

WORDS

WORDS
OF WINSTON-SALEM

SPRING/SUMMER
2010

Junior League of Winston-Salem

A Junior League of Winston-Salem publication





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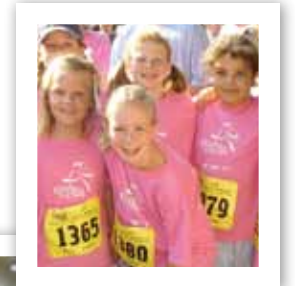


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2009-2010 Junior League of Winston-Salem Board of Directors

Left to right: Leah Crowley (president), Dawn Opel (planning and development vp), Shannon Pylant (training team chair), Amine Seifert (member-at-large), Christine Storch (membership vp), Martha Elmore (administrative vp), Heather Wells (assistant finance vp), Kristen Duchac (communications vp), Nancy Schneider (Sustaining advisor), Heather Smith (nominating chair), Laura Wilkerson (assistant membership vp), Heather Parker (president-elect), Cornelia Groce (assistant communications vp), Whitney Knott (community vp), Sarah Dalrymple (finance vp), Missy Link (assistant community vp).

About the Cover

Rebecca A. Stone-Danahy (Becky) is an eight-year Active member of the Junior League of Winston-Salem and serves as the current Fine Arts Director and Upper School Visual Arts Educator at Forsyth Country Day School. Additionally, Becky leases studio space at Studios at 625 Trade Street and shows her work both regionally and nationally. Becky's focus in the studio is painting and drawing (even though she teaches all forms of visual arts to her students), and her recent work involves what she calls, "Dreamscapes." The Dreamscape process involves transferring historical images to a surface and then using those images to create an imaginary landscape to celebrate history and commemorate time. Becky has always been fascinated with the linear concept of time and has developed a new passion for researching imagery and story to celebrate and acknowledge the past, present, and future in her artwork.



Give, Grow, Get Connected

A Message from the President of the Junior League of Winston-Salem

What an honor it has been to lead an organization of women committed to developing the potential of women, improving the community, and promoting volunteerism! In the eighty-seven year history of the Junior League of Winston-Salem, I am just another president in a long line before me - and a long line to come - to have had the opportunity to serve with a dynamic group of women who share a passion for volunteering.

During the 2009-2010 year, our quest to find an area of women's health to put our volunteer resources has led us to focus on nutrition and physical activity in an effort to reduce chronic and debilitating disease. By reducing the rate of obesity among women in the Winston-Salem area, we hope to realize health benefits that will improve the quality of life for all women and their families during this three- to five-year initiative.

As we have developed this new area of women's health, we have also continued our work addressing early childhood literacy and mentoring adolescents, with the ultimate goal of helping children acquire the skills they need to graduate from high school and position themselves for a fulfilling life. Some of the ways JLWS volunteers have achieved this is by exposing children to reading, mentoring girls to build positive self-esteem, and demonstrating healthy dietary choices. We have put books in the hands of children. We have modeled reading to children with homeless teenage mothers. We have helped children dice fruit and blend it into a healthy treat. We have engaged children at the Children's Museum of Winston-Salem, our seventy-fifth anniversary gift to the community. We have educated third graders in Forsyth County about child abuse and neglect. We have collected and sold sixty thousand square feet of bargain goods. We have trained sixty new volunteers and hundreds of our current volunteers. We have run side-by-side with elementary and middle school girls.

Next year we will do more and we would love to have you as a member or partner! I invite you to join us in developing the potential of women, improving the community and promoting volunteerism. Together we can build healthier families and a stronger community.

Leah Crowley
President
Junior League of Winston-Salem
2009-2010



What is the Junior League of Winston-Salem?

Founded in 1923, the Junior League of Winston-Salem is a volunteer organization for women interested in making an impact in their community. The Junior League of Winston-Salem is part of the Association of Junior Leagues International Inc., which is made up of over 296 Junior Leagues in the United States, Canada, Mexico, and the United Kingdom.



Who are Junior League of Winston-Salem members?

The Junior League of Winston-Salem is made up of approximately one thousand women who are committed to building a better community. Its members are career women, working mothers, stay-at-home moms, and full-time and part-time volunteers. The Junior League of Winston-Salem reaches out to women of all races, religions, and national origins who demonstrate an interest in and commitment to volunteerism.

Mission Statement

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

Vision

The Junior League of Winston-Salem, Inc. nurtures and educates individuals to build healthier families and a stronger community.

Values

- The Junior League of Winston-Salem exists to strengthen and improve the community.
- The Junior League of Winston-Salem values and supports the power of trained volunteers.
- The Junior League of Winston-Salem values each member.
- The Junior League of Winston-Salem values and encourages ethnic, racial, religious, and economic diversity.
- The Junior League of Winston-Salem grows through challenging experiences.
- The Junior League of Winston-Salem wisely manages its resources.
- The Junior League of Winston-Salem is ethical and fair.

Web Site: www.jlws.org

Support the Junior League of Winston-Salem's Mission by becoming a Member, a Community Partner, or a Donor/Sponsor



Become a Member of the Junior League of Winston-Salem

Any woman with an interest in volunteering and looking for an opportunity to make a difference in the lives of others in the Winston-Salem community can become part of the Junior League of Winston-Salem (JLWS). The JLWS reaches out to women of all races, religions, and national origins who are over twenty-one years old and demonstrate an interest in and a commitment to volunteerism.

The first year of membership in the JLWS is spent as a New Member. As a group, New Members receive intensive volunteer training and leadership development. They also learn about the history, governance, and structure of the JLWS. New Members experience a wide range of volunteer opportunities through participation in various community projects.

New Members begin in August and continue their training through the following May. Membership can be transferred to any of the nearly three hundred Junior Leagues in the Association of Junior Leagues International.

The JLWS welcomes questions about membership admission by:

- Contacting Junior League of Winston-Salem Headquarters at 336-722-9681
- Emailing: newmemberinterest@jlws.org
- Completing a Membership Interest Form found at www.jlws.org.



Become a Community Partner

The Junior League of Winston-Salem, Inc. (JLWS) has an interest in building community partnerships in two main focus areas: educating and mentoring youth birth to eighteen and addressing women's health issues. Community organizations that have missions devoted to one of these areas are invited to submit an application for JLWS trained volunteer members. On average, a JLWS volunteer contributes forty hours a year to her assigned placement.

The next set of applications for volunteer placements will be accepted this summer. Approved placements will run from June 2011 through May 2013.

The following timeline is used in the community partner application process:

June/July - Informational session for interested community organizations is held and applications are made available online at www.jlws.org, by calling JLWS Headquarters at 336-722-9681, or by emailing requests to the president-elect, presidentelect@jlws.org.

September 1 - Completed applications are due.

September 1-30 - Applications are reviewed.

November - Recommendations for community partners are submitted to the JLWS Board of Directors for approval.

December - Organizations are notified of the outcome of the selection process.

April/May - JLWS volunteer assignments for the upcoming year are made based on member preference. Approved projects must receive adequate volunteer interest in order to proceed.

To learn more about the JLWS's Mission and how to partner together, please contact the JLWS Headquarters at 336-722-9681.

Become a Mission Partner/Make a Donation

Junior League of Winston-Salem (JLWS) members are proud to be associated with an organization that is credited with results like these:


- Developing an award-winning curriculum for teaching parents the importance of reading to their children.
- Teaching every third-grade student in the Winston-Salem/Forsyth County Schools that *You Can Always Talk to Someone* if he/she is in trouble or experiencing abuse.
- Researching women's health issues and committing to address a specific need.

Help the JLWS continue its strong heritage of **giving** to the community, **growing** programs that are needed, and **connecting** to real issues. A gift to the Annual Fund allows the JLWS to further expand its reach into the community.

It is easy to make an online gift at www.jlws.org, under Support our Mission. Remember, matching gifts from employers can double donations.

A complete list of Mission Partners begins on page twenty eight.

For questions regarding the Annual Fund, please contact the finance vp at financevp@jlws.org.



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Junior League of Winston-Salem Placements *Serving the Community*

Junior League of Winston-Salem (JLWS) volunteers are involved in many community projects, with hundreds of women dedicating well over 10,000 hours of service to ensure the support and success of these projects. All JLWS community projects relate to the JLWS focus areas. Serving the community through these projects fulfills the JLWS vision of building healthier families and a stronger community, as well as accomplishing the JLWS mission of promoting volunteerism, developing the potential of women, and improving the community.



