent oral contraceptive use are at higher risk for breast cancer than someone who has never taken either.

**Diet / alcohol**: being overweight or obese will be discussed in more depth later in the article. Women who have one alcoholic drink per day are at slightly higher risk of developing breast cancer, whereas women who have 2-5 drinks / day, are at 1.5 times greater risk of breast cancer as compared to non-drinkers.

**Race and ethnicity**: Caucasian women have a higher incidence rate of breast cancer, whereas African American women remain more likely to die from her disease. Reasons for this are not yet known, although it is speculated that this is due to the fact that African American women have more aggressive tumors which tend to be diagnosed later. Asians, Hispanics, and Native American women have an overall lower incidence and mortality rate of breast cancer.

**Other health problems**: such as having dense breasts, having underwent previous chest radiation, being exposed in-utero to diethylstilbestrol [DES] which was a drug used to prevent miscarriage among pregnant women in the 1940's-1960's, having a personal history of benign breast disease such as fibrocystic disease or proliferative disease with/without atypia, or abnormal cells, all raise a woman's risk of breast cancer.

*Continued*

Focusing on diet and activity, statistics have shown that being overweight or obese is associated with an increased risk of breast cancer. It is estimated that obesity and physical inactivity may account for 25 to 30% of certain cancers, including postmenopausal breast cancer. After menopause, a woman's ovaries stop making estrogen and her fat tissue takes on a more active role in estrogen production. Estrogen levels in postmenopausal women are 50 to 100% higher among heavy women as compared to their lean counterparts. Estrogen-sensitive tissues are therefore exposed to more estrogen stimulation in heavy women, leading to a more rapid growth of estrogen-responsive breast tumors. It can also be more difficult to detect breast cancer in women who are obese due to their size, which makes it more likely that the cancer will be diagnosed at a more advanced stage, leading to higher mortality rates. Overweight / obese women also tend to have higher blood insulin levels which have also been linked to breast cancer.

**By focusing on lowering the BMI of women in Forsyth County, the Junior League of Winston-Salem will reduce chronic and debilitating diseases and also lower the risk of breast cancer.**

**Scientists estimate that about 11,000 to 18,000 deaths per year from breast cancer in U.S. women over age 50 might be avoided if women could maintain a BMI under 25 throughout their adult lives.**

There is a subset of more infrequently occurring breast cancers called "triple negative tumors" that do not rely on estrogen and progesterone to grow, and make up 10 to 20% of all breast cancer cases. These are typically more aggressive tumors that are more common among those who carry the breast cancer gene BRCA1, those who are younger (pre-menopausal), and among African Americans. Recent studies have suggested that being obese increases a woman's risk of developing these type of breast tumors as well. This suggests that there are additional factors about obesity that contribute to the development of breast cancer beyond increased estrogen production in fat tissue. Women with the highest BMIs were 39% more likely to be diagnosed with hormone receptive tumors, as well as 35% more likely to be diagnosed with a "triple negative tumor." Compared to women who exercised the least, those who exercised the most were 15% less likely to develop breast cancer overall.

In keeping with our focus area of **reducing women's risk of chronic and debilitating diseases through lowering the body mass index (or BMI) of women in Forsyth County through a healthy diet and an active lifestyle**, there is much the Junior League of Winston-Salem can do to help reduce breast cancer incidence in our community. **Educating ourselves and our community on the benefits of healthy eating and physical activity is key.** Scientists estimate that about 11,000 to 18,000 deaths per year from breast cancer in U.S. women over age 50 might be avoided if women could maintain a BMI under 25 throughout their adult lives. For women who are not overweight and / or obese, teaching them to maintain a healthy weight through diet and physical activity is important. For those women who are overweight and / or obese, learning to make modifications to eat healthier and become more physically active can help reverse their course. Even a weight loss of only 5 to 10% of total weight can provide health benefits. One recent study by Phipps (2011) that examined the effect of intentional weight loss found that women who experienced intentional weight loss of 20 or more pounds and were not currently overweight had cancer rates at the level of healthy women who never lost weight. It's important to remember that despite the fact that some factors that influence the development of breast cancer cannot be changed (gender, genetics, age), that there are things that can and must be changed to help reduce an individual's, and our community's, risk of developing and / or dying from breast cancer. Through the work of the Junior League of Winston-Salem, we can – and will – make a difference!!

