

WORDS

WORDS
OF WINSTON-SALEM

FALL/WINTER
2009-2010

Junior League of Winston-Salem

A Junior League of Winston-Salem publication

**Give, Grow,
Get Connected**



Junior League
Of Winston-Salem

Women Building a Better Community

www.jlws.org



WISHON & CARTER
BUILDERS, INC.

(336) 679-2031

www.WishonCarter.com

- Unlimited License
- Guaranteed Pricing
- 2 Models by Appt.

- Custom Homes
- Additions
- Remodeling



Custom Built Quality... Since 1971



Inside this Issue

- 4** 2009-2010 Board of Directors, WOWS Staff
- 5** President's Message
- 6** Mission Statement, Vision Statement, Values
- 7** Support the Junior League of Winston-Salem
 - 7** Become a Member
 - 8** Become a Community Partner
 - 8** Become a Sponsor
- 9** Junior League of Winston-Salem Archives
- 10** Placements: Childhood Development/Literacy
 - 10** Chat and Snack
 - 11** Children's Museum of Winston-Salem Summer Camp
 - 11** Children's Museum of Winston-Salem Character Meet and Greet
 - 12** Children's Museum of Winston-Salem Read, Learn, Imagine Family Fun Night
 - 13** Smart Start – READ TO ME
 - 13** Junior League Puppet Show
 - 14** Junior League Puppet Show Wins Award
 - 15** *Kids in the Kitchen*
- 16** Placements: Mentor Me – Adolescents
 - 16** Big Brothers Big Sisters Buddies
 - 16** Children's Home Mentors
 - 17** *Girls on the Run*
- 18** Placements
 - 18** Helping Hands
- 19** Training
- 21** 2009-2010 New Member Class
- 22** New Member Class Fall Activities
- 24** Junior League of Winston-Salem Awards
- 28** Thank You Sustainers
- 29** Save the Date for Tour of Fine Spaces
- 30** Save the Date for Rummage Sale
- 31** Editor's Last Word



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

Top row (L to R): Kristen Duchac (communications vp), Amine Seifert (member-at-large), Martha Elmore (administrative vp), Heather Smith (nominating chair), Nancy Schneider (Sustaining advisor), Whitney Knott (community vp)

Middle row (L to R): Sarah Dalrymple (finance vp), Heather Wells (assistant finance vp), Leah Crowley (president), Heather Parker (president-elect), Christine Storch (membership vp)

Bottom row (L to R): Dawn Opel (planning and development vp), Cornelia Groce (assistant communications vp), Laura Wilkerson (assistant membership vp)

Not pictured: Missy Link (assistant community vp)

WOWS Staff

Editor

Heather Angell

Assistant Editor

Erin Kennedy

Staff

Elizabeth Foley

Journalists

Beth Parker Janeway (chair)

Nancy Brandon (assistant chair)

Kim Gebbia

Bianca Green

Felecia Manning

Photographers

Lindsey Pleban (chair)

Renee Mier (assistant chair)

Heather Angell

Communications Finance Manager

Susie Tickle

Give, Grow, Get Connected

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

Since the first meeting was convened by Katherine Reynolds Johnston at Reynolda House in 1923, the women of the Junior League of Winston-Salem have been improving the community, developing the potential of women, and promoting volunteerism. Through our partnerships and signature programs we continue to make progress in issues that affect children and families.

Our membership of over 1,000 includes women who are in different stages in the life cycle of a volunteer. Some of our members are learning about our community and how to be a great volunteer, many members are leading efforts by serving on committees and boards, both within and outside the Junior League of Winston-Salem, and still others are supporting the next generation of volunteers through mentoring, training, and financial contributions. The common threads are the dedication to volunteerism, the passion for improving our community, and the interest in pursuing goals with other service-minded women.

As the Junior League of Winston-Salem focuses on a new area, women's health issues, we will seize another opportunity to make our mark in Winston-Salem. We are dedicated to finding a specific issue in the topic of women's health that our volunteers can improve or solve over the next three to five years. To prepare, our membership meetings are serving as a training ground to become educated about women's health issues and we have hosted forums with leaders in many facets of this field to glean from the experts where the problems lie. As we navigate this process in order to find a project in women's health, it is an exciting time for the Junior League of Winston-Salem and our community -- especially when Junior League of Winston-Salem past initiatives resulted in projects including the Children's Museum of Winston-Salem, SciWorks, the North Carolina Triad Affiliate of Susan G. Komen for the Cure, the Arts Council, and the Ronald McDonald House.

To learn more about the Junior League of Winston-Salem, including membership, sponsorship, and community partnering opportunities, please visit our Web site, www.jlws.org, or call or visit our headquarters located on Brookstown Avenue at Liberty Street at the back of the Children's Museum.

For eighty-seven years, we have been women building a better community and the tradition continues today. I invite you to be a part of a movement that has a rich history and a phenomenal future!



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 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 1,000 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 of age 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, leadership development, and also learn about the history, governance, and structure of the JLWS. New Members also 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 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: provisionalinterest@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 may 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 in fall 2010. Approved placements will run from June 2011 through May 2013.

