



Creating an environment where “eagles are trained and then released to soar.”

The Junior League of Winston-Salem (JLWS) is proud to welcome Sylvia Hatchell as the featured speaker for the September General Membership Meeting (GMM). Sylvia Hatchell is the University of North Carolina’s women’s basketball head coach and 2013 Naismith Memorial Basketball Hall of Fame selection. She recently completed her 38th season of coaching with an overall record of 908-321. Her 908 career wins, 636 of which have come in 27 seasons at UNC, rank her second all-time among women’s basketball coaches and first among active coaches. At the September GMM, Sylvia will share what teamwork means to her and how she helps empower women every day in her professional and personal life.

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## September General Membership Meeting

### Featuring Sylvia Hatchell

UNC Women’s Basketball Head Coach

### Monday, September 23, 2013

Novant Health: Forsyth Medical Center  
Conference Center  
(Free Parking in Visitor’s Parking Deck)

**5:30 p.m. - Training**

**6:30 p.m. - Social**

**7:00 p.m. - Membership Meeting**

## Volunteer Development Presents:

### The Culture of Philanthropy

Presented by Allan Burrows, President of  
Capital Development Services  
See page 8 for more details.

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

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Winston-Salem, North Carolina 27101

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**Web:** [www.jlws.org](http://www.jlws.org)

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

# Letter from the President



## Defining Our League, Defining Ourselves

Welcome to the 2013-2014 JLWS year! Spring is usually thought of as the season of rebirth and regeneration, but for the JLWS that time is now. I hope you all made special summer memories. As the JLWS cycles back into full swing, we can reflect upon the relaxed pace of summer days. But, I for one, am looking forward to the structure that this season inevitably brings to my household and our Junior League. Of course, the JLWS does not go dormant, but

instead the time is spent planning for a new cycle events that we are excited to unveil for you this year!

The theme for this year is **Defining Our League, Defining Ourselves**. The JLWS is at a critical time when we must educate the public on who we are and what we do. Our identity has been tied to the Rummage Sale for sixty years. However, we are much more than an organization that puts on an annual rummage sale. We are a large group of women who have shaped this community. This Junior League is a birthplace of great ideas, a training ground for women, and an army of community contributors. We will be reminding the community of our accomplishments through many diverse ways ranging from mass media to informational corporate meetings. Thus, we will be **Defining Our League**. The JLWS is a membership organization. Therefore the most important asset is our members. We will examine how important our own roles and values fit into the organization equation. We all have many roles, such as wives, mothers, sisters, daughters, workers, volunteers, and mentors. These roles define us and collectively we define the whole. Happy volunteers are those who can prioritize and organize their responsibilities to meet the needs of their key beneficiaries. We will learn ways to take inventory of our skills and values to achieve ideal balance in our lives. Thus we will be **Defining Ourselves**.

This is a pivotal year for the JLWS. In addition to a focus on marketing ourselves, we will hold our final Rummage Sale. This is a sixty year tradition in this community and we plan to honor it and to celebrate it. It has shaped our identity and bonded generations. Six decades of women share the common experience of working this event: bagging items, sorting and delivering, etc. This event permeates our organization. Plan to attend the grand finale and stay tuned for the membership classification and obligation changes that will follow.

I challenge you to remember that being a volunteer and a mentor is our common identity as JLWS members. Please look for ways to utilize those skills in the JLWS and community every day. I have always been driven by the core belief that we all owe something to our community and society. We should all find a way to give back and to contribute. We, the Junior League of Winston-Salem, have an opportunity to do that together as a team maximizing our impact. The JLWS brand exists. We must hone it, champion it, and grow it. If we all realize and make a commitment to the common goal of improving this community together we can accomplish great things. That is the mission of the JLWS.

Thank you for being a purveyor of our mission and a part of our legacy. I look forward to writing another chapter of our inspiring history with you.

The Junior League of Winston-Salem is an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

## 2013-2014 Board of Directors

**Teresa Inman:** President  
**Christine Storch:** President-Elect  
**Wesley Suttle:** Administrative Vice President  
**Elizabeth Dampier:** Strategic Planning Chair  
**Erin Kennedy:** Communications Vice President  
**Heather Hubbard:** Assistant Communications Vice President  
**Anna Ball Hodge:** Community Vice President  
**Yvette Boland:** Assistant Community Vice President  
**Stephanie Moser:** Finance Vice President  
**Melissa O'Buch:** Assistant Finance Vice President  
**Kelly McConnico:** Membership Vice President  
**Katie Neal:** Assistant Membership Vice President  
**Amine Seifert:** Nominating Chair  
**Carrie Ross:** Volunteer Development Chair  
**Grace Neal:** Member-at-Large  
**Allison Reaves:** Sustainer Advisor

## Headquarters Staff

**Csilla Dunn:** Administrative Director  
**Margaret Sattler:** Administrative Assistant

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The *Informer* accepts advertising.