Information compiled from: American Cancer Society (2011); Calle, E. et al. (2003). Overweight, obesity, and mortality from cancer in a prospectively studied cohort of U.S. adults. *New England Journal of Medicine*, 348(17):1625–1638.; Centers for Disease Control (2011); National Cancer Institute (2011); NC Department of Health and Human Services (2011); Phipps, A. (2011). *Cancer Epidemiology Biomarkers Prevention*. 20:1-10.; Polednak, A (2003). Trends in incidence rates for obesity-associated cancers in the U.S. *Cancer Detection and Prevention*. 27(6):415–421.

## New Member Calendar

### October 27-29, 2011

New Member Fall Project  
JLWS Boo-tique  
Various shifts

### November 14, 2011

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

### December 1, 2011

New Member Holiday Social  
Time and Location TBA

### 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.

## Amazing JLWS New Members!

The 2011-2012 New Members are an AMAZING group of women. Some fun facts about these women:

- 70% are under thirty years old
- 78% are employed full-time outside the home
- 49% are married
- 14% are mothers
- 38% have post-graduate college degrees, including four MDs, two JDs, one PA, three PharmDs, one PHD, and two MBAs

Hats off to the newest JLWS members!

## Welcome New Members

*Informer* will be introducing New Member groups and individuals in each future issue. The group below is led by Walker Jones.



*Left to Right:* Gabriela Ritter, Lindsay Stanley, Mary Bennett, Emily Elrod, Riley Parker, Stephanie Collins, and Alyson Jamison

### Alexis Kennedy



**Hometown**  
Charlotte,  
North Carolina

**Education**  
Bachelor of Science in Business Administration, North Carolina State University

**Occupation**  
Portfolio Review Officer II – BB&T

**Favorite Book**  
*The Woman in White* by Wilkie Collins

**Favorite Quote**  
“Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize, wait. Before you pray, forgive. Before you quit, try.” Ernest Hemingway

**Favorite Female Role Model**  
Oprah Winfrey

**Special Interests/Hobbies**  
Anything outdoors, water sports, arts and crafts, interacting with kids, Pack-a-Box for Soldiers—Both grandfather and uncle served in the Army and the Air Force, respectively.

### Stephanie Kohn



**Hometown**  
Milton, Florida

**Education**  
Bachelor of Arts in Psychology, University of West Florida

**Occupation**  
Assistant Director Alumni Relations for Wake Forest University Schools of Business

**Family**  
Rick, husband; Mischief, dog

**Favorite Book**  
*The Princess and the Goblin* by George MacDonald.

**Favorite Quote**  
"Delight yourself in the Lord and he will give you the desires of your heart." King David in Psalms 37:4

**Favorite Female Role Model**  
My Grandma Shirley

**Special Interests/Hobbies**  
Young Leaders United (United Way) and Dance Trance Winston Salem

## New Members go on a journey!

On Saturday, August 27, seventy-nine JLWS New Members gathered at Forsyth Country Club to begin their journey in JLWS. They made new friends, learned about the history of the Junior League of Winston-Salem, and took a real journey with a van tour around Winston-Salem! Best of luck to all New Members as they begin a great year.



*Making new friends with small group*



*Finding the right tour van*

*Getting off at the first stop*



*Visting Reynolda House*



*Learning about the Arts Council from Milton Rhodes*



*Checking out the Ronald McDonald House with new rooms*



*Enjoying lunch with new friends*



**2011 JLWS Boo-tique  
Mistletoe Misschief  
Thursday, October 27, 2011  
Sale Weekend  
Friday, October 28, 2011 &  
Saturday, October 29, 2011**

The Junior League of Winston-Salem's second annual holiday shopping market will be held October 27-29, 2011 at the Benton Convention Center in downtown Winston-Salem.

Boo-tique will be a truly spectacular shopping experience. Vendors from all over the country will feature clothing, accessories, jewelry, stationery, children's items, of course holiday items (not just for Halloween!), and much, much more. This year there will be lots of new activities such as crafts for children, trick or treating and discount admission hours for college students.

Volunteers will be needed at all times throughout the weekend. There is no mandatory work shift for Active members. Volunteers working a shift will receive a free ticket for Friday or Saturday. All Sustainers and Active members are strongly encouraged to volunteer.

Check out [www.jlws.org](http://www.jlws.org) to sign-up for a volunteer shift and buy advance Mistletoe Misschief tickets.

**Get ready to "Rummage Your Heart Out!"**

The 2012 Rummage Sale Committee is excited to announce its partnership with Forsyth Medical Center for the Fifty-eighth Annual Rummage Sale as we work to inform the community about heart disease, the number one killer of women in Forsyth County.