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

Late August/Early September - 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 Placement Development chair, placementdevelopment@jlws.org.

October 1 - Completed applications are due.

October 1-31 - 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 Sponsor/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 donors will be published in the Spring/Summer edition of *WOWS*.

For questions regarding the Annual Fund, please contact Sarah Dalrymple at financevp@jlws.org.

Portraits by STEVE CHILDS



www.stevechilds.com
336-721-2008

Forsyth County Public Library is New Home of Junior League of Winston-Salem Archives

The Junior League of Winston-Salem (JLWS) donated its archives to the Forsyth County Public Library this fall. The archives' new home is located in the North Carolina Room of the Forsyth County Central Library, 660 West Fifth Street, Winston-Salem. The majority of what was on the shelves at JLWS Headquarters has been moved to safer housing, where the archives will be stored with proper care and maintenance to help preserve their composition.

The archives contain photographs, scrapbooks, *Newsheets*, *Yearbook*, *Words of Winston-Salem* and *Informers* dating back to the inception of the JLWS in 1923. The archives also feature newspaper articles about, and letters of congratulations written to the JLWS addressing its many contributions to the Winston-Salem community over the years. Some of the most notable milestones include the founding of SciWorks, the Arts Council of Winston-Salem, and the Children's Museum of Winston-Salem.

The Historian committee worked for over a year to find the most appropriate location to relocate the JLWS's tangible memories. Amy Houk, Historian chair, and Laura Joyce, Historian manager, will continue to collect the publications, photos, and newspaper articles so that they can chronicle the activities and achievements of the JLWS. The archives will be an important resource for members wishing to understand the legacy, as well as for the general public to learn more about the JLWS and its history of service in the Winston-Salem community.



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

Families faced with the misfortune of having a child in the Neonatal Intensive Care Unit (NICU) or the Pediatric Intensive Care Unit (PICU) can attest to the impact that the Junior League of Winston-Salem (JLWS) Chat and Snack volunteers, in partnership with the Family Support Network of Greater Forsyth County, have made in their lives. Once a month, JLWS volunteers provide food and moral support to families of children undergoing treatment at Forsyth Medical Center and Wake Forest University Baptist Medical Center's Brenner Children's Hospital.

A family may spend days on end by a struggling child's bedside, and the JLWS volunteers provide a much-needed friendly face and supportive ear. Chat and Snack has been able to provide desserts to the families every month through the generous donations of Ketchie Creek Bakery. Each family receives a book from the JLWS book basket, providing a great opportunity for the volunteers to discuss the importance of reading to children, to promote literacy, and to share the love of books with the families. Renna Welborn, Chat and Snack committee chair, says, "Our volunteers are reaching these families through the books, promoting literacy, and allowing these parents to talk about their child, which is what they really need during this time of illness." Reading promotes a bond between parents and the infants, since sometimes the parents are not even able to hold their child.

The Chat and Snack volunteers connect families with the Family Support Network, which provides them with more information on support services during and after their stay in the hospital. Chris Gentry, Program Director of Family Support Network of Greater Forsyth, stated that it would be impossible to provide the services such as Chat and Snack without volunteers. "The families feel cared about by the women of the Junior League of Winston-Salem," Gentry adds.





volunteers were touched that they could help these children discover the Enchanted Forest, the Doughnut Factory, and the Giant Beanstalk that can only be offered by the Children's Museum of Winston-Salem. The children wriggled through yoga positions mimicking sea horses and octopuses, while also enjoying a chance at strumming the guitar. The Young Chef's Academy generously donated their time to create a healthy and nutritious dip, Apple-Berry Salsa, with the children. The campers explored their creativity by decorating sugar cookies, making masks and newspaper hats, painting magnets, beading necklaces, and drawing portraits.

Children's Museum Character Meet and Greet

Junior League of Winston-Salem (JLWS) volunteers planned Saturday morning monthly meet and greet events at the Children's Museum of Winston-Salem with a costumed character and reading focus.