For more information, visit

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

**Advertising deadline for the November issue: September 25, 2013**

## 2012-2013 *Informer* Staff:

Csilla Dunn, Managing Editor  
Julie Antrim  
Meghan Corbett  
Patsy Elliott  
Desiree Knight  
Brooke Orr  
Anna Ramsay

## April 2013 Board Briefs

The JLWS Board of Directors met on April 22, 2013. Maureen Elrod provided the finance report, reserving discussion of the Rummage Sale results for later in the meeting. Felecia Manning presented two motions affecting Membership Policies Section IV, B. – Reinstatements to reinstate two members who had previously resigned. The motions passed. Teresa Inman provided an update of the Management Team meeting discussion. She also began the Rummage Sale results discussion. Maureen reviewed the preliminary attendance and financial results with the Board of Directors. Next, Erin Jelinek presented the candidates for the JLWS Lifetime Achievement Award to be presented at the May GMM. The Board reviewed the candidates and decided on this year's recipient. Kelly Meachum informed the Board the status of the scholarship applications. The recipients will be notified and asked to attend the May GMM meeting to be recognized. Catherine New discussed the End of the Year Survey. As incentive to participate, members completing the survey at the GMM will be entered into a drawing for a spa gift certificate. Heather Mackey led discussion on the 2012-2013 JLWS awards, the criteria and the nominees. The Board decided on recipients for each award. Elizabeth Dampier then discussed the status of the 2012-2013 and the 2013-2014 Strategic Plan.

## May 2013 Board Briefs

The JLWS Board of Directors met on May 13, 2013. Heather Mackey began the meeting by welcoming and congratulating the 2013-2014 JLWS Board of Directors. Maureen Elrod shared the finance report. Teresa Inman provided an update of the Management Team meeting discussion highlighting member obligations and community reaction to the NewBridge segment that aired on WXII. Heather Mackey then reviewed the agenda for the May GMM. Elizabeth Dampier shared the incoming Board's progress on with the 2013-2014 Strategic Plan. Next, several motions were brought forth. Motions to reinstate a previously member, to resign members for nonpayment of dues, to approve New Members becoming Active and to approve the 2013-2014 budget were approved. A roundtable discussion encouraging the incoming Board to ask any questions they may have concluded the meeting.

## June 2013 Board Briefs

The JLWS Board of Directors met on June 3, 2013. President Teresa Inman welcomed the 2013-2014 Board of Directors to its first official meeting. Stephanie Moser, Finance Vice President, updated the Board on the final numbers (loss) from the 2012-2013 year, discussed the importance of educating membership about the Annual Fund, and discussed the 2013-2104 budgets. Kelly McConnico, Membership Vice President, provided a review of the Year End Survey. Elizabeth Dampier, Long Range Planning chair, led a discussion regarding the 2012-2015 Strategic Plan and Implementation Plan. Teresa Inman led a discussion regarding a review of the JLWS Bylaws and Policies. Lastly, Nominating Committee chair, Amine Seifert, made a motion pursuant to Article VIII of the Standing Committee Policies of the JLWS to approve the eighth member of the Nominating committee to serve a one year term for 2013-2014, which motion was approved unanimously by the Board.

## July 2013 Board Briefs

The JLWS Board of Directors met on July 8, 2013. Stephanie Moser, Finance Vice President, reviewed the 2012-2013 and 2013-2014 Profit and Loss Budgets versus Actuals. She emphasized the importance of all councils to monitor expenses and be aware of budgets. Christine Storch, President-Elect, provided a report from the Management team meeting, highlighting the New member class and the need for Boutique vendors. Teresa Inman, President, discussed the Novant Health sponsorship for 2013-2014, and the Board discussed corporate sponsorship in general. Elizabeth Dampier, Long Range Planning chair, presented the final 2012-2015 Strategic Plan and Implementation Plan, which were both approved by the Board. Teresa discussed, and the Board concurred with, the formation of an ad hoc committee that will focus on the future financial health of the JLWS. This ad hoc will include the 2014-2015 Finance and Assistant Finance Vice President and other JLWS members with knowledge of JLWS finances and the state of community financing. Motions to reinstate one Active and one Sustainer member of the JLWS were approved by the Board. Lastly, the Board discussed involvement with Leadership Winston-Salem in the future.

## General Membership Meeting Calendar

### Monday, September 23, 2013

(Voting Meeting)  
6:30 p.m. Social  
7:00 p.m. Meeting  
Novant Health: Forsyth Medical Center  
Conference Center

### October 2013

Town Halls  
Times and locations will vary

### Monday, January 27, 2014

(Voting Meeting)  
6:30 p.m. Social  
7:00 p.m. Meeting  
Novant Health: Forsyth Medical Center  
Conference Center

### Monday, March 24, 2014

6:30 p.m. Social  
7:00 p.m. Meeting  
Novant Health: Forsyth Medical Center  
Conference Center

### Monday, May 19, 2014

(Voting Meeting)  
6:30 p.m. Social  
7:00 p.m. Meeting  
Novant Health: Forsyth Medical Center  
Conference Center

## PART TIME ASSISTANT POSITION

- \* Large International Investment Firm
- \* Winston Salem Branch Office
- \* Flexible Hours
- \* Good Pay

726-8677  
(Ask for Kim)