Childhood Development/Literacy

Chat and Snack

Many families endure days, weeks, or even months tending to a sick child either at Forsyth Memorial Hospital or Brenner Children's Hospital at Wake Forest University Baptist Medical Center. The Junior League of Winston-Salem (JLWS) hopes that by providing a meal for the family and a book they can read to the child, these volunteers can make a small difference. Family members spend any free time away from work and responsibilities with their sick child and typically end up eating hospital food or fast food take-out. JLWS volunteers provide a meal once a quarter while providing children's books once a month at each hospital. Besides the food and books, the families are able to connect with other families going through the same experience and chat with staff from the Family Support Network of Forsyth County.

During one Chat and Snack evening, JLWS volunteers met a family who just had twins, a boy and a girl. The baby girl was still in the Neonatal Intensive Care Unit (NICU) at Forsyth Hospital. The parents were driving from Thomasville daily to see their daughter. A book to read to the children once both of them were home was a welcome gift. A hot meal was an even more welcome immediate gift to the parents. "We have been eating sandwiches and snacks for weeks while we wait for our daughter to be healthy enough to go home. My husband loves the pizza. Thank you for taking care of us this evening," the mother stated.

The Chat and Snack committee at Brenner Children's Hospital visits the NICU, Pediatric Intensive Care Unit (PICU), and Pediatric floors. Children recovering on the Pediatric floors, who are well enough, can also visit with the Chat and Snack committee. These evenings allow the recovering children to visit with their family while enjoying a meal together and are then treated to choosing a book they like.

Betty Cole of the Family Support Network of Forsyth County said, "The population seems to have a real respect, almost reverence, for books." The children and parents both love to pick out a book to take home. Books in Spanish are also available and act as an icebreaker to any language barriers. "Chat and Snack brings nutritious food and friendly faces to the families of the children, a brief respite from a sterile, confining hospital room," stated Ms. Cole. The JLWS hopes that this small gesture can lessen the stress for families with a young family member in the hospital.



Children's Museum Character Meet and Greet

Opened in 2004, the Children's Museum of Winston-Salem was the Junior League of Winston-Salem's (JLWS) seventy-fifth anniversary gift to the community. The JLWS continues to support the museum with trained volunteers through three placements. The Character Meet and Greet committee worked with the traveling Clifford exhibit in the fall, but expanded into other areas this spring. The volunteers of this committee also promoted the Children's Museum at local events throughout the community.

In January, the Children's Museum hired Elizabeth Dampier, as the new full-time executive director. Ms. Dampier transferred her Junior League membership from the Junior League of Gaston County immediately after the move and is looking forward to meeting more JLWS members. About the JLWS volunteers at the Children's Museum of Winston-Salem, Ms. Dampier shares, "The JLWS volunteers' help in advocating and promoting the Children's Museum is awesome because it allows the museum to be visible—the community learns about us and what's happening here, as well as participates in a craft related to the museum. The JLWS volunteers who help with these events are not only telling the



good news of the museum, but they are providing an enormous service by giving their time, energy, and knowledge at a time when the museum does not have the staff to man all of the opportunities where we want to be represented."

JLWS volunteers assisted the Children's Museum for the third annual "Butterfly Kisses" Daddy/Daughter Dance. One hundred and fifty fathers and daughters enjoyed pizza, decorated cookies, made Valentine-related crafts, played fun games, and danced at the end of the night. The young girls were also able to explore and play in the museum. Many fathers and daughters took the opportunity to dress up, and a few wore color-coordinated outfits. The opportunity to spend some time together was an important factor for most of the fathers. One father, from Greensboro, who was attending the event for the second year in a row said, "My daughter had so much fun at last year's event, we had to come back this year. The crafts are even better this year, and my daughter loves dancing. I am just happy to spend a couple of hours with her having a great time." Another father commented, "This is our first time to this event. My daughter loves the Children's Museum, and we are having a blast. Unfortunately, she is not a fan of dancing, she gets that from her father, but she loves the crafts. She enjoyed the Marble Paint Valentine she made so much that she has already asked me if we could make them at home." The evening ended with a slow dance to the song "Butterfly Kisses," and each girl taking home her art creations, as well as a carnation.

The Children's Museum celebrated Easter with an Eggstravaganza, a fun-filled day of Easter egg hunts and crafts. The children brought their Easter baskets and hunted for eggs throughout the museum, as well as participated in egg races. They had the opportunity to decorate large paper eggs, sponge paint with egg-shaped sponges, and create a bunny mask. One mother brought her three children to the event. She commented, "My children love the Children's Museum. They were so excited to be able to attend an Easter event at the museum. My son loved hunting for the eggs, while my daughters enjoyed the sponge painting." At the end of the event, the children traded the eggs they found in the museum for a take-home goodie bag.

Children's Museum Read, Learn, Imagine Family Fun Night

It is Friday night. The children are wound up and need to expend some energy, while the parents want to be less stressed and enable their children to have fun and learn something in the process. The solution: the Children's Museum Read, Learn, Imagine Family Fun Night. One Friday each month, the Children's Museum of Winston-Salem stays open late and hosts activities for children. The Junior League of Winston-Salem (JLWS) provides volunteers to assist the children in crafts, games, and storytelling, while inviting parents to sit back and relax. The children also have the opportunity to explore the rest of the museum.



Elizabeth Dampier, executive director of the Children's Museum said, "These events are very well attended and we often need more staff and more activities to keep children and families engaged. The JLWS volunteers are extremely helpful, because they act as additional hands and often take on complete responsibility for crafts. The staff of the Children's Museum knows that when JLWS volunteers agree to a project, it will be done well and taken care of, allowing staff to focus on other needs."

The JLWS Family Fun Night committee invited Gloria Cain, a storyteller from the Forsyth County Public Library, to read winter-themed stories. One mother, observing her daughters participating in the snowflake craft, commented, "This is so nice. I am sitting here enjoying myself, while my daughters are so excited to come back to the Children's Museum. Their schedules prevent us from getting here during regular hours, so being here tonight is a real treat," she commented.

Smart Start Literacy Initiative

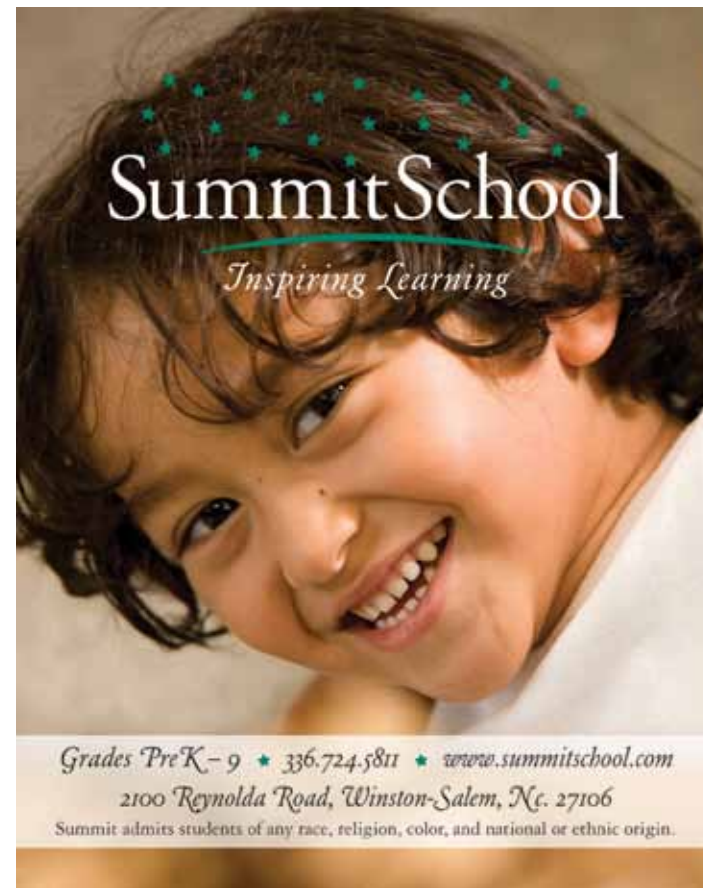
The Smart Start program is a nationally-recognized, award-winning program in North Carolina developed to ensure that children are well-prepared upon entering kindergarten. In order for a preschool to participate in the program, it must be affiliated with Smart Start. All of North Carolina's one hundred counties participate in the program. This year, the Junior League of Winston-Salem (JLWS) is working with six preschools in Forsyth County. Each month, a JLWS member brings a book, reads it to the three- to five-year-old children, helps the children participate in a craft related to the book, and leaves the book for the preschool to add to its library. In addition, the children receive two more books a year to take home with them.