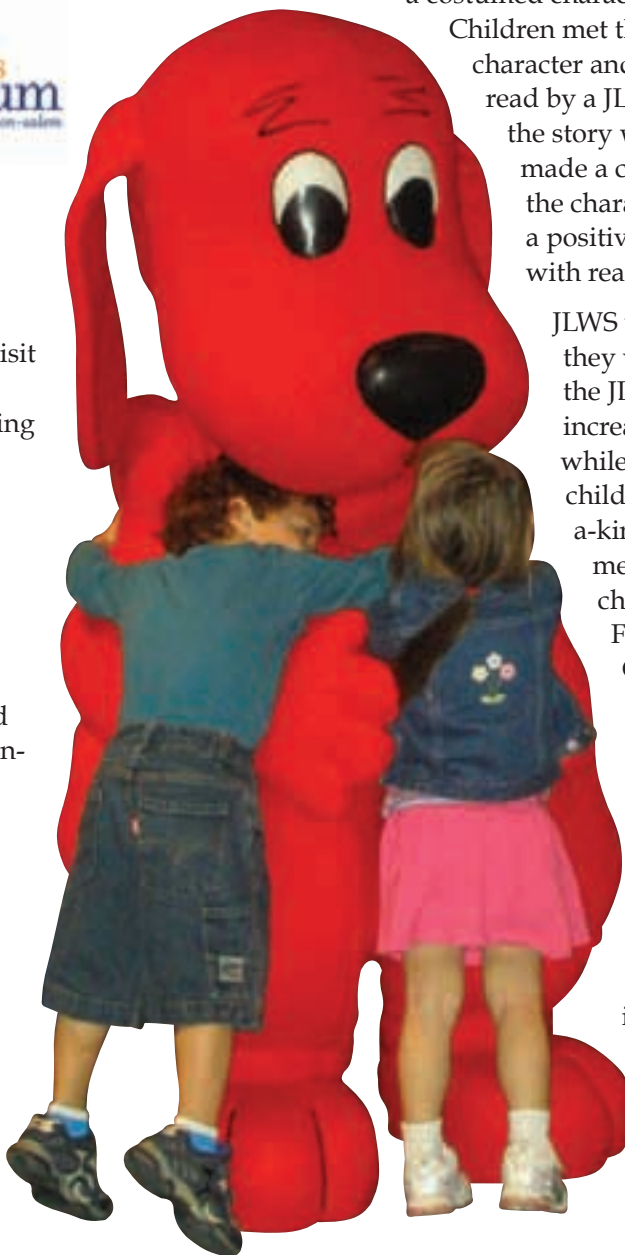
Children met the featured costumed character and heard a related story read by a JLWS volunteer. After the story was read, the children made a craft associated with the character to encourage a positive, fun experience with reading.

JLWS volunteers felt that they were accomplishing the JLWS mission to increase childhood literacy, while also providing children with a one-of-a-kind experience of meeting their favorite character. Cristen Fletcher, chair of the Children's Museum Character Meet and Greet, said, "Not only are we helping out the Children's Museum with this fun event, but also encouraging the children to read by involving them in the story. They can meet their favorite character and have their picture taken."

Children's Museum Summer Camp

This summer, fourteen campers, ages five to eleven, from the YWCA-Gateway enjoyed the first-ever weeklong camp at the Children's Museum of Winston-Salem hosted by Junior League of Winston-Salem (JLWS) volunteers. These children would, otherwise, not have the chance to have a day camp experience and visit the museum. The campers came in each day excited to read new books, followed by making a craft that was related to the story they just read. They were also given the opportunity to explore the museum. The constant refrain was "can we go up the beanstalk again," followed by "when are we going to make more doughnuts?"

For many of the young campers, this was their first experience exploring, learning, and playing at the Children's Museum of Winston-Salem. Jen Seeba, Children's Museum Camp chair, was drawn to the placement because of its focus on children and potential impact on the community. "I felt this placement was making a difference when the children arrived and immediately bombarded me with their excitement, smiling faces, and hugs," remarked Jen. The JLWS committee worried that the older children would think planned activities and the reading emphasis of the museum would be childish or too much like school, but every single child who attended was ecstatic to have the opportunity for this adventure. The JLWS





In July and August, children met Penny the Penguin, the Children's Museum of Winston-Salem's mascot, and made penguin puppets.

Penny the Penguin made another appearance at the **BOOKMARKS** Festival in September.

During this event, the children made face masks and bookmarks.

In October, children had two opportunities to meet Clifford, the Big Red Dog. They listened to a story read by a JLWS volunteer about Clifford and Halloween for the Halloween-themed events.

After the story, the children colored Clifford face masks and transformed Tootsie Pops and Kleenex into ghosts. In November, the

Character Meet and Greet focused on Kevin Henkes, a noted children's book author and illustrator. The children listened to four Henkes books and also made a fun craft associated with each story.

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

The Children's Museum Read, Learn, Imagine Family Fun Night is a monthly event held at the Children's Museum of Winston-Salem. The events help make the museum's Discount Friday Nights even more fun and educational by planning events and crafts so children can learn through play. Between fifty and 150 children attend each of the events.

Junior League of Winston-Salem (JLWS) volunteers find their volunteer experience rewarding because the events give families an opportunity to come to the museum at a discounted price that they may not have otherwise been able to afford. Where else can children get to use their

imaginations and pretend to be inside of some of their favorite stories, such as the *Clifford* series or *Three Billy Goats Gruff*? Mary Ellen Yarborough, a JLWS volunteer and a teacher, said, "It's important for children to have a chance to be creative and use their imaginations. There is not a better platform than the Children's Museum."

JLWS volunteers hosted a beach-themed event in the summer, where children were able to play limbo and hot potato with a beach ball. This fall, gymnasts from Salem Gymnastics led the children through basic moves, including forward rolls and cartwheels, and demonstrated more advanced moves, such as aerials, back handsprings, and flips. The Winston-Salem Dog Training Club brought a variety of breeds to the September Family Fun Night, and the children were able to meet and pet the dogs. In October, the JLWS's *Kids in the Kitchen* partnered with the Family Fun Night to promote healthy eating by teaching kids how to make a nutritious Halloween-themed snack. Volunteers, Katie Burge and Jessica Blake, enjoyed seeing the children learn to make fun, healthy snacks and have an opportunity to be creative. In November, the children traced their hands on paper, cut them out, and made wreaths to be hung in the Children's Museum for the holidays. The volunteers of these events hope to get children excited about the Children's Museum and using their imagination.