## Membership | 2013-2014 Board of Directors



### Teresa Inman

*President*

**Hometown** - Albemarle, North Carolina

**Education** - University of North Carolina - Chapel Hill: B.S. in Business Administration and M.S. in Accounting

**Family** - Husband: Lucas and children:

Reed (8), Conner (8), Noah (2), and Miles the dog

**Past JLWS Placements** - Dine Around, Publications Financial Analyst, Donation Management Coordinator, Provisional (New Member) Mentor, Assistant Finance Vice President, Finance Vice President, Holiday Market Co-Chair, Boo-tique Co-Chair, President-Elect

**Other Organizations Involved With** - Saint Paul's Preschool, Whitaker Elementary Parent Teacher Association



### Christine Storch

*President-Elect*

**Hometown** - Charlotte, North Carolina

**Education** - Meredith College

**Family** - Husband: Bain and children: Nelson (6), Rand (4), and Artemis the dog

**Past JLWS Placements** - Nominating, League Linkers, New Member Development, Historian, Children's Museum Ambassadors, Boutique Vendor Recruitment, Assistant Membership Vice President and Membership Vice President

**Other Organizations Involved With** -

Brenner Children's Hospital, Whitaker Elementary School, St Paul's Church, St Paul's Preschool, Ronald McDonald House



### Wesley Suttle

*Administrative Vice President*

**Hometown** - Charlotte, North Carolina

**Education** - University of North Carolina - Chapel Hill: B.S. and University of Virginia: J.D.

**Family** - Husband: Mark and children:

Nan (4), Ward (4), and Meyer (1)

**Past JLWS Placements** - Big Brothers Big Sisters Buddies, League Linkers, Helping Hands (Kids in the Kitchen)

**Other Organizations Involved With** - Centenary United Methodist Church



### Elizabeth Dampier

*Strategic Planning Officer*

**Hometown** - Trinity, North Carolina

**Education** - University of North Carolina - Chapel Hill: B.A. Economics and North Carolina State University: M.P.A.

**Family** - Husband: Scott and children:

Brayden (8), Davis (5), and Nathan (1)

**Past JLWS Placements** - JLWS: Community Board Representative: Children's Theatre, Strategic Planning; Junior League of Gaston County: Cookbook, Community Research

**Other Organizations Involved With** - The Children's Theatre, Caleb's Creek Elementary



### Erin Kennedy

*Communications Vice President*

**Hometown** - Winston-Salem, North Carolina

**Education** - University of North Carolina - Greensboro

**Family** - Fiancé: Jon and son: Elijah (13)

**Past JLWS Placements** - Words of Winston Salem Co-Chair and Chair, Goler Community Gardens Chair, Women's Health Advisory Council, Assistant Communications Vice President

**Other Organizations Involved With** - Leadership Winston-Salem, Crisis Control Ministries, Hanes Middle School, Family Services Women's Shelter



### Heather Hubbard

*Assistant Communications Vice President*

**Hometown** - Charlotte, NC

**Education** - Salem College, BA Not For Profit Management

**Family** - one daughter

**Past JLWS Placements** - Training Team, Training Team Chair, Placement Development Assistant Chair, Informer Editor, Nominating Committee, SPAC-A, Community Board Representative- Communities in Schools, NC SPAC Assistant Chair



**Anna Ball Hodge**  
*Community Vice President*

**Hometown** - Raleigh, North Carolina  
**Education** - Wake Forest University: B.A. Art History  
**Family** - 2 Sisters and Elsa the dog

**Past JLWS Placements** - Marketing and Public Relations, Informer Assistant Editor, Membership Retention Task Force, Smart Start, Maya Angelou Center for Women's Health Educators Chair, Assistant Community Vice President

**Other Organizations Involved With** - Hospice and Palliative Care Center, Brenner Children's Hospital, Horizons Residential Care Center, Go Red for Women Advisory Council, Saint Paul's Episcopal Church



**Yvette Boland**  
*Assistant Community Vice President*

**Hometown** - Hobbs, New Mexico  
**Education** - University of Notre Dame: B.A. and Western Michigan University: M.A.  
**Family** - Husband: Michael and children: TJ (9), Maria (7), and Trevor (6)

**Past JLWS Placements** - JLWS Child Abuse Puppet Show Chair, Marketing and Public Relations Assistant Chair, SCAN/Welcome Baby, Tour of Fine Spaces, Smart Start Read to Me Chair

**Other Organizations Involved With** - Saint Leo's School



**Stephanie Moser**  
*Finance Vice President*

**Hometown** - East Windsor, New Jersey  
**Education** - B.S. Business Management  
**Family** - Husband: Thad, 2 sisters and 12 nieces and nephews

**Past JLWS Placements**  
- Placement Development, JLWS Collections, Rummage Sale, Finance, Assistant Finance Vice President

**Other Organizations Involved With** - Volunteer Center of Greensboro board member, March of Dimes board member, Habitat for Humanity, Holy Cross Catholic Church



**Melissa O'Buch**  
*Assistant Finance Vice President*

**Hometown** - Winston-Salem, North Carolina  
**Education** - University of North Carolina - Chapel Hill

**Family** - Husband: Russ and children: Chip and Ben

**Past Placements** - JLWS: Tour of Fine Spaces, Corporate Steward; Junior League of Sarasota: Corresponding Secretary, Assistant Corresponding Secretary, Vice President of Membership, Computer Chair, Barely Blemished (similar Rummage Sale)