The goal of the program is to encourage reading and enable the children to participate, learn, and listen. Delores Graham, Director of Education and the Curriculum Coordinator at Mount Zion Baptist Church Child Development Center, one of the preschools impacted by JLWS volunteers, has seen her students grow and learn from the experience. "Elizabeth Gledhill (JLWS member) is so loving. Before this program, the children



did not know how to take turns and share. Now, they are excited when Elizabeth arrives. She is expanding their perspective and helping them learn new words. They love to participate in the crafts. She finds great age-appropriate projects for the children to work on. After Elizabeth read the Brown Bear book to the children and helped them make puppets, we continued the lesson in the classroom by letting them paint the animals of the story. Afterwards, we hung up their paintings in the hallway. Months later, the children still walk down the hall admiring their work and reciting the lines in the book that correlate to each of their paintings," said Ms. Graham.

JLWS volunteers sharing stories and crafts with these children allow them to have experiences that may not happen in their homes. The books and crafts from the READ TO ME curriculum are unique and make the stories come alive to the children. The Smart Start program gives preschool age children a good head start in preparing them for school. "Exposing the children to reading gives them the building blocks and foundation to be successful in school. We make sure the learning does not stop when Elizabeth leaves. We extend it into other areas and this enables the children to grow. Unfortunately, our budget does not give us much money for books. Elizabeth leaves the book she reads to the children each month for them to enjoy again and again," commented Ms. Graham.



Kids in the Kitchen

The goal of the national program, *Kids in the Kitchen (KITK)*, started by the Association of Junior Leagues International, is to teach children healthy eating habits and work toward erasing childhood obesity. The Junior League of Winston-Salem (JLWS) has incorporated this program into its mission for the past three years. Each year, JLWS volunteers give children the opportunity to learn about healthy eating while teaching them about healthy alternatives to foods they currently eat.

The JLWS's *KITK* committee partnered with the William G. White, Jr. Family YMCA at one event to enhance their open house by teaching children healthy eating and fitness habits. The YMCA's open house for current and prospective members included tours, games, and fun in a bounce house, while the JLWS's *KITK* committee hosted a food-themed relay race and food and beverage making stations. During the relay race, children ran back and forth gathering the ingredients needed for a trail mix of raisins, cereal, and pretzels, but had to name a healthy fitness activity or a healthy food before taking the ingredient back to their mixing bowl. Also, children were introduced to healthy snacks that are fun to make such as fruit kabobs with fresh strawberries, grapes, and bananas and a delicious dip made from yogurt and strawberry jam. With the rising number of sodas consumed by children, the *KITK* committee offered a healthy alternative of seltzer water mixed with apple or grape juice for the children to enjoy. Darryl Head, vice president of operations at the YMCA, was excited for the JLWS's *KITK* to partner with the YMCA for this event. "With our focus on families and our theme of healthy living, the JLWS volunteers' help really highlights the healthy aspect of the YMCA. It adds a new flavor to this event with the emphasis on healthy alternatives and providing children with options," he said. Parents of the children were interested in the healthy choices, as well.



One mother, watching her daughter make fruit kabobs, stated, "I never thought to make fruit kabobs before. They are healthy and easy to make. My daughter and I are already looking forward to making them at home and experimenting with different types of fruit."

Mentor Me – Adolescents

Big Brothers Big Sisters Buddies

With 150 children on the waiting list for a Big Brother or Big Sister, an opportunity to attend a fun activity connected with the Big Brothers Big Sisters (BBBS) Buddies program is a welcome treat. The Junior League of Winston-Salem (JLWS) organized activities throughout the spring for these children, many of whom had never participated in these kinds of activities before. "The JLWS is the only organization that consistently provides activities for children on the BBBS waitlist. The activities not only keep the children interested in the BBBS program until we find a match, but also allow them to make new friends and give us, the program directors, an opportunity to learn the personalities and interests

of the children to best match them with a Big Brother or Big Sister," said Brittany Pruitt, fund development coordinator at BBBS Services. Although, the BBBS directors visit each family prior to matching the child, Ms. Pruitt stated that most of the children are quiet and reserved during the interview. Their personalities come out when they interact with other children and the JLWS volunteers. Since the time commitment to be a Big Brother or Big Sister is once a week for at least a year, finding a compatible match is extremely important. Boys tend to be on the waitlist longer than girls, eighteen months compared to six months, and all of the children live in Forsyth County. Most come from single parent homes or live with relatives.

For one activity, JLWS volunteers took children to a Wake Forest University basketball game. "The children are so excited to do something they have not participated in before," commented Ms. Pruitt. "It really means a lot to them for the JLWS volunteers to spend their afternoon chatting and cheering at the game with them. If these children were not Wake Forest fans before, they were when they left." One child stated, "This is the best activity I've been on," while another commented, "Thank you for bringing us. This was awesome. My favorite part was meeting the Demon Deacon mascot."



Another fun experience was when the JLWS volunteers brought the children to the Young Chefs Academy for a cooking lesson. Two chefs demonstrated and educated the children on making apple crisp and a personal pizza. The children participated in all the preparation and to one boy's delight, he exclaimed, "The apple peeler is so cool! I even tried to jump rope with the peel, it was so long!" Another boy commented, "I have never made my own pizza before. It was really good!" The children were able to eat their creations at the end of the lesson.

My Aunt's House Mentors

When some teenage girls find themselves pregnant, they may be forced to leave their home and now lack the support and resources to take care of their children and continue their education. My Aunt's House, on the campus of the Children's Home, provides a safe environment for young mothers to live with their child or children, continue their education, and learn life skills in order to better themselves and their situation. It is a teaching program for teenage mothers in need who have the potential to grow with the program. The Junior League of Winston-Salem (JLWS) assists these young women by spending two evenings a month with them and helping them read to their children. Encouraging a love for books and reading at an early age is crucial for instilling language skills and lifelong learning.



The JLWS volunteers bring books in both English and Spanish for the young mothers to read. They also teach them how best to read to their children. Phyllis, one of the house parents at My Aunt's House, said, "These young mothers greatly benefit from the JLWS volunteers coming to visit and read with them. The interaction provides them with examples to aspire to, as well as a connection with many of the volunteers who are also moms." All of the young mothers are either in school or working and My Aunt's House serves as a home where they learn life skills to graduate toward independent living. The young mothers can live in My Aunt's House for up to two years. The life skills they learn include career planning, housekeeping, money management, self care, social skills, and parenting. My Aunt's House also provides the young mothers with access to childcare to insure that they have the opportunity to create a stable environment for themselves and their children. The facility can currently house five mothers.

Mary Anne Helms, My Aunt's House program coordinator, agrees that the JLWS volunteers have been a huge help as reading is a wonderful way for the young mothers to bond with and nurture their young children. Additionally, the children are learning at an early age to enjoy reading. "Being a young single mother can be challenging, but through the work of the JLWS and other volunteers, the mothers are learning skills to assist them in being the best parents for their children," she said.



Girls on the Run

Girls on the Run (GOTR) is a national program held after school at local elementary schools to teach eight- to twelve-year-old girls self-esteem and healthy lifestyles through running. *GOTR* International is based in Charlotte, North Carolina and has more than 150 councils across the United States and Canada. The Junior League of Winston-Salem (JLWS) provides volunteers to serve as leaders and mentors of these young girls at fourteen area elementary schools. *GOTR* sites are asked to provide their own coaches and helpers, but many do not have enough people who are able to commit two afternoons a week during the school year. JLWS volunteers step in and help programs that could not otherwise exist. At the end of the twelve-week program, each young girl participates in a 5K run/walk race to cap off their success in the program. The JLWS volunteers take on the task of recruiting adult Running Buddies to stay with each young girl through the race to provide a safe and fun finish to the program.

The JLWS participation is invaluable to the success of the local *GOTR* program. Paula Evans, council director for Forsyth County, comments, "The JLWS volunteers are true role models to our girls. They embody the principles of *GOTR* in their lives, demonstrating the importance of clarifying one's values, the necessity of teamwork to accomplish goals, and the spirit of giving back to our communities in full measure. The JLWS has demonstrated a real commitment to the success of *GOTR* Forsyth County. Be it day-to-day operational issues or larger concerns about fund-raising and scholarships, the JLWS is there to discuss, recommend, and roll up their sleeves to help." Ms. Evans also stated that to see the JLWS's impact on the young girls, all one has to do is "just look at the face of each girl as she crosses the finish line at the 5K event when she is met by her cheering coach."