Smart Start Literacy Initiative

Through a partnership with Smart Start of Forsyth County, Junior League of Winston-Salem (JLWS) volunteers are well on their way to making a lasting impact in early childhood literacy. The volunteers complete the Smart Start and JLWS READ TO ME trainings, which enables them to effectively conduct age-appropriate reading and craft sessions in three- to five-year old classes. This year there are six JLWS volunteers who have committed to visit one daycare per month to read aloud to a class and engage the children in active discussion of the book. Volunteers, like Ashley Veneziano and Anna Ball Hodge, also involve the children in a craft activity that corresponds to the book.

This is Ashley's first volunteer placement in the JLWS, but as a former teacher, she knew that reading to preschoolers would be fun and rewarding. As a stay-at-home mother of four, this morning placement reading to preschoolers fits her schedule well.

At each Smart Start daycare, every child is given a READ TO ME parent guide to take home and the book the JLWS volunteers read is donated to the classroom library for the children to enjoy again and again. Volunteers will read and donate sixty books during the school year, helping to bolster both preschoolers' brains and classroom libraries.

For Ashley, the rewards start as soon as she and her JLWS volunteer partner walk in the classroom. "The children are so excited and the teachers really appreciate having the chance to observe the children while we lead the activity," observed Ashley. She also enjoys having another volunteer with whom to share the responsibilities as they take turns reading the book and setting up the craft.

The READ TO ME curriculum is based on the premise that children learn primarily through mimicking and repetition. The more times children are shown good models for reading and enjoying books, the more likely they are to develop a lifelong love of reading, and the more likely they, in turn, will read to their children. Anna Ball, a Wake Forest University graduate and Realtor with Leonard Ryden Burr Real Estate, was amazed at how much children need to be read to, even before they start kindergarten. Now she realizes how she took for granted being read to as a child by her parents. "I cannot solve all the reading issues of every child, but I can plant the seed for some by setting an example," commented Anna Ball. Every visit is a rewarding experience as children clamor to crawl in her lap to get some personal attention. Anna Ball's only disappointment is she could not visit with the class more often.



Junior League Puppet Show

Child abuse is no doubt a difficult subject to tackle, but the Junior League of Winston-Salem (JLWS) makes it more approachable through a kid-friendly puppet show. JLWS Puppet Show volunteers, like Bianca Green, help combat child abuse and neglect by educating all third graders in Winston-Salem/Forsyth County Schools about these issues.

Performances are held during the fall at the schools using a recorded script called *You Can Always Talk To Someone*, which emphasizes the importance of telling someone if they, or someone they know, have been abused or neglected. The JLWS Puppet Show also aids school counselors and social workers in raising awareness of child abuse issues and identifying children in need of help. Last year over sixty children came forward for help after seeing the show.

Bianca, who is a mother of two and has been a JLWS volunteer for four years, commented that, "The Puppet Show has been one of the most rewarding placements that I have volunteered with thus far." She started volunteering for the Puppet Show two years ago as a substitute when the committee needed more volunteers to ensure each show has two puppeteers.

At first, Bianca had reservations as she was concerned she would not be able to do this having never even held a puppet before joining the committee. She quickly overcame her fear as she truly believed in the importance of the Puppet Show and knew that the impact was tremendous. Over 80,000 children have seen the JLWS Puppet Show in the twenty-five years it has been performed.



Topics of the Puppet Show include physical and sexual abuse, neglect, and internet safety, a vignette added to this year's script to address the increasing threat that internet predators pose. Bianca likes having the subject matter presented to the children in the manner that allows discussion and repeatedly reminds them that they can talk to someone. For Bianca, her role as the moderator during the discussion portions has been most rewarding. "When I ask the children, 'Who is someone that you can talk to?' and I see a child eagerly raise his or her hand and say, 'My mom' or 'My dad,' I am pleasantly surprised because not all children are able to discuss things with their parents. I am so grateful that as a child I was able to discuss anything with my parents and had the confidence in knowing that I could. The only requirement that my parents had was that I told them the truth...no matter what the situation."

The Puppet Show is an effective way to touch on difficult issues. It sparks awareness and gives children the reassurance that they should never be silent or feel that there is no help for them. Thanks to Bianca and the five other Puppet Show committee members, children will continue to hear the message that *You Can Always Talk To Someone*.



Junior League Puppet Show Wins Award!

Winston-Salem/Forsyth County Schools (WSFCS) recognized the Junior League of Winston-Salem at the WSFCS October school board meeting for its support and commitment to students through *You Can Always Talk To Someone* DVD Presentation, a puppet show that educates third graders about abuse and neglect. Roonie Craig and Heather Parker, who wrote the script for the fourth vignette on internet predators and chaired last year's Puppet Show Productions committee, which produced the DVD, were present to receive the award, as was Leah Crowley, Junior League of Winston-Salem president.