**Other Organizations Involved With** - YMCA, Whitaker Elementary



**Kelly McConico**  
*Membership Vice President*

**Hometown** - Bluefield, West Virginia  
**Education** - Wake Forest University  
**Family** - Husband: Jake and stepdaughter: Caroline (8)

**Past JLWS Placements** - New Member Development Chair, New Member Mentor, Words of Winston-Salem, Children's Museum, Boo Bash, Assistant Membership Vice President

**Other Organizations Involved With** - Habitat for Humanity



**Katie Neal**  
*Assistant Membership Vice President*

**Hometown** - Paris, Kentucky  
**Education** - Wake Forest University  
**Family** - Husband: Brian and Jack (born July 2013)

**Past JLWS Placements** - New Member Recruitment Chair, New Member Mentor

**Other Organizations Involved With** - Centenary United Methodist Church



**Amine Seifert**  
*Nominating Chair*

**Hometown** - Henderson, North Carolina  
**Education** - Wake Forest University: B.A. Psychology and University of Virginia: MEd. Counseling  
**Family** - Husband: Sam and children: Kate

(5) and Walt (2)

**Past JLWS Placements** - Cookbook, Provisional Mentors, League Linkers Assistant Chair and Chair, Member-at-Large, Sustainer Liaison, Nominating

**Other Organizations Involved With** - Knollwood Baptist Church and Preschool



**Carrie Ross**  
*Volunteer Development Chair*

**Hometown** - Roanoke, Virginia  
**Education** - James Madison University: B.S. Psychology and MEd. College Student Personnel Administration  
**Family** - Husband: Brad and children: Ian

(4) and Gavin (1)

**Past JLWS Placements** - Placement Coordinator, Chat and Snack Chair, Training Team, Rummage Sale Large Item Assistant Chair

**Other Organizations Involved With** - Clemmons United Methodist Preschool



**Grace Neal**  
*Member-at-Large*

**Hometown** - Memphis, Tennessee  
**Education** - B.S Business and M.S. Accounting  
**Family** - Husband: Matt and son: Brennick  
**Past JLWS Placements** - New Member

Mentor, Placement Liaisons



**Allison Reaves**  
*Sustaining Advisor*

**Hometown** - Laurens, South Carolina  
**Education** - B.S. Psychology and M.A.T Mathematics  
**Family** - Husband: Mark, Five brothers and sisters, Mother: Donna and husband

Jerry, Stepmother: Mary, Two brothers-in-law and one sister-in-law, Nine nieces and nephews, Three dogs: Seabreeze, Martini, Jack, and a horse named Stoli

**Past JLWS Placements** - Volunteer Development Task Force, President, President-Elect, Communications Vice President, Informer Chair/Editor, Website Manager, Informer Assistant Chair/Editor, Therapeutic Horseback Riding Chair, Training Team

**Other Organizations Involved With** - Dr. Susan Love Research Foundation's Army of Women

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Winston-Salem, NC  
336.724.1754  
cabinetstudio.com



### Active Member Profile: Kelly Doud

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**Hometown:** Salem, Virginia

**Family:** Husband: Brian, Daughters: Delaney (9) and Charlotte (6), Sons: Thomas (3) and baby boy due this fall

**Profession:** I have been going back and forth between elementary school counselor, preschool teacher, and stay-at-home mom

**Hobbies:** Reading, Yoga, Spending time with friends

**Years in the JLWS:** Seven

**Reason for joining the JLWS:** I wanted to become more involved in the community and be inspired by many dynamic women.

**Favorite placement:** Placement Liaison

**Fondest JLWS memory:** Meeting six amazing ladies in my provisional group! Even though several have moved away and we have had a total of 16 babies join our group since we met, we still find time to get together and I consider these girls to be some of my dearest friends.

**JLWS influence in everyday life:** I love when I drive through Winston-Salem and see all of the places and things the Junior League has assisted or created. The JLWS's touch is everywhere, and I'm so proud to be a part of it!

**Favorite quote:** "Wrinkles only go where the smiles have been." -Jimmy Buffett



### Sustainer Member Profile: Bennie Beece

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**Hometown:** Ridgeway, Virginia

**Family:** Widowed

**Profession:** Former banker (retired); Currently a Melaleuca marketing representative

**Hobbies:** Walking, Reading, Bible study, Church choir, Volunteering, Wake Forest University fan, Entertaining, Feeding the birds

**Reason for joining the JLWS:** To become a more effective volunteer and to meet people

**Favorite placement:** Served as president in the Junior League of Huntington, West Virginia

**Fondest JLWS memory:** Being elected to Area II council - Nominating committee

**JLWS influence in everyday life:** Having an alternate plan

**Favorite quote:** Living well is the best revenge - Spanish Proverb

## The JLWS Wants To Hear From You!

*What is your favorite JLWS placement of all time and why?*

"Puppet show! It was fun, very rewarding, and a little bit of hard work (old PVC pipe stage was heavy!)"