One mother of a fifth grade participant saw huge positive changes in her daughter. "My daughter has participated in *GOTR* twice (two seasons). Prior to this experience, she was not a runner. The friendships she built, the life skills she learned, and the opportunities to get to know her mentors have been invaluable. She has more confidence

and talks about the things they learned that day, even asking me if I knew this or that. From the fitness aspect, the endurance she gained helped her in softball, and she is now known by her teammates as 'rabbit,' the fastest runner on the team," she said. The mother commented that her daughter knocked four minutes off of her run at the program-ending 5K race from the previous year and has gotten her family involved in running, especially her older sister. Since schools are cutting funding to physical education programs and limiting recess time, fitness outside of school has become even more important. "By participating a second time, it is a true testament to what she learned and how much she enjoyed the experience. The community project of having a bake sale to raise money to buy food for the Clemmons Food Pantry also made a positive impact on her. She even solidified her choice of middle schools, once learning that her chosen school has a *Girls on Track* program, so that she can continue to participate in middle school."

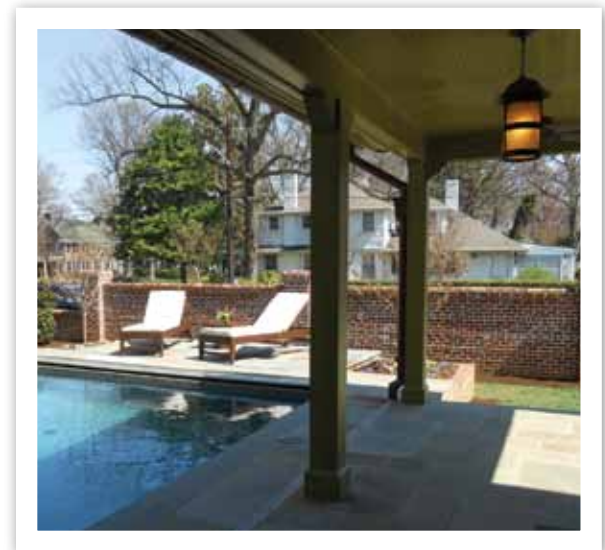
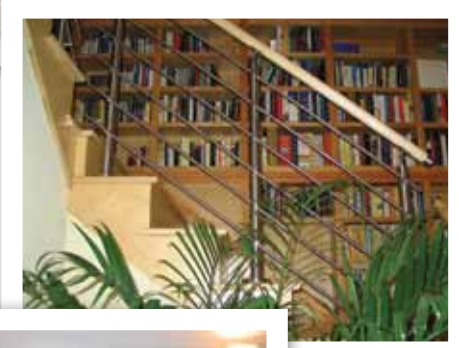
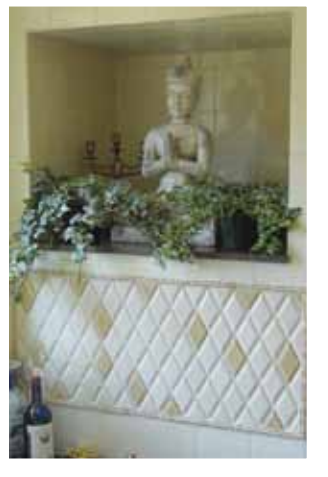
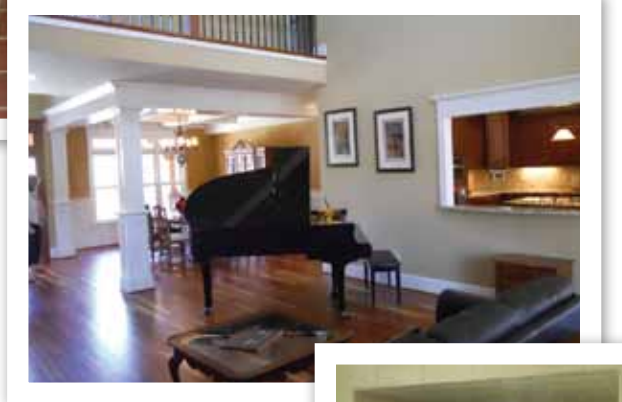




The Junior League of Winston-Salem (JLWS) put a new spin on its annual Tour of Fine Kitchens event this year and expanded the event to include more than just kitchens. The JLWS hosted its fifth annual Tour of Fine Spaces in early spring. The tour featured select homes throughout the Winston-Salem area, including new construction homes and renovations. In addition, each space featured a local caterer or restaurant, which offered delicious samples for tour-goers. More than five hundred people attended and visited eight homes on the tour.

The JLWS would like to extend a special thank-you to the Presenting Sponsor, Fairway Independent Mortgage Corporation. Also, a thank-you to the caterers and restaurants who donated food, the companies who sponsored each home, and the residents of each home who allowed visitors to get great decorating ideas.

On the day of the event, the JLWS partnered with the Second Harvest Food Bank of Northwest North Carolina to "Get Fired Up for Food" by encouraging tour goers to bring donations of non-perishable food items to the tour homes. One hundred and one pounds of food was donated to the Second Harvest Food Bank!



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April 23 & 24
RUMMAGE SALE
 LJVM COLISEUM ANNEX



The fifty-sixth annual Junior League of Winston-Salem (JLWS) Rummage Sale was held April 23-24, 2010 at the Lawrence Joel Veterans Coliseum Annex. With more than sixty thousand square-feet of "rummage," people from all over the community attended to find special treasures, furniture, media, housewares, toys, and clothing. Some families even came to purchase an entire year's worth of clothing for themselves at great prices. The Rummage Sale is the largest fundraiser for the JLWS each year. The Sale helps fund the JLWS mission of promoting volunteerism, developing the potential of women, and improving the community.

One special attendee of this year's Rummage Sale has been attending year after year since the very first Sale, in 1954. Julia Johnson was once again near the front of the line for the Friday night sale. With people starting to line up at 8:00 a.m. Friday morning in anticipation for the sale that began at 5:30 p.m. that evening, Ms. Johnson was excited to be able to attend this year and help her nieces and their families shop. At eighty-eight years of age and a retired school teacher, Ms. Johnson



has no children, but said that even when she was younger, she would attend the Rummage Sale to buy clothing to give to underprivileged children she knew. Even this year, her mission was to head straight to the clothing area. She was spotted trying on shoes and browsing the boutique section. "At the first Rummage Sale, I was living in Fayetteville, but I was in town the weekend of the sale and attended with my mother," Ms. Johnson stated. She is still excited about what the Rummage Sale does for the Winston-Salem community each year. "I love it. I really enjoy seeing the community come together at this event, meeting new people, and catching up with old friends. All walks of life from the community come out to Rummage Sale, and it really helps everyone."

The Rummage Sale could not take place each year without the most important element, JLWS volunteers! Members of the JLWS worked collecting, sorting, and organizing all of the donated rummage. Not only does the Rummage Sale serve as a fund-raiser to continue the JLWS's community service, it is one of the most significant recycling events in Winston-Salem. Once the week is over, JLWS members have a great feeling of satisfaction knowing that they have not only raised money for the JLWS, but helped the community.



Junior League of Winston-Salem Helping Hands

The Helping Hands committee enables the Junior League of Winston-Salem (JLWS) to assist programs and organizations in need that are currently not helped by the JLWS. This committee provides short-term assistance or extra volunteers, as well as expanding the JLWS impact on the community.



JLWS volunteers teamed up with Wake Forest University, Winston-Salem State University, and HandsOn Northwest North Carolina to host an event at the Benton Convention Center promoting literacy and celebrating the work of Dr. Martin Luther King, Jr. The event targeted children so that their parents could attend the thirtieth annual Noon Hour Commemoration of Dr. King's birthday. JLWS volunteers chaperoned children through different Martin Luther King, Jr. reading displays and helped them write a letter to the troops, created an "I have a dream" banner, and made a Valentine's card for the elderly. The children listened to book readings and each child took home two books. One mother commented, "This event was fantastic. It gave my family an opportunity to attend the Noon Hour Commemoration, while the children played, but they still learned about all the great things Dr. King did."