Kids in the Kitchen

With the rise in childhood obesity, the Junior League of Winston-Salem (JLWS) is working hard to promote healthy lifestyle choices among kids. *Kids in the Kitchen*, an educational program developed by the Association of Junior Leagues International, “addresses a growing problem facing today’s children. With the number of overweight children in our countries having increased dramatically, there has been a substantial increase in children’s risks for health problems such as type 2 diabetes, high blood pressure and high cholesterol” (www.ajli.org).

The JLWS’s *Kids in the Kitchen* committee partnered with two community organizations this fall to encourage children to eat healthy by helping them make a fun and nutritious snack. In September, *Kids in the Kitchen* worked with Centenary Methodist Church as a contributor to their FaithWorx weekend festival. In October, they partnered with the Children’s Museum for Read, Learn, Imagine Family Fun Night. At each event, children made a healthy snack to promote healthy eating habits. To add to the fun, the children ran in relay races, which made them realize that exercising can be play. To encourage them to continue the healthy lifestyle practices that they learned that day, they were given an informational goodie bag that included healthy recipes and tips for exercising and eating well.

Elizabeth “E” Davis, *Kids in the Kitchen* chair, has found teaching children healthier ways to enjoy favorite foods and drinks to be very rewarding. She observed a young boy and his Big Brother mentor learning how to combine fruit juice with seltzer water to drink instead of soda. The boy loved it so much he said that he would drink this new healthy version of soda instead of the sugary kind. E, who has a young

son herself, said that seeing the little boy make a better choice and enjoy it confirms that starting with children at a young age gives them a better chance at developing good habits.

Kids in the Kitchen volunteers hope each child will leave excited about preparing healthy meals and empowered to take charge of their food choices, while parents gather ideas about how to introduce healthy snacks and entrées.



Grades PreK-9 • 336.724.5811 • www.summitschool.com

2100 Reynolda Road, Winston-Salem, NC 27106

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



or Big Sister. Julianna Strickland, Big Brothers Big Sisters Buddies committee chair, shares that her favorite part is the children's smiles. "We spend time with the children to let them know we care. It is not so much what activity we do, but how we make the kids feel. They remember our smiles and we remember theirs," said Julianna.

Children's Home Mentors

My Aunt's House is part of the Children's Home of Winston-Salem where homeless teens and their children can find a home, basic necessities, adult supervision, guidance, and other resources to help them develop life skills and reach their educational and career goals.

Junior League of Winston-Salem (JLWS) volunteers go in pairs to My Aunt's House twice a month. Using the READ TO ME curriculum, JLWS members read stories to the five children currently living in the home with their teen moms present. The members then have the teen moms read the books to the kids. JLWS volunteer, Susan Branscomb, who leads the Children's Home Mentors committee, understands the importance of mentoring these young mothers, who are excited to have JLWS volunteers read with them. The teens currently residing at My Aunt's House are challenged by their early role of motherhood, but they are working towards high school diplomas and college degrees, so that they can eventually live and care for their children on their own.

In a commitment to the JLWS mission and focus, JLWS volunteers are dedicated to educating, mentoring, and developing character, in an effort to enable the young ladies to be successful and make good choices for themselves and their families.



Mentor Me - Adolescents

Big Brothers Big Sisters Buddies

The Big Brothers Big Sisters Buddies committee plans five fun-filled events throughout the school year for children who are waiting to be matched with a Big Brother or Big Sister. These activities allow the Big Brothers Big Sisters staff to learn more about each child, while giving each child a chance to see how the program works.

Events are scheduled in the evening or on Saturdays for twelve to eighteen children between the ages of six and fifteen. At each event, the children enjoy a snack or meal and participate in a fun activity. In September, children participated in crafts at the Sawtooth School for Visual Art, creating life-sized portraits with the help of Junior League of Winston-Salem (JLWS) Actives and New Members. The children made their portraits into football players, wrestlers, singers, and anything they could imagine.

In October, children visited Cash Lovell Stables and Riding Academy, where they brushed and rode horses. They learned the proper way to care for a horse, as well as painted horse ornaments. The Cash Lovell Stables and Riding Academy provided the venue and service free of charge. New Members participated in the September and October Big Brothers Big Sisters events as part of their Fall Community Project. These additional volunteers allowed each child to have a dedicated JLWS partner.

In November, the JLWS volunteers enjoyed pizza with the children and then boarded a wagon for a hayride through the Tanglewood Festival of Lights. Holiday tales and hot chocolate helped usher in the season.

At each event, each child also received a goodie bag assembled by the Big Brothers Big Sisters Buddies committee. This provides a special take home to remember the special time and help the children bridge the gap until they are assigned a permanent Big Brother



Girls on the Run

Girls on the Run and *Girls on Track* are interactive life-skills programs that use the power of running to change the way girls see themselves and their opportunities. This nationally acclaimed innovative health education and wellness program uniquely combines training for a 3.1 mile (5K) run/walk event with life-changing, self esteem enhancing lessons that encourage healthy habits and an active lifestyle in eight- to twelve-year old girls. Meeting after school twice a week for twelve weeks, girls learn to stretch themselves -- physically, mentally, socially, and emotionally -- and in the process, are inspired to a lifetime of self respect and healthy living.