- Active member, Yvette Boland

"My favorite all-time JLWS placement is Girls on the Run! I love front-line volunteering and it doesn't get any more front-line than coaching! The girls are at an age (third through fifth graders) when they are receptive to learning about and discussing life choices such as being healthy and being a good friend. As a coach I get to know all the girls over the course of ten weeks and there is much gratification in seeing them grow as individuals and as a group. The lessons are good for me too - great reminders of things to be doing every day to be the best we can be!"

- Active member and Past president, Leah Crowley

## Next issue the JLWS wants to know:

*What has the JLWS taught you and how have you carried that out into the community?*

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

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

## Membership



### Ask Your Member-at-Large

Grace Neal

**Question:** I am looking to spend more time to volunteering, but I am not interested in double placing. Is there another option for me to consider?

**Answer:** This is a great question! Major Leaguers is a good option for members who would like to be more involved than just their basic membership duties. It is an interest group for all JLWS members (Actives, Sustainers, and New Members) who wish to participate in activities that go above and beyond their placement. Interested members are able to pick from small or large projects that fit into their schedule and interests. Your participation in events throughout the year is optional and there is no set time commitment. Members will be notified via email when help is needed. Sometimes members will receive an advanced notice and other times on a quick need. Major Leaguers is a simple yet rewarding way to volunteer extra time to the JLWS.

This year Major Leaguers is working on several new projects and events. Specifically, one new project includes a car seat program. Members are asked to save their old car seats and consider donating them to the JLWS. The car seats should not be more than six years old, have never been in an accident, and be in good working condition.

More information on new events and projects happening through Major Leaguers will be provided as the year progresses. Please contact Amy Shively at [majorleaguers@jlws.org](mailto:majorleaguers@jlws.org) to donate a car seat, to ask questions, or to sign up for Major Leaguers.

## Volunteer Development

The members of the Volunteer Development team are excited about hosting new training opportunities for the 2013-2014 year that fit with the theme of “Defining Our League, Defining Ourselves”. The committee will explore both personal and professional trainings that help members define who they are as leaders, volunteers, and Junior League members. Similar to last year, training workshops will take place prior to General Membership Meetings (GMM). As always, please e-mail ideas or recommendations to [volunteerdevelopment@jlws.org](mailto:volunteerdevelopment@jlws.org). The best ideas for trainings come from members!

Save the date for the first training session which will take place on **Monday, September 23, 2013 at 5:30 p.m.** (prior to the GMM) on the Culture of Philanthropy presented by Allan Burrows. Allan, President of Capital Development Services, will share his extensive expertise in leadership, development for non-profits and fundraising. Allan is himself a volunteer, having served on the board of both Big Brothers/Big Sisters and the Ronald McDonald House. Allan will help JLWS members explore the “why” behind what volunteers do and how they make an impact in the community, as both individual volunteers and as a greater Junior League. This topic will provide the perfect foundation for the year ahead as the JLWS membership begins to “Define our League.” Allan is a seasoned, engaging presenter who is sure to create a lot of discussion on volunteerism and how the JLWS members can make an impact in the local community. Sign up on the JLWS Members Only web site.



## Seventh Annual Project Mannequin and School Supply Drive



Calling all members! Join the JLWS's 2013-2014 New member class on **Monday, September 9, 2013** at Nitsa's Apparel 107 South Stratford Road. The New member class is collaborating with Nitsa's Apparel for its seventh annual team building event. Each small group will be challenged with the task of dressing a mannequin in a short timeframe, requiring strong communication and teamwork.

At 7:30 p.m., Actives and Sustainers are invited to come meet New members, enjoy drinks and appetizers, door prizes, and a twenty percent discount (excluding bridal merchandise and special orders). Five Points will also provide tastings of some of their appetizers.

This year the New member class is encouraging attendees to bring school supplies for the community placement, The Healing Center (Children's Home). Everyone who brings in an item will be entered into a drawing for gift certificates to Nitsa's (\$100 and \$50 value). Actives and Sustainers should visit the Members Only section of the JLWS web site to register for this event. (New Members do not need to register.)

This year, all voting will be on Facebook and will open up that night. Bring your smart phone and cast your vote that night! The voting will continue until Thursday at 9:00 a.m. To vote, go to Nitsa's Facebook page <https://www.facebook.com/NitsasApparel>, like Nitsa's page, like the picture of the favorite mannequin, and leave a comment under the mannequin chosen.

Suggested Back-to-School items include crayons, glue sticks, #2 pencils, 3-ring binders, highlighters, index cards, hand sanitizer, and boxes of tissues.

**Below are links to the full elementary and middle school supply lists:**

<http://wsfcs.k12.nc.us/site/Default.aspx?PageID=534>

<http://wsfcs.k12.nc.us/site/Default.aspx?PageID=533>

## 2013- 2014 New Member Class

The JLWS is thrilled to welcome the 2013-2014 New Member class. The New Members have been getting acquainted this summer through small group socials and kicked off the year with the New Member Seminar on August 10, 2013 at Summit School.

### August 10, 2013

New Member Seminar  
9:00 a.m.  
Summit School

### September 9, 2013

New Member Meeting #1  
6:30 p.m.