During Labor of Love, a Triad Apartment Association sponsored event, the Stultz Building on the campus of the Children's Home was renovated. Vacant for twenty-five years, the building will now provide a transitional location for children at the campus to transition to once they turn eighteen-years-old. Most children in state care settings are forced to find a new home once they turn eighteen years of age, but the Children's Home wants to provide a place for them to live while seeking a job or continuing their education. The Triad Apartment Association organized donations of furniture, paint, and supplies, while various organizations donated the labor. The JLWS volunteers assisted with cleaning and preparing the kitchen for painting, as well as other interior painting. Denise Hrabosky, director of membership at the Triad Apartment Association, stated, "Volunteers like those in the JLWS make it possible for us to accomplish this goal, especially in two weekends. This is such an important project to assist the young people of our community. So many different groups in

the Triad have come together to complete this project to give twenty young adults a place to live where they can improve their lives. The project has been in the works for six months, and I am so proud of the hard work and accomplishments of all of our volunteers."

The Junior League and Advocacy

Members of the Junior League of Winston-Salem (JLWS) are committed to promoting volunteerism, developing the potential of women, and improving the community. The JLWS has a unique opportunity to unite voices behind these important causes and ensure lasting change within the community through advocacy.

The JLWS is currently expanding its advocacy efforts through the creation of a Public Affairs committee placement this year. The committee includes delegates for the State Public Affairs Committee (SPAC). SPAC monitors the state legislative process and addresses issues of political importance to the members of the Junior Leagues throughout North Carolina. SPAC is currently studying legislation related to children's health and wellness as this topic was found to be most in alignment with areas of focus for Junior Leagues across the state. The collective voice of this non-partisan group represents over eight thousand women in six communities throughout the state of North Carolina.

The role of SPAC members is to:

1. Educate JLWS members about specific legislation relevant to the JLWS mission.
2. Advocate for this specific legislation.
3. Coordinate the exchange of information from community-based Junior League projects to policy makers.

Advocacy differs from lobbying in that lobbying by definition attempts to influence the vote of a legislator. Advocacy can be defined as a method of building familiarity and trust with elected officials by providing reliable information and a personal perspective on issues that are important to the community. Examples of advocacy include:

- Calling a legislator to update him/her on the work of the JLWS.
- Inviting a legislator for a cup of coffee to catch up on local issues.
- Extending an invitation to an upcoming JLWS event.
- Sending a Thank-You letter to a legislator for his/her support of the JLWS's focus areas.

As elected officials, legislators *want* to hear from their constituents, and it is their sworn duty to uphold the interests of the community.

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Advocacy Tools

To find a legislator, please visit:

<http://www.capitolconnect.com/demoassoc1/legislatorsearch.aspx>

To write an effective letter:

- Personal letters from constituents can impact a legislator's decision regarding an issue.
- Mail, Fax, or Email the letter, but if time is short, a Fax or Email works best.
- Keep it short. Be concise and limit the letter to one or two pages.
- Use the correct title, address, and salutation, and use spell check after completing the letter.

For Representative:

The Honorable John Q. Smith
North Carolina House of Representatives
111 Address
Raleigh, NC 27601

Dear Representative Smith:

For Senator:

The Honorable John Q. Smith
North Carolina State Senate
111 Address
Raleigh, NC 27601

Dear Senator Smith:

Be polite. Legislators will respond better to positive communication. Start by recognizing their support on other legislation and/or of the JLWS.

Explain the position. Talk about why the legislation is important to the JLWS and what impact it has. Be concise and clear in the position.

Ask for a response. Be clear about the request to the legislator. For example, ask him/her to vote for a piece of legislation, co-sponsor legislation, or offer an amendment. Request a reply to the letter.

Write legibly. Handwritten letters can be as persuasive as typed letters, but handwriting must be legible. Generally, writing in a professional capacity related to employment lends credibility. If the letter is part of a letter-writing campaign, a handwritten letter gives the appearance of a grassroots "ordinary citizen" communication, rather than a communication from a "special interest group."

In general, legislators do not respond to form letters or mass emails, so these forms of communication are not recommended.

Action for Children

Since SPAC is focusing on advocacy for children's health and wellness issues, it regularly references the organization, Action for Children North Carolina. Action for Children is a statewide, independent, non-partisan, non-profit child advocacy organization, which focuses on legislation as it pertains to child well-being. The organization provides research and data about health and wellness of the children of North Carolina on its Web site, <http://www.ncchild.org>. This Web site is an effective reference tool to use for child advocacy issues.

Lobbying, advocating, contributing, and volunteering for campaigns can help important issues be addressed by legislators. The Public Affairs committee of the JLWS encourages its members and supporters to become knowledgeable about issues related to the JLWS mission and advocate for issues that are of concern to these members and supporters.



Sustainer Interviews Linda Garrou

North Carolina State Senator Linda Garrou has always been interested in the community and helping others. She is currently serving her sixth term in the North Carolina Senate, Thirty-Second District.

Born and raised in Columbus, Georgia, Senator Garrou earned a Bachelor of Science in Secondary Education from the University of Georgia and a Masters of Arts in Teaching from the University of North Carolina at Chapel Hill. She moved with her husband, John, to Winston-Salem in 1967. As a young bride and new to town, Senator Garrou joined the Junior League of Winston-Salem (JLWS) in 1971. Her motivation for joining included making new friends in town and having an outlet to learn new skills she could use in the community.

Even before joining the JLWS, Senator Garrou had a passion for politics. Prior to moving to Winston-Salem, she worked on Republican candidate for Governor Bo Calloway's campaign in Georgia. It was not until she joined the State Public Affairs Committee (SPAC) in the late 1970s as a placement in the JLWS that she solidified her commitment to bettering the community through politics. She and fellow Sustainer, Betty Gray Davis, attended a SPAC Convention in Baltimore and the impact of that event changed Senator Garrou forever. "That convention is my most memorable experience in the JLWS. I was so impressed by the Congressmen, Marian Wright Edelman, and other child advocates who spoke that I still have the notebook from the convention and the copies of their speeches," she remembered. Even today, Senator Garrou has a special fondness for SPAC. "Advocacy is so important to change public policy. The ladies of the JLWS do their homework and are good advocates for women's issues. Be the squeaky wheel," she commented. She would like to see more women get involved in advocating for women's issues as well as other issues. "There are six women out of fifty in the North Carolina Senate. Women are the caregivers, so many health and financial issues impact them. I would love to see the JLWS more active in public affairs. We need young women involved in politics."



Senator Garrou even makes sure she is up-to-date on the latest technology to keep up with her constituents. As the chair of the Appropriations Committee, she sees fifty people in a day advocating their positions on issues. "These people shape our policies about everything." Her communication of choice with her constituents, especially those in her District, is email, as it allows her a faster response and the freedom to catch up with them at any time. She is always interested in hearing issues important to her constituents and is a strong supporter of business and education in Forsyth County and in the state of North Carolina.

Prior to becoming a North Carolina State Senator, Senator Garrou was a high school teacher and an advocate herself. She worked with the Guardian ad Litem, a program that protects the interests of children in the court system, and served as founding president of the North Carolina Child Advocacy Institute, now called Action for Children. "My work and participation in the JLWS improved my management, evaluation, and organizational skills to better prepare me for my other interests," she said. She recommended that JLWS members take advantage of every placement available and to be open to new experiences and people.

With two daughters, four grandchildren under the age of five, and Senator Garrou's travel schedule back and forth to Raleigh, she wishes she could be more active in Sustainer events, however, she reads all JLWS publications with pride and is excited about its community accomplishments.

Sustainer Interviews

Tog Newman

Volunteering and working on nonprofit boards has been a way of life for Junior League of Winston-Salem (JLWS) Sustainer, Margaret “Tog” Newman.

Ms. Newman is currently the chair of the statewide board of directors of the N. C. Center for Nonprofits. This appointment is one of the many nonprofit positions she has held. Her other leadership positions include: member of the inaugural class and executive director of Leadership Winston-Salem, chair of the North Carolina Arts Council, vice president of the Arts Council of Winston-Salem, and president of the National Assembly of State Arts Agencies, Association of Symphony Orchestras of North Carolina, Winston-Salem Symphony Board, Symphony Guild, Children’s Theatre, and the JLWS. The training and experiences she enjoyed as an Active member in the JLWS encouraged and led her to become a great community volunteer.