This year, the Rummage Sale will not only offer incredible bargains on home wares, clothing, electronics, furniture, and book, but it will provide shoppers with an opportunity to check their blood pressure, learn more about family nutrition, and receive healthy living information courtesy of Forsyth Medical Center, this year's JLWS League Sponsor.

The 2012 Rummage Sale will take place Thursday, April 19 thru Saturday, April 21 at the LJVM Coliseum Annex and Education Buildings.

2012 Rummage Sale Schedule

Monday, April 16, 2012 -  
Wednesday, April 18, 2012  
Work Week Shifts

Thursday, April 19, 2012  
Sustainer Breakfast  
Preview Party

Friday, April 20, 2012  
5:30 p.m. - 9:30 p.m. -  
Rummage Sale

Saturday, April 21, 2012  
Rummage Sale Half Price  
& Bag Sale

Contact Kate Reece, Rummage Sale Chair, with questions regarding the 2012 Rummage Sale at [rummagsale@jlws.org](mailto:rummagsale@jlws.org).

For scheduling conflicts and make up opportunities, please contact the Rummage Sale Scheduling Chair at [rsscheduling@jlws.org](mailto:rsscheduling@jlws.org)

**Early Rummage Drop-off Schedule**

Have quality rummage that you can't hold on to until the 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).

December 3    February 25  
January 21    March 10

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.



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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*

## Webinar Wednesday

Volunteer Development has developed a year-long calendar of training events that will aid in personal and volunteer development. It is strongly encouraged for each member to check out the sessions offered and plan to attend.

These sessions are designed to appeal to every Junior League member as an easy way to increase her knowledge of and interest in community and civic leadership.

Webinar Wednesdays will begin October 2011 and continue through May 2012. Webinars will be offered on the first and third Wednesday of the month at 1:00 p.m.(EST)

Registration will go live one week in advance of each session and will be announced on Facebook and Twitter.

For additional information go to: <https://ajli.org/?nd=webinarwed>

## Volunteer Development presents the 2011-2012 Leadership Training Class

The Volunteer Development Committee is pleased to announce the 2011-2012 Leadership Training Class. These sessions are designed to help prepare our membership as leaders within JLWS and the broader community, while intergrating networking and mentoring opportunities. Members 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 with 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 Meeting from 5:30 p.m. –6:30 p.m.

Monday, January 30, 2012 —Public Speaking and Effective Communications

Monday, May 21, 2012 —Fundraising, Solicitation and Grant Writing



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

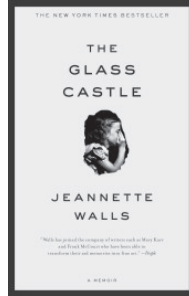
Tuesday, November 8, 2011  
11:00 a.m. - 1:00 p.m.  
Home of Julianna Strickland

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!

## Evening Book Club

The evening book club will meet on November 8, 2011 at 7:00 p.m. location to be determined to discuss *The Glass Castle*, an autobiography by Jeannette Walls.

The location of this meeting will be announced in future *E-Weekly's* and the August *Sustaining Matters*.



## Sustainer Events Calendar

### October 27, 2011

Mistletoe *Misschief*  
Girls Night Out at Boo-tique  
Benton Convention Center  
6:00 p.m. - 9:30 p.m.

### October 28, 2011

Sustainer Special Shopping  
At JLWS Boo-tique  
Benton Convention Center  
9:00 a.m.– 10:00 a.m.

### November 8, 2011

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

### December, 19, 2011

Sustainer Holiday Luncheon  
1703 Restaurant  
11:30 a.m.—1:00 p.m.

## Sustainer Survey: Part Two

As written in the September *Informer*, Sustainers were surveyed in the spring about their ideas for the JLWS Sustainer programming. Below are some additional quotations from Sustainers:

What are the benefits of being a Sustainer?

- *A continued sense of belonging to a vital organization. To set a good example for my daughter to be a Junior Leaguer one day.*
- *I can participate when I have time, but am not obligated to participate when I am too busy. I love staying informed about what is going on in the League.*
- *Staying informed about community issues and JLWS projects, being included in events; still being part of the JLWS family*
- *Knowledge of sustaining the on-going work of JLWS; the ability to plug-in to most any JLWS volunteer work whenever my schedule/desire allows; remaining informed and connected to JLWS without having responsibilities and requirements; access to training; special events with other Sustainer friends*
- *Ability to mentor actives and advocate for JLWS in the community*
- *Connected to solid and desirable organization with a good legacy and reputation*
- *Programs that are valuable for me to attend*

Sustainers also expressed concerns about their inability to attend Sustainer events that conflict with their work schedule or are in the evening. The Sustainer Events coordinators are planning events with timing that will allow more working and older Sustainers to attend during the lunch-time hour. The greatest barrier to Sustainers attending events is conflicts with their work/family schedule, so hopefully the 2011-2012 events will be more accessible to more JLWS Sustainers.