### November 14 or 21, 2013 (TBD)

New Member Meeting #2  
6:30 p.m.

### November 15 - 17, 2013

New Member Fall Project  
Boutique  
Various shifts

### December 2013

New Member Holiday Social  
Time and Location TBA

### January 14, 2014

New Member Meeting #3  
6:30 p.m.

### February 10, 2014

New Member Meeting #4  
6:00 p.m.

### March 3, 2014

New Member Townhalls  
6:30 p.m.  
Various locations TBD

Elizabeth Alderman  
Hallie Bartlett  
Kirsten Bates  
Ashley Beach  
Lametric Bishop  
Vanessa Black  
Megan Bosworth  
MaryThom Brown  
Melissa Bryson  
Kelly Burkett  
Taylor Carruthers  
Paige Caruso  
Tracy Clark  
Megan Cleaveland  
Amy Clodfelter  
Kayce Clodfelter  
Rebecca Cochran

Cammie Collier  
Katherine Collins  
Janet Daudelin  
Christina Dell'Aquila  
Lauren Denton  
Megan Donovan  
Ella Douglas  
Mary Louise Driscoll  
Kimberlyn Edmundson  
Helen Eldridge  
Caroline Evans  
Francie Fisher  
Alissa Floyd  
Alexandra Gebhard  
Krystina Gideon  
Olivia Gilbert  
Laura Hannah

Vanessa Hansen  
Della Hinman  
Melanie Holder  
Mary Catherine Hollowell  
Lisabeth Howland  
Shelley Hundley  
Mallory Johnston  
Tiffany Jones  
Ryann Kasey  
Danielle Kattan  
Katelin Kennedy  
Cameron Kluttz  
Nicole Komblatt  
Allison LaPrade  
Meredith Long  
Deborah Luessen  
Heather Mathes

Elizabeth McKee  
Leah Mitchell  
Claire Moll  
Abeer Mustafa  
Sabrina O-Hare  
Brett Patterson  
Lara Pierce  
Lauren Polli  
Sara Quick  
Jillian Roach  
Suzanne Roemer  
Virginia Rothwell  
Lindsay Schneider  
Merideth Segovia  
Laura Shay  
Danielle Showalter  
Linda Siri-Warehime

Meredith Sloan  
Isa Smelcer  
Mary Ivey Stewart  
Catherine Tennant  
Tamika Terrell  
Elizabeth Thomas  
Sarah Margaret Thompson  
Ashley Toompas  
Mai Tran  
Kristen Tufts  
Jessica Virgadamo  
Katherine Vogler  
Carly Weikel  
Amy Wilkerson



The Junior League of Winston-Salem Presents **Boutique: A Shopping Event**

**Girls Night Out**

Bubbles, Baubles, and Bags

Friday, November 15, 2013

**All Day Shopping**

Saturday, November 16, 2013

Benton Convention Center | Downtown Winston-Salem

Please join the JLWS for the third annual Boutique shopping extravaganza.

This fun-filled shopping event will kick off Friday night with an incredible Girls Night Out event called "Bubbles, Baubles, and Bags" that is NOT to be missed! Grab a few girlfriends and come see what all the excitement is about. For tickets and to learn more, please visit [www.jlws.org/boutique](http://www.jlws.org/boutique) and be sure to "like" Boutique on Facebook!

*The 2013- 2014 Boutique committee is also currently accepting applications for vendors for this fun filled event. Go to [www.jlws.org/boutique](http://www.jlws.org/boutique) to download an application or for more information.*



**2014 Rummage Sale**

Thursday, April 10, 2014 - Saturday, April 12, 2014

**2014 Rummage Sale Work Week**

Monday, April 7, 2014 - Wednesday, April 9, 2014

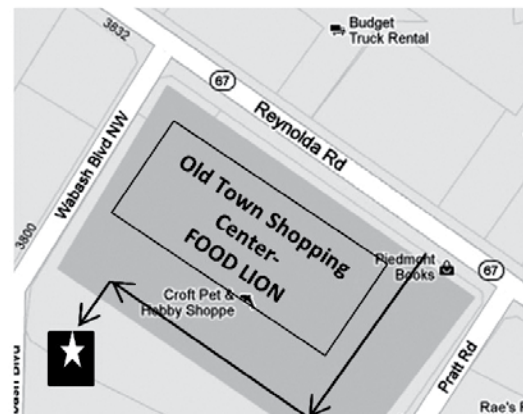
Contact Rummage Sale chairs, Leigh Sobel or Erin Muller, with questions regarding the 2013 Rummage Sale at [rummagesale@jlws.org](mailto:rummagesale@jlws.org).

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

**Early Rummage Drop-off Schedule**

Have quality rummage that can't be held on until the sale dates? Please consider using one of the early drop-off dates held at the JLWS storage location, 3800 Reynolda Road (behind Old Town Shopping Center). Rummage Sale committee members will be there to receive rummage from 10:00 a.m. to 1:00 p.m. on these Saturdays. Please see the Rummage Sale page on the web site for a list of products that JLWS cannot accept for rummage.