Although serving as president of the JLWS, during the 1974-1975 year, was a rewarding experience, Ms. Newman most enjoyed serving as community vice president (vp). As community vp, she represented the JLWS at community meetings. She was able to learn more about the community, while also learning skills to best run organizations. She credits her JLWS experience with teaching her how organizations are structured and can be effective to achieve their objectives, while learning how to come to a group consensus, set priorities, motivate people, organize policy, and deal with legal matters and bylaws. “There is nothing I learned in the JLWS that I have not utilized. Those skills helped me become aware of the lack of understanding in how organizations should be run. We have been working hard at the N.C. Center for Nonprofits to help organizations learn to become well-run and efficient. My involvement in nonprofits has enabled me to see many organizations and the N.C. Center for Nonprofits is really a model organization of sixteen thousand members,” Ms. Newman said. The N.C. Center for Nonprofits helps the nonprofit sector function more effectively by providing counseling and workshops. “North Carolina is such a progressive state. It deals with the big issues, because we have great leaders. The N.C. Center for Nonprofits is the motivation, the advocacy, the spokesperson for the nonprofit sector. It is important



that for-profit organizations know about nonprofits and how they serve the state,” she commented. She also encourages others to research the issues and advocate for issues important to them.

Ms. Newman joined the JLWS in 1963 after moving to Winston-Salem. Born in Charlotte, North Carolina, she earned a Bachelor of Arts from the University of North Carolina at Chapel Hill. She has two children, a son and a daughter, with husband Michael, a retired architect who is now a sculptor, and two granddaughters and a grandson. She is proud that the JLWS has continued many of the community projects she participated in when she was an Active member. She fondly remembers working the annual Rummage Sale the year she turned forty. Her husband threw her a surprise birthday party the week of the sale. After a busy week working hard to raise money for the JLWS community projects, her husband thought it would be a nice reward. Ms. Newman said she was quite upset with him at first, as all her focus had been on the sale, but since most of the attendees were other JLWS ladies, who were busy with the sale as well, and their husbands, it was a welcome celebration for the hard work the JLWS members had accomplished.

In order to stay up-to-date with the issues important to the JLWS, Ms. Newman finds time to attend an occasional General Membership Meeting and reads all of the JLWS publications. She stated, “My community involvement is based around my loves of politics, government, advocacy, music, dance, and visual arts. The JLWS gave me the tools to make the organizations I have participated in better.”

Sustainer Interviews

Anne Copenhaver

Sustainer Anne Copenhaver has spent the past thirty years focused on land preservation and the environment. She currently serves on the boards of three prominent organizations whose missions include sustainability and conservation.

As chairman of the board of directors of The North Carolina Arboretum, vice chairman of the National Fund of the United States Botanic Garden, and a vice president of The Garden Club of America, she continues her appreciation of the natural world in action and deed, stemming from her first placement, Land Preservation, in the Junior League of Winston-Salem (JLWS). “We brought awareness and education about environmental issues to our own and other organizations. It was a placement before its time. It cultivated my interest in conservancy and continues to inspire me today through the organizations I commit my energies to,” she commented.

Ms. Copenhaver notes each of the organizations’ historic accomplishments and commitment to meet future challenges. The North Carolina Arboretum, located in Asheville, is an affiliate institution of The University of North Carolina. Beyond the beauty of its vast acreage and cultivated gardens, its focus on plant diversity and native medicinal flora cultivates economic development in the mountains. The United States Botanic Garden, in Washington, D.C., is the oldest conservatory in the nation; its outdoor National Garden features regional plants and sustainability practices and has 600,000 visitors annually. Ms. Copenhaver’s position in The Garden Club of America, headquartered in New York City, focuses on two national committees, Scholarship and National Affairs and Legislation, reflecting her lifelong involvement with education and the environment. “These wonderful opportunities presented themselves, and I made choices that not only have enriched my life, but also hopefully have promoted progress on important fronts. It is amazing it all began with a local volunteer effort in the JLWS! The league always has been about training its members to be effective volunteers and then, extending their efforts into a broader community.”

Reflecting on her most memorable JLWS experience, Ms. Copenhaver felt serving as president in 1987-88 during the sixty-fifth anniversary of the JLWS enabled her to have the most impact. Highlights from the year labeled “Change, Challenge, Commitment, Celebration”



included the Volunteer Organization of the Year award from Governor Jim Martin; the first Annual Report for the community at large; and a speech to the Chamber of Commerce. Serving ex-officio on that board, Ms. Copenhaver asked then chairman John Davis if she could deliver a talk on The State of the League to shake old stereotypes and promote broader understanding of its history, impact, and future thinking. Further service for a decade on the boards of the United Way of Forsyth County, the Winston-Salem Symphony, and the Nature Science Center (now SciWorks) grew out of her leadership experiences in the JLWS.

Ms. Copenhaver joined the JLWS in 1977. She has lived in Winston-Salem with her husband Andy, senior partner at Womble Carlyle Sandridge and Rice, for thirty seven years (six years dual residency in Washington, DC). They have three children with spouses, one granddaughter, and another grandchild due this summer. A native of Chapel Hill, NC, she earned her undergraduate degree and Masters in Education from The University of North Carolina at Chapel Hill.

Between visits to her children, who are spread out along the east coast, and her leadership positions, Ms. Copenhaver and her husband garden together, and she finds time to stay active in the JLWS. She reads all publications, attends the Past Presidents’ Luncheons, has served as a Sustainer Advisor, and this past fall, hosted the Sustainer Coffee for one hundred women at her home. She reflects, “The JLWS and opportunities for leadership set a life-changing course. I am grateful for the people and experiences of those Active years. One of my favorite training sessions was a two-day course called Woman Time Management. That experience enabled me to seek balance in my life, to be able to pursue goals with organizations that are worthy, and spend my most important time with our family and friends.”

Junior League of Winston-Salem Members Informed and Trained

Girls On The Run Training



Along with supplying coaches for the scholarship and start-up sites, the Junior League of Winston-Salem (JLWS) trains *Girls on the Run (GOTR)* and *Girls on Track* coaches. In the past three years, the JLWS has trained over fifty women to coach this nationally-acclaimed program for eight-year-old to twelve-year-old girls.

Coaches come from a variety of sources and for a variety of reasons. Some of the aspiring coaches are women who are fulfilling a training requirement to do their volunteer placement for JLWS; some are employees of Sara Lee Center for Women's Health, who work in the adolescent and outreach health programs; others are school personnel, such as teachers or guidance counselors, who are committed to improving the self esteem and decision-making skills for pre-adolescent girls beyond what they can accomplish during the school day; while others are mothers of daughters who will be *GOTR* participants. There are even women volunteering to coach with none of the aforementioned reasons, but share the passion to educate and prepare girls for a lifetime of self-respect and healthy living. With the combined efforts of the program administrator, Paula Evans of Sara Lee Center for Women's Health, and the volunteers, each site is staffed with two or more coaches.

The training is typically on a Saturday one month before the start of a new *GOTR* season. Since 2009, Summit School on Reynolda Road has graciously provided space for the training sessions. Classroom and practical components are combined to teach the workshop participants about the history and mission of *GOTR*, as well as to develop confidence in the women who will soon be coaching a group of fifteen girls. Women dress in comfortable clothing and sneakers in order to participate in actual *GOTR* warm ups and workouts that they will be leading. By experiencing parts of the twelve-week curriculum first hand, the coaches-in-training gain a better understanding of how to move a group through each of the sixty-minute lessons. Strategies for motivating the girls, coaching one's daughter, and handling discipline issues are addressed and before the workshop is over, there is a question and answer session.

No program exists without leaders, and this is true for *GOTR*. It is because of the many dedicated volunteer coaches that *GOTR* has been able to reach hundreds of girls across multiple sites since the program started in Spring 2006. The JLWS is proud of its role as the trainer of these leaders, the *GOTR* coaches, and of fulfilling its mission to develop the potential of women, to impact the community, and to promote volunteerism.

General Membership Meetings



Since the Junior League of Winston-Salem (JLWS) has added women's health to its focus, Karen Bartoletti, vice president of the Sara Lee Center for Women's Health spoke to the membership at the January General Membership meeting. Ms. Bartoletti discussed women's health and how different it is from men's health issues. Heart disease is the number one cause of death for women in North Carolina, followed by cancers and cerebral vascular disease (strokes). The number one cancer for women in Forsyth County is lung cancer. Ms. Bartoletti identified the connection between many women's health issues and a high incidence of high blood pressure, high cholesterol, obesity, and diabetes.

Ms. Bartoletti urged the JLWS members to take action against these health issues and work to bring greater awareness to the community. She offered points to consider when selecting a cause in women's health or any other cause an organization wants to focus on.