Since the Sara Lee Center for Women's Health and Junior League of Winston-Salem (JLWS) started the program in Winston-Salem in 2005, it has grown to include fourteen sites and as of Fall 2009, expanded to include a site in Davie County. Also, in Fall 2009, the curriculum for middle school girls, *Girls On Track*, was offered at two sites - Hanes Middle School and Meadowlark Middle School. Fifteen JLWS volunteers coach at the scholarship sites and help new sites get started. Each *Girls on the Run* and *Girls on Track* site is limited to fifteen girls to ensure every girl gets to share and learn in the small group setting.

Jen Henson, who has been a JLWS member for six years, is in her third season coaching at El Buen Pastor, a site that serves third through fifth grade girls from Old Town Elementary on Reynolda Road. The El Buen Pastor site has been especially rewarding for Jen as a volunteer, who works full-time as an engineer. Most of the El Buen Pastor girls' primary language is Spanish and most do not see physical activity as something that girls do. Jen has embraced this group as a chance to change attitudes and habits about exercise and healthy eating in effort to reverse the national obesity epidemic.

One Saturday, Jen went to the apartment complex where two of the girls from her group live since they had missed one of the sessions. Jen wanted to have an extra opportunity to run with them as their season finale 5K was approaching. When Jen arrived she was surprised to find not only the two girls from her group, but a gathering of ten other younger children - girls and boys. The *Girls on the Run* girls had all of the younger children running laps and had even put tally marks on the children's hands, like the coaches do in *Girls on the Run*, to count the laps they had completed. For Jen to learn that she was influencing not just the fifteen girls in the group, but all the children and families that those fifteen girls influence, has been especially empowering as a volunteer. With over seven hundred girls completing the program, there are a lot more empowered girls in Forsyth County taking care of their health and helping those around them make healthier choices.



Helping Hands

Helping Hands is designed to further the reach of the Junior League of Winston-Salem (JLWS) into the community through organizations that do not currently have a full-time placement. Volunteers use a combination of collections and service hours to assist other community groups with significant need. The Helping Hands committee selects appropriate projects and plans the volunteer involvement including publicizing the efforts to all JLWS members for participation.

A toothbrush, bar of soap, or single cotton swab are simple items often taken for granted. But for the women in Forsyth County escaping an abusive relationship and seeking help at the Domestic Violence Shelter, these simple toiletries make the transition away from home and the ability to stay out of a dangerous situation a little easier. The Helping Hands committee enlisted the help of all JLWS Actives and New Members to bring sample-size toiletries to the September General Membership Meeting

The Helping Hands committee also organized a book drive to promote literacy among area children. Members brought books for kindergarden through twelfth graders, which were donated to the library at the Carter G. Woodson Charter School.



Helping Hands assisted with the annual Breakfast with Santa event at Holy Family Catholic Church in partnership with The Special Children's School and the Family Support Network of Greater Forsyth County. Children and families from the school enjoyed breakfast, games, crafts, and a visit with Santa. Breakfast with Santa allowed these children to have time with the man in the red suit, without competing with the crowds at public Santa events.

Also, in December, the JLWS volunteers helped parents select toys while working shifts at the Salvation Army Toy Shop. More than 1,500 children had a merrier Christmas because of this program.

Helping Hands is a placement which allows flexibility and variety for creative JLWS volunteers. Julie Ziegler, Helping Hands committee chair, has served on the committee for several years because she enjoys the opportunity to help many different community groups through her volunteer efforts. Julie remarked, "Helping Hands has provided not only a way for me to see what organizations are out there, but also a chance to work with multiple groups....It's a great vehicle for women who want a little taste of everything."



Junior League of Winston-Salem Members Informed and Trained

What makes Junior League of Winston-Salem volunteers so valuable? Every member attends information and training sessions that increase their knowledge and skills.



The first General Membership Meeting for the 2009-2010 year of the Junior League of Winston-Salem (JLWS) featured two informative talks from doctors in the field of women's health, followed by an opportunity to ask the doctors questions.

The first speaker was Dr. Kristen Hairston, an endocrinologist from Wake Forest University Baptist Medical Center, who focuses her practice on pre-menopausal women. Dr. Hairston is a strong community advocate for women's health and stressed the importance of not smoking and encouraging others not to smoke, maintaining a healthy body mass index, maintaining healthy blood sugar levels, getting plenty of sleep, reducing stress, and exercising. In Dr. Hairston's view, the largest health issues impacting women are osteoporosis, diabetes, and heart disease.

The second speaker of the evening was Dr. Thomas Valaoras, an OB/GYN from Valaoras and Lewis OB/GYN. Dr. Valaoras focused his talk on areas of women's health in which the Junior League of Winston-Salem could have a significant impact in the community. He emphasized the need for education and programming focused on teen pregnancy, mother and baby health, early screening for breast and cervical cancer, and annual and self exams.