- September 28, 2013                      February 8, 2014
- October 26, 2013                      March 8, 2014
- January 11, 2014



Running is a great way to stay in shape and have fun, but nutrition is also a key component in staying strong. As your 10k, half-marathon, or marathon approaches you should take extra care about your diet as a few tweaks can help you during long races and training days. By learning how to eat the proper foods you can help fuel your body for your best race yet.

## Pre- and Post-Race Nutrition

There are two important aspects for runners to consider in order to successfully complete a race: training and nutrition. The benefits of training are self-explanatory, but the benefits of nutrition are widely misunderstood. There are three basic purposes for nutrition: provide energy, regulate metabolism, and support growth and development.

### Days leading up to the race (i.e. that week):

In the days leading up to the race, your goals are to:

- “Carb load” in order to ensure your storage of carbohydrates is sufficient, because carbohydrates are known as being your body’s largest source of energy, especially for exercise.
- Consume 70 percent of your calories from carbohydrate sources.
- Eat simple carbohydrates, which are your highly processed, “white” carbs.

Important note: Make sure that when you increase your carbs, you do not increase your total intake of calories. This is definitely not the time to begin overeating! But, this is the one time during which your serving of carbohydrates on your plate should be larger than your serving of protein and vegetables.

### Night prior to the race:

On the night prior to the race, it is critical for you to:

- Eat a filling meal that contains plenty of carbohydrates and a small amount of protein and is low in fat.
- Eliminate high-fiber foods that may cause gas, such as beans, broccoli, whole grains, etc., because these foods may cause digestive issues the night before or the morning of a race.

### Morning of the race:

It is now the morning of the race, and you will want to make sure that you:

- Eat a meal that is high in carbohydrates, low in fat and low to moderate in protein.
- Allow the stomach to be relatively empty at the start of the race; in order to do this, eat a solid meal about three to four hours prior to the competition, thus providing ample time for digestion.

### Post-race:

You made it!!! The race is over, and you want and need to replenish energy as soon as possible. In order to replenish your body and the stores you have just depleted:

- Eat within the first 30 minutes after the race to help your muscles begin to rebuild themselves.
- Eat primarily carbohydrates with a small amount of protein such as a bagel with peanut butter or a smoothie made with fruit and yogurt
- If you feel you can't stomach solid food immediately after a run, try drinking some chocolate milk. Chocolate milk provides plenty of protein, carbohydrates and B vitamins – making it a great recovery drink.

For more information on nutrition services and leading a healthy life give Novant Health Nutrition Solutions a call.

**Winston-Salem:** (336)277-1890  
1900 South Hawthorne Road, Suite 170  
Winston Salem, NC 27103

**Kernersville:** (336)564-4065  
1710 Kernersville Medical Parkway, Suite 210  
Kernersville, NC 27284



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**N** ■ **NOVANT**  
**HEALTH**

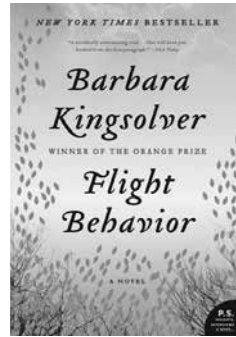
## Sustainers

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



**Serena**  
*by Ron Rash*

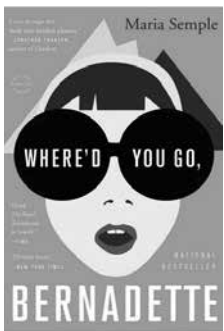
**September 25, 2013**  
(at the home of Emily Glaze)



**Flight Behavior**  
*by Barbara Kingsolver*

**November 20, 2013**  
(at the home of Carol Fagg)

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



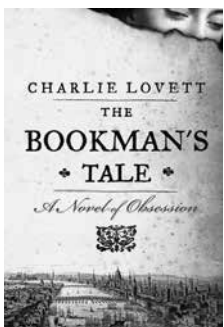
**Where'd You Go  
Bernadette?**  
*by Maria Semple*

**September 10, 2013**  
(at the home of Kellon Tippett)



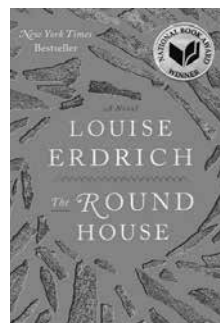
**A Train in Water**  
*by Caroline Moorehead*

**March 11, 2014**  
(Location TBD)



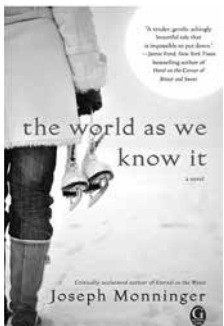
**The Bookman's Tale**  
*by Charlie Lovett*

**November 12, 2013**  
(Location TBD)



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

**May 13, 2014**  
(Location TBD)



**The World As We  
Know It**  
*by Joseph Monninger*

**January 14, 2014**  
(Location TBD)

## Congratulations to these new JLWS Sustainers!

Congratulations to these nineteen women who completed their JLWS Active service at the end of May. They are looking forward to attending Sustainer events in the 2013-2014 year. Please be sure to congratulate and thank them for their service!