- Choose a cause that will make an impact.
- Think about the size of the group the cause will impact.
- Look at the demographics and social ethnicity of the group the cause will impact.
- Have a passion for the cause.
- Is it a cause that can make a difference?
- Is the cause manageable and reasonable for the size of the organization?
- Is this a cause where the organization can make an impact?
- What is the current state of the group the organization is considering to serve?
- What services does the organization intend to provide to the group?
- Does the organization want to be an outlet for education and information?
- Does the organization want to provide invasive health screenings?
- Is the organization in a position to offer true clinical services directly or with partners?
- What resources about the cause are available?
- How does the organization want to deliver the services?

Ms. Bartoletti emphasized the need for education and awareness for women's health issues. Women are the primary decision makers for families when it comes to health care, nutrition, food choices, and activities. Providing an outlet for information or screening has the ability to impact not only women's health, but their families' health as well.

League Legacy Award

In 1923, Katherine Reynolds Johnston, founder of the Junior League of Winston-Salem (JLWS) recognized the need for an organization for women to devote time and energy to social service. She transformed the way women in Winston-Salem viewed their commitment to society which has survived to this day.



Ruth Myers Pleasants

In recognition of our founder's vision, the JLWS established the League Legacy Award in 2010. This award celebrates a woman of outstanding leadership in the JLWS who has used her talents and resources to improve the social and economic conditions of others and who exemplifies the JLWS's Mission and Vision. Through a lifetime of service, she has made a positive impact in the JLWS and her community, and her volunteer work continues. Through advocacy, collaboration, direct service or community education, she embraces her community and makes a unique and significant difference as a leader. She has valued training and mentoring emerging leaders. She has put forth effort to perpetuate projects and programs cultivated by the JLWS. She is a role model for the women of the Winston-Salem community who aspire to learn, lead, and achieve.

The recipient for the 2009-2010 League Legacy Award is Ruth Myers Pleasants. Involvement in the Arts in Winston-Salem has been a lifelong calling for Ms. Pleasants and also a great source of pride. She served as president of the Arts and Crafts Association, which later became the Sawtooth Center for Visual Art; president of the Arts Council, in 1958-1959, the year the Arts Council Building was dedicated; and vice president of the Winston-Salem Symphony. She served for many years as a docent at Reynolda House, and has been a recipient of the Arts Council Award for outstanding service to the community in the arts field.

Throughout her entire life, Ms. Pleasants has been an ardent opera lover. She served as producer of a 1962 Winston-Salem Symphony production of Cavaleria Rusticana: Pagliacci, and served on the Piedmont Opera Theater Board, receiving their Beverly Sills Award for leadership.

Ms. Pleasants has been a member of the JLWS since 1944. During her year as president of the JLWS in 1950-1951, the seed money was granted to fund the salary of the first Executive Secretary for the Winston-Salem Arts Council, the first Arts council in the nation. Ms. Pleasants also served on the boards of the Experiment in Self Reliance, the Citizens Planning Council, the Department of Social Services, and the United Way.

A member of Centenary United Methodist Church, Ms. Pleasants served as president of the Women of the Church and chairman of the Memorials Committee. She was also a long time Sunday School teacher.

Future nominations can be sent to and research will be conducted by the membership vp and the Sustaining Advisor of the JLWS Board to determine recipients of this award. If qualified candidates are selected, the award(s) will be presented at the JLWS Annual Meeting in May. Recipients, if appropriate, and their families will be invited and presented with a plaque that will be on display at JLWS Headquarters.

Junior League of Winston-Salem 2009 - 2010 Awards

2009-2010 Community Partner of the Year: BB&T

The Community Partner of the Year Award is designed to recognize the groups with which the Junior League of Winston-Salem (JLWS) works on community placements throughout the year. This year, the JLWS recognized BB&T for their sponsorship of Preview Party, an event the night before the opening of Rummage Sale. This event included a silent auction and dinner. It presented attendees with a sneak peek and opportunity for advance purchase of Rummage Sale items. This is the first year that BB&T has sponsored a JLWS event and their support came at the right time, as sponsorship dollars were harder to find. The proceeds of both Preview Party and Rummage Sale help the JLWS achieve its mission to develop the potential of women, improve the community, and promote volunteerism.



2009-2010 JLWS assistant finance vp, Heather Wells, presented The Community Partner Award to Leslie McNeil, Business Services Officer, BB&T Winston-Salem.

**2009-2010 In-League Placement
of the Year:
Rummage Sale Committee**



This year's Rummage Sale committee chair, Allison Andrews, led her committee to a successful fifty-seventh annual Rummage Sale at the Annex and Education Buildings at the Lawrence Joel Veterans Coliseum. Her committee included: Cindy Anders, Paige Ballus, Rebecca Boone, Lacey Brisson, Katherine Campbell, Amanda Cox, Charlotte Croft-Hudgens, Sonya Elkins, Monique Harmon, Christine Hoyle, Patricia Hunt, Jennifer Pool, Laura Slawter, and Kathryn Yandell.

The theme of this year's Sale, "Rah, Rah, Rummage!" had just the plug for enthusiasm that members needed to get through the week-long preparation of sorting and displaying donated rummage. The Rummage Sale committee did an exceptional job of keeping everyone in high spirits for this fast-paced, high energy sale that is the Junior League of Winston-Salem's largest fundraiser.



**2009-2010 Community Placement
of the Year:
My Aunt's House Mentors**



Led by Susan Branscomb, My Aunt's House Mentors chair, this committee found itself in new territory. My Aunt's House Mentors was a new placement for Junior League of Winston-Salem volunteers this year in a new program housed at the Children's Home on Reynolda Road. Ms. Branscomb, along with committee members Jennifer Cassels, Sarah Catherine Gibbs, Allison Goodson, Megan Johnson, Cynthia Lorenzetti, Charley-Anne Piersol, Anne Roberts, and Jaclyn Roscoe, read to the children and engaged the young mothers in an effort to instill a love for reading as a way to bond with their children. The committee's commitment to these young families and their recognition of how to further develop the mentoring relationship will forge stronger ties and a brighter future for these teenage mothers and their children.



**2009-2010 Active Member
of the Year:
Heather Jenkins**



When Heather Jenkins committed to be the assistant chair for the Tour of Fine Kitchens fundraiser two years ago, little did she know she would be guiding the event in a year of change. The popular event, showcasing new and renovated kitchens throughout the city, often left tour goers begging to see more of the homes. This interest led to this year's Tour of Fine Spaces (TOFS), showcasing entire houses and several outdoor spaces, as well.

As chair of TOFS, Ms. Jenkins led the way for change with a new logo and widened outreach to sponsors, enabling the recruitment of new companies to participate in the event.

Embodying two parts of the Junior League of Winston-Salem (JLWS) mission to promote volunteerism and improve the community, Ms. Jenkins incorporated a food donation component in which tour goers were encouraged to bring canned goods. This allowed the JLWS to develop a relationship with Second Harvest Food Bank by donating 101 pounds of food.

TOFS sponsors, committee members, and tour goers were highly complimentary of Ms. Jenkins. One JLWS member noted that, "Heather expects a lot of herself and leads by example." Her committee members call her tireless and a huge asset to the JLWS. She has been a JLWS member since 2006 and is employed by Hanesbrands as a Global Logistics Manager.

**2009-2010 New Member
of the Year:
Rachel Taylor**



A standout in the New Member class of the Junior League of Winston-Salem (JLWS), Rachel Taylor is a graduate of Wake Forest University and currently works as a Case Manager at Big Brother Big Sisters Services, Inc. Ms. Taylor has embraced her first year as a member of the JLWS by becoming a part of the community in a positive way and connecting with her class of sixty women. She has gone above and beyond her obligations for her New Member year. She took part in Kids in the Kitchen; Clifford's Thanksgiving with the Read, Learn and Imagine Family Fun Night Committee; and Tour of Fine Spaces. She also helped to organize the New Member Holiday Project of adopting a young family residing at My Aunt's House, a home on the Children's Home campus for teenage mothers. Next year she is looking forward to her placement on the Children's Museum on the Road committee.

In Memoriam

Katherine Esmond Pillsbury Janeway
May 21, 1932 - January 7, 2010

2009-2010 Sustainers of the Year: Beth Baldwin

Beth Baldwin has been a Junior League of Winston-Salem member since 1970 and also won the Sustainer of the Year award in 2007-2008. She continues to make a difference in the Winston-Salem community at exceptional levels.

Ms. Baldwin and her husband, Charles (Sandy), are a force for contributing and raising funds, including making the initial gift to create the Branner Baldwin Clinical Trials and Research Fund to support the availability of clinical trials and control programs for cancer patients at the Derrick L. Davis Forsyth Regional Cancer Center. The area of the cancer center, where those programs are housed, was named in honor of their son, who was stricken with cancer and passed away at the age of twenty six.