In addition to the General Membership Meeting, the JLWS offered three optional training sessions in the fall. All of the training sessions were designed to help Junior League of Winston-Salem members become more skilled volunteers.

In September, the JLWS Training Team hosted “*Difficult Conversations: How to Give Effective Feedback*” with Dr. Sherry Moss. As well as being a faculty member at the Wake Forest University School of Business, Dr. Moss is the co-founder of HomeBy3, an organization that specializes in helping moms find professional positions that allow them flexibility to take care of their children. Dr. Moss shared her method of providing effective feedback. This interactive session allowed participants to practice communication techniques on classmates. Each attendee took home skills that could be used as JLWS leaders, as well as in their workplace and families.

In October, JLWS Active member, Elizabeth Nolan, shared her professional expertise in the next session, “*From Tents to Table Settings and Everything in Between: How to*

easily and effectively plan your next event.” Elizabeth is a Senior Program Coordinator for the Office of Continuing Medical Education for the Wake Forest University School of Medicine. She plans national conferences and events for medical professionals. In the training session, she offered tips on how to plan personal, professional, and non-profit fundraiser events.

In November, the JLWS Training Team hosted a workshop entitled “*Leadership in the Junior League of Winston-Salem.*” A panel of JLWS leaders answered questions from the attendees regarding leadership positions in the JLWS. Participating in the panel were Shelley Holden, nominating committee member, Leah Crowley, president, Holly Hodge, placement liaison, and Heather Parker, president-elect.

JLWS’s training and information sessions prepare members to serve the needs of the Winston-Salem community.





2009-2010 New Member Class

Mary Andrews	Margaret Fertig	Kate Larrabee	Laura Stern
Anna Applegate	Mary Beth Fertig	Nina Licketto	Bridget Stewart
Sarah Beck	Jessica Feus	Katrina Love	Angel Taylor
Jill Benson	Jessica Gamarra	Claire McLeod	Rachel Taylor
Kathryn Binkley	Deana Georgitis	Martha Metzler	Jessica Tims
Katie Boswell	Megan Harless	Heather Newsom	Ayanna Van Sluytman
Dawn Buchanan	Lydia Harter	Wynne Overton	Kim Via
Madeline Cashdollar	Lauren Hubbard	Maile Philpott	Lindsey Vira
Meghan Corbett	Jennifer Huber	Chrystal Raper	Vicki Visel
Andrea Coutts	Julie Hurd	Kristin Romesburg	Emily Webster
Emily Cox	Margaret Jones	Shelley Schaberg	Ally Wilson
Emily Crawford	Megan Karney	Erica Schrock	Sharon Witkin
Caroline Cumberledge	Amber Kirby	Mia Sloan	
Emily Eddins	Rebecca Koch	Kristin Smith	
Kathryn Evans	Allyson Komashka	Tasha Renee Smith	

Welcome New Members

This fall, the New Member class, in order to better acquaint themselves with Junior League of Winston-Salem and its mission, participated in several community projects, as well as regular meetings.



Every August, Old Town Club fills with eager Junior League of Winston-Salem (JLWS) New Members. Erin Jelinek, new member development chair, welcomed this year's New Members with instructions for the Junior League Journey, an activity mimicking the *Amazing Race*. The Journey is a fun way for New Members to learn about and see places that carry special importance for the JLWS. The New Members made stops at SciWorks, the Children's Museum of Winston-Salem, the Arts Council, the North Carolina Triad Affiliate of the Susan G. Komen for the Cure, Reynolda House Museum of American Art, the Ronald McDonald House, and the Lawrence Joel Veterans Memorial Coliseum, location of the annual Rummage Sale. New Members were introduced to the JLWS Board of Directors and had training sessions on technology and fundraising.

New Members gathered in September for team building exercises at Nitsa's Apparel for the third annual Project Mannequin. The New Members divided into their small groups and worked as a team to dress a mannequin with clothes from the store. Each member was presented with an obstacle to make the experience more challenging, such as a blindfold or ear plugs. Actives and Sustainers of the JLWS gathered to vote for their favorite.

Community projects filled the fall. The JLWS New Members and their mentors, along with volunteers from the Big Brothers Big Sisters program, served dinner to children at the Sawtooth School for Visual Art. The children were on the wait list for a Big Brother or Big Sister. The volunteers helped the children create life-size silhouettes of their bodies and then decorate them with glitter, markers, paper and other craft materials. The children had a great time working with the volunteers and were able to keep their silhouettes.

The New Members and their mentors went to the Children's Home of Winston-Salem for an arts and crafts event. This community project reached out to the residents of the Children's Home to give them a chance to have fun with other children and members of the JLWS. Thirty volunteers served pizza for dinner and then helped the children decorate cupcakes for dessert. The children, with help from the volunteers, also painted pumpkins, which they kept as a reminder of the fun night they had with the volunteers.