### Figure 8 Island

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## Children's Museum Awarded Grant from the Institute of Museum and Library Services

The federal Institute of Museum and Library Services (IMLS), the primary source of federal support for the nation's libraries and museums, awarded the Children's Museum of Winston-Salem \$150,000 to develop the Outdoor Explorations Zones. Over four hundred applications were received and only 160 grants were given; awarding over \$18,777,000 nationwide.

Collaborating with Winston-Salem's artistic community, the Children's Museum's verandah will be transformed into the Adventure Playground - a natural learning environment for visitors to explore pre-literacy activities such as symbolic thinking and make-believe through physical

activity and imaginative play. Additionally, visitors of the museum will be able to participate in various art experiences throughout the year in the Community Arts Patio, located in the front entrance plaza.

The creation and installation of this project demonstrates the Museum's efforts to expand the ways in which it serves the community.

The IMLS grant has made the Children's Museum one step closer to its five-year plan, adopted in 2010 to increase collaboration, partnerships, exhibits, visitor's experiences and community outreach.

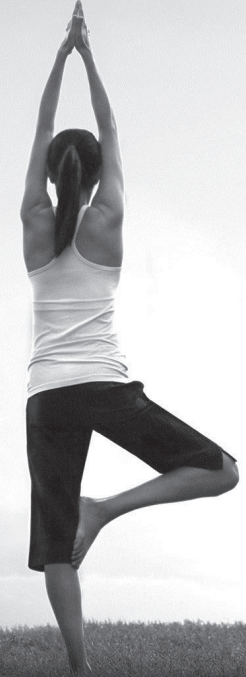
Thanks to the IMLS, the Children's Museum of Winston-Salem will continue to strengthen relationships with the community and promote future funding of projects. To learn more about this project, and others, please visit [www.childrensmuseumofws.org](http://www.childrensmuseumofws.org) and [www.imls.gov](http://www.imls.gov).



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## League Transitions

**Transfers to Winston-Salem from:**

Melissa O’Buch (A) Sarasota, FL  
 Kathleen Robinson (A) Chattanooga, TN  
 Amy Shively (A) Philadelphia, PA

**Transfers from Winston-Salem to:**

Patty Ann Bouge Bryan-College Station, TX

\*(A) designates Active member

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## Volunteers Of Distinction

**Lauren McNeill, Megan Harless,** and the entire New Member Development Committee for planning a very successful New Member Journey on August 27, 2011.

Representatives from partner agencies who hosted JLWS at their locations on the New Member Journey on Saturday, August 27, 2011, including **Milton Rhodes** with the Arts Council of Forsyth County, **Kathy Carr** with the SECU Family House, **Mindy Bloom** with the Ronald McDonald House, **Ann Berlin** with Susan G. Komen for the Cure, and **Sharyn Turner** with Reynolda House of American Art.

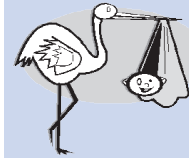
Thanks to **Kate Reece, Alicia Markham, and Vicki Visel** who came out on Saturday, August 27 to train New Members about JLWS Rummage Sale.

## Member Milestones

**Debbie Harlee** was invited by Mutual of Omaha to share her “AHA Moment”, about starting BOOK-Marks, when they were making plans to bring their bus to Winston-Salem to record stories.

## Junior League

Of Winston-Salem  
*Women Building a Better Community*



## Little Leaguers

Spencer Garmon Evans  
 April 20, 2011  
 Kathryn and James Evans

Grace Linwood Foley  
 July 27, 2011  
 Elizabeth and Paul Foley

Thomas Wyatt Newbauer  
 July 5, 2011  
 Megan and Jackson Newbauer

Claire Grace Coutts  
 August 13, 2011  
 Andrea and Mike Coutts

Anne Katherine Romesburg  
 September 4, 2011  
 Kristin and Jason Romesburg



## League Unions

Emily Wallace  
 married  
 Benjamin Wood  
 August 6, 2011

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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](http://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



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.

Register today at  
[www.active.com/event\\_detail.cfm?event\\_id=1972476](http://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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