Paige Ballus, Claudia Banner, Sarcanda Bellissimo (not pictured), Lacey Brisson, Heather Bumgarner, Katherine Campbell, Dianne Conley, Ceci Davis, Andrea Fernandez, Susannah Greco, Shaída Horner, Meg Keever, Cindy Lorenzetti, Heather Mackey, Elizabeth Nolan, Beth Skorich (on the right), Carlie Stubbs (not pictured), Shayna Thiel (not pictured), Whitney Webster



# Noteworthy



## Junior League Transitions

### Transfers from Winston-Salem:

**Mary-Forbes Arkwright** (Active)  
Asheville, North Carolina

**Shawna Cone** (Active)  
Morristown, New Jersey

**Jo Alice Hall** (Active)  
Jackson, Mississippi

**Elizabeth Hoekstra** (Active)  
Charlotte, North Carolina

**Candace Johnson** (Active)  
Lexington, Kentucky

**Katherine Johnson** (Active)  
Augusta, Georgia

**Anna Montgomery** (Active)  
Columbia, South Carolina

**Djuna Osborne** (Active)  
Roanoke Valley, Virginia

**Ashlin Owen** (Active)  
Wilmington, North Carolina

**Riley Parker** (Active)  
Raleigh, North Carolina

**Nilam Patel** (Active)  
Roanoke Valley, Virginia

**Abbie Plonk** (Active)  
Houston, Texas

**Emily Reel** (Active)  
Charlotte, North Carolina

**Kathleen Robinson** (Active)  
Birmingham, Alabama

**Kimberly Struglinski** (Active)  
Evanston-North Shore, Illinois

**Dorothy Upchurch** (Sustainer)  
Greenville, South Carolina

**Hollan Rudolph Young** (New member)  
Raleigh, North Carolina

**Katelyn Wiese** (Active)  
Charlotte, North Carolina

**Cassi Williams** (Active)  
Charleston, South Carolina

**Brittany Wurdeman** (Active)  
Charlotte, North Carolina

**Kathy Zagoria** (Sustainer)  
San Francisco, California

### Transfers to Winston-Salem:

**Katherine Belter** (Active)  
Birmingham, Michigan

**Kim Brown** (Active)  
Collin County, Texas

**Stacey Bullers** (Active)  
Pittsburgh, Pennsylvania

**Dawn Butler** (Active)  
Jacksonville, Florida

**Kate Lambert** (Active)  
Gainesville, Florida

**Virginia Ruane** (New member)  
Charlotte, North Carolina

**Caroline McNeil Smith** (Active)  
Charlotte, North Carolina



## Little Junior Leaguers

**Werth William Barry**  
July 25, 2013  
Kathleen & Dave Barry

**James William Goodson and Louise Rose Goodson**  
August 2, 2013  
Allison and Will Goodson

**Elizabeth Boyd Hodgson**  
July 8, 2013  
Lindsay and Alan Hodgson

**Graham Davis Jones**  
June 25, 2013  
Walker and Mark Jones

**Marin Elizabeth Marchesiello**  
March 14, 2013  
Emilee and Joseph Marchesiello

**John Maxwell Moorefield**  
June 16, 2013  
Jessica and Cassidy Moorefield

**Jack Walker Neal**  
July 28, 2013  
Katie and Brian Neal

**Ann Briton Reece and Mary Charles Reece**  
August 15, 2013  
Kate and Mark Reece

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

 **Volunteers of Distinction**

**Members of the 2012-2013 Board and committee chairs, assistant chairs, mentors, and liaisons** for their leadership and dedication to the JLWS

The members of the New member committee including **Chair Walker Jones, Assistant Chair Amber Kirkman, Sarre Boglioli, Mary Frances Garren, Michelle Griffith, Brittany Hunton, Amy Knudson, Elizabeth Marsh, Meghan May, Carmen Sauls, Cathy Seivers, Ashley Talbott, Ann Bennett Thomas, Lindsey White, and Emily Williamson** for organizing, hosting, and welcoming the newest members at the recent New Member Seminar and make-up sessions

**Melissa O’Buch and Amy Shively** for representing the JLWS at Area III this summer in Augusta, Georgia

**Christine Storch** for representing the JLWS at the North Carolina Executive Exchange (NCEE) in Raleigh, North Carolina

 **Engagements**

**Jayne Dallas to William Bebane**  
March 31, 2013

 **Marriages**

**Amy Schultz and John Knudson**  
May 11, 2013

**Dianne Conley and Michael Del Bueno**  
May 25, 2013

**Carrie Vickery and Phillip Skipper**  
June 2, 2013

 **In Memoriam**

**Arabelle Boyer Plonk,**  
mother of Sustainer and Past President Arabelle Fedora  
April 25, 2013

**Bennett Daniel Gross,**  
father-in-law of Sustainer Michelle Gross  
June 5, 2013

**Dr. Charles Robert Helsabeck,**  
father-in-law of Sustainer Linda Helsabeck  
June 6, 2013

**John W. Masten,**  
father-in-law of Sustainer and Past President Meredith Masten  
July 13, 2013


**Mary Hazel Thompson Lucas,**  
mother of Sustainer and Past President Nancy Pleasant  
July 21, 2013



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