Her current passion involves a grass roots project that began with a Steering Committee of Community Volunteers in 2003 to determine the need for an adult hospital hospitality house that will serve patients of both Forsyth Medical Center and Wake Forest University Baptist Medical Center. The State Employees' Credit Union (SECU) Family House on the Richard J. Reynolds III & Marie M. Reynolds Campus will provide affordable lodging in a caring environment for referred adult patients and/or their caregivers, who travel to Winston-Salem for medical treatment. The Baldwins are the founders of the non-profit project and serve as co-chairs of the board that was established in 2005. For the last seven years, the Baldwins have worked tirelessly to help raise awareness and funding of this six million dollar project, and happily, are within sight of the groundbreaking to occur this year on Hospice Lane, just off of Burke Mill Road. She has brought together a diverse group of partners to make this happen. It is safe to say that without the remarkable energy and volunteer efforts of Ms. Baldwin to bring this facility to Winston-Salem, thousands of patients and their caregivers would have to continue camping out in the Intensive Care Unit waiting rooms and parking lots of the two premier



medical facilities in town. She advocates for this much needed project while continuing to stay involved in a myriad of other efforts: her church work at Home Moravian, the work of the Forsyth Medical Center Foundation, The Woman's Council of the Winston-Salem Foundation, Ronald McDonald House, Garden Club and Book Club, the Emma Bahnson League. Kathy Carr, Executive Director of the SECU Family House noted, "Beth is an extraordinary volunteer who does every job she undertakes excellently."



2009-2010 Sustainers of the Year: Adrienne Livengood-Baker

Adrienne Livengood-Baker joined the Junior League of Winston-Salem (JLWS) in 1993. As an Active member, she was involved in the development of the READ TO ME curriculum and the READ TO ME Festival. As a JLWS Sustainer, she opened her home as part of the inaugural Tour of Fine Kitchens.

Ms. Livengood-Baker is a lover of the arts, culture, and education. She underwrote the Chris Botti concert with the Winston-Salem Symphony in April 2010. After many years as a mom, she went back to school and graduated from Salem College last spring. She is a strong supporter of Salem College, from sponsoring an art exhibit and establishing a scholarship to financing the new research lab. She currently audits a couple of classes at Salem College and serves as the Research Intern in the psychology department giving countless hours of her time to the rat laboratory.

Her love for animals has led Ms. Livengood-Baker to a long history of supporting the Forsyth County Humane Society and North Carolina Lab Rescue. She has donated funds to have dogs spayed or neutered and has covered the veterinary expenses for litters of rescued puppies.

Ms. Livengood-Baker is active at Old Salem. She has volunteered at Candle Tea for years, as well as helped fund restorations for some of the historic buildings. She was integral in bringing Gloria Steinem to speak at Salem College and has served as president of the Children's Museum Board.

When her children were growing up, she volunteered as a mentor to disadvantaged kids and was also active in the Parent-Teacher Association (PTA). When she recently found out that the PTA at Speas Elementary could not afford to provide a luncheon for the teachers, Ms. Livengood-Baker stepped in and provided it for them.



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Diane Davis
In honor of Amy Egleston for proposing me; Leigh Cortesis Best Placement Advisor; Lynn Howland Inspiring me; Cary Bullock & Julie Trabue for being a mentor
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In honor of Margaret Sattler, Lynne Fleischman & Csilla Dunn & their dedication to the JLWS
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SAVE THE DATE



October 28-30, 2010

The Junior League of Winston-Salem (JLWS) is planning its first annual holiday shopping market. The event will be the last weekend in October at the Benton Convention Center in downtown Winston-Salem.

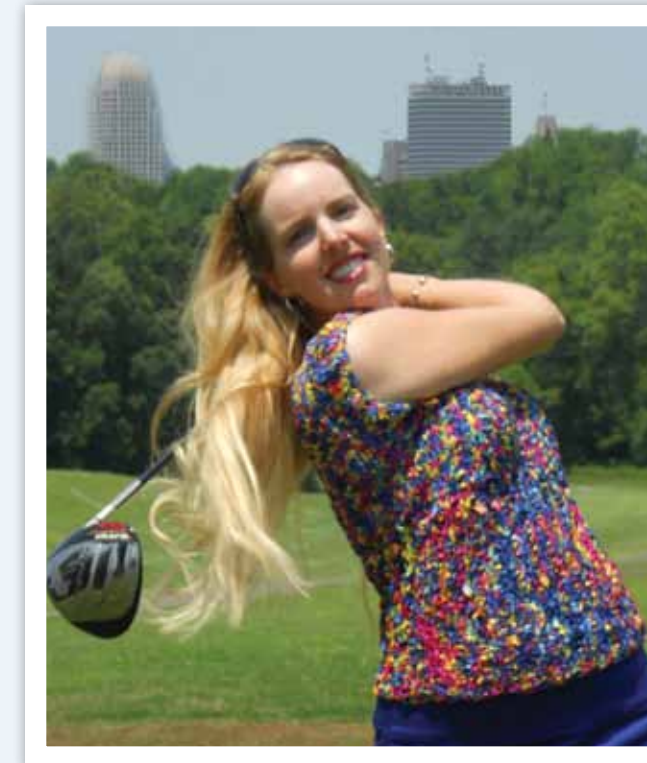
Boo-tique will be a truly spectacular shopping experience. Vendors from all over the country will feature clothing, accessories, jewelry, stationary, children's items, of course holiday items (not just for Halloween!), and much, much more. Between seventy-five and one hundred vendors are expected with a good mix of local, regional, and national merchants.

The weekend will kick off with a Girls Night Out on Thursday, October 28. Special ticket pricing will be offered to groups of ten or more, so this event will be great for inviting friends and neighbors, as well as book clubs and bunco groups. The purchase of this Girls Night Out ticket will provide an additional admission for the weekend. Boo-tique will also be open Friday, October 29 from 9:00 a.m. - 9:00 p.m. and Saturday, October 30 from 9:00 a.m. - 4:00 p.m.

Sponsorships are available at many levels and with excellent benefits.

Contact the Boo-tique committee chairs at bootique@jlws.org for more information, to recommend a vendor or sponsor, and to volunteer. Vendor applications and sponsorship information can also be downloaded from the JLWS Web site at www.jlws.org

The Editor's Last Word



"Most of us miss our best opportunities in life because they come to us disguised as hard work."

—Dr. Nido Qubein, President of High Point University, High Point, NC

Dear Friends,

As I reflect upon my year as Editor of the Junior League of Winston-Salem (JLWS) magazine, I realize that Dr. Qubein (president of my graduate school alma mater) was right: volunteering can be hard work. Countless hours of time and dedication. But then, reward comes, sometimes small, but so meaningful and powerful. A smile. A thank-you. Even a hug. And, then you realize that your efforts have not gone unnoticed by the people who matter most, the people your hard work helps. The children. The people in need. While sometimes my mind and body tired, my spirit and enthusiasm for the people the JLWS serves never wavered.

The job as Editor this year confirmed my passion for writing and the community, and ignited my interest in photography and finding the "perfect shot." Not only has this experience given me the opportunity to learn more about the JLWS, but also to get to know so many of the members who give their time and talents to making the JLWS the best it can be. Attending every community placement, taking photos, and chatting with participants and leaders of the different organizations the JLWS assists to find out how our work impacts them, was such a meaningful experience for me. Many times, I received a hug and a thank-you from children just for showing up at the event and taking their photo. I also received thank-you's from organization leaders who were excited I was in attendance to give them the opportunity to spread the word about JLWS's impact on their organization. I was not the one who organized the event, I was just the messenger. But, Dr. Qubein was right again, the opportunity to be the messenger and spread the word about our impact was a great experience, and I take that with me. I hope the past two issues of *WOWS* have impacted you as they have impacted me.

I would like to extend a thank-you to Sustainers Linda Garrou, Tog Newman, and Anne Copenhaver. Meeting and interviewing the three of you was a pleasure. Your example and hard work make me want to strive to make a bigger impact in our community and beyond.

As I move on to other volunteer opportunities and back to my "real" job, I challenge each of you, as I challenge myself, to give of your time and talents. This is not goodbye, but a see you out in the community making a difference one person at a time... or on the golf course!

Heather

Heather Angell
WOWS Editor
Junior League of Winston-Salem
2009-2010



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