Children from the Big Brothers Big Sisters program gathered at Cash Lovell Stables and Riding Academy in Winston-Salem, along with fifteen volunteers, which included JLWS New Members, mentors, and several Big Brothers Big Sisters volunteers. The children met the horses, Brass, Freckles, and Turbo, and learned how to groom and saddle them in preparation for the ride around the barn. They also groomed Jesse James, a small pony in the barn. Afterwards, they painted horse ornaments and had their faces painted. Each child received a free riding lesson card for a later visit, compliments of Cash Lovell Stables and Riding Academy. As the children shared what they learned, they were given a ribbon for their wonderful horsemanship.

In November, the New Members and their mentors participated in the Build-A-Bike event at the Children's Museum of Winston-Salem. In groups, the New Members competed to see which group could correctly build their bike the fastest. Eight bikes were assembled and donated to children in need through the Stop Child Abuse Now (SCAN) program.

Several New Members took the initiative and decided to adopt a single teenage mother and her two children for the holiday season. The family is alone in the area and live at My Aunt's House, an organization within the Children's Home. The New Members were able to provide this family with gifts, including necessities and even some fun items for each member of the family. In this simple way, the New Members were able to have a meaningful and positive impact on this family, helping to give them a leg up in their new life in Winston-Salem.



Junior League of Winston-Salem Awards

For the 2008-2009 Junior League of Winston-Salem year, many companies supported the Junior League of Winston-Salem's mission. Four companies were recognized at the JLWS May Annual Meeting. Fairway Independent Mortgage Company and Prudential Carolinas Realty were recognized as Visionary Mission Sponsors. Fairway Independent Mortgage sponsored the Tour of Fine Kitchens, and Ruth Hudspeth volunteered her home to be the JLWS space to feature the Association of Junior Leagues International's *Kids in the Kitchen* Spokesperson, George Stella. Prudential Carolinas Realty has sponsored the Junior League of Winston-Salem Rummage Sale for three years. Prudential won the Friend of the League Award for the 2007-2008 year.

The Friend of the League Award is designed to recognize an individual, corporation, and/or organization within the Winston-Salem community who has supported the Junior League of Winston-Salem throughout the year. The Friend of the Junior League Award was given to Time Warner Cable for their donation of air time to promote Junior League of Winston-Salem events including *Kids in the Kitchen*, Tour of Fine Kitchens, and Rummage Sale. Darrell Heinrich accepted the award on behalf of Time Warner Cable.



2008-2009 JLWS President Pam Ball presented the Visionary Sponsor Award to Ryan Reynolds from Fairway Independent Mortgage Company.



2008-2009 JLWS President Pam Ball presented the Friend of the League Award to Darrell Heinrich of Time Warner Cable.



2008-2009 JLWS President Pam Ball presented the Visionary Sponsor Award to Ron Rosenberg from Prudential Carolinas Realty.



2008-2009 JLWS President Pam Ball (left) and 2009-2010 JLWS President Leah Crowley (right) presented the Community Partner of the Year Award to Brooke Norman of Sara Lee Center for Women's Health.

The Community Partner Award is designed to recognize the groups with whom the Junior League of Winston-Salem works on community placements throughout the year. The Community Partner of the Year Award went to Sara Lee Center for Women's Health for their support of the *Girls on the Run* and *Kids in the Kitchen* programs as well as sponsoring the March General Membership Meeting, which featured guest speaker and Chef George Stella. Brooke Norman, Adolescent Wellness Program Coordinator, accepted the award on behalf of Sara Lee Center for Women's Health.

The Junior League of Winston-Salem appreciates these community-minded companies that support the programs and fundraisers that make a positive difference in the Winston-Salem community.

2008-2009 JLWS Community Placement of the Year: *Girls on the Run*

Focusing on pre-adolescents, *Girls on the Run* is a life-skills program for third, fourth, and fifth grade girls. There are fourteen active sites in Forsyth County, and during the 2008-2009 school year, the Junior League of Winston-Salem provided coaches for three of them, including Brunson Elementary, Bolton Elementary, and El Buen Pastor. Each site had approximately fifteen girls who trained for twelve weeks to complete a 5K.

The girls are very enthusiastic and learn a lot about themselves, their world, and each other as the program focuses on social, emotional, mental, and physical growth. Coaches discuss emotions, healthy nutrition, self-respect, and respect for others. *Girls on the Run* serves a diverse group of girls with diverse needs, who will each face new pressures and challenges as they approach middle school. The discussions and activities that reinforce knowing what one values, standing up for one's self, and making a difference in one's community, are life-lessons that hit home at any age.

2008-2009 JLWS In-League Placement of the Year: Long Range Planning

The goal of the Long Range Planning committee is to facilitate the development and monitor the long-term strategic and annual plans. The committee made great strides in the 2008-2009 Junior League of Winston-Salem year. The Long Range Planning committee works with the Junior League of Winston-Salem Board of Directors to establish goals and strategies, as detailed in the annual plan, and works with other committees to monitor progress towards the achievement of these goals. The committee also researches community needs and potential future initiatives for the Junior League of Winston-Salem.

**2008-2009 Active of the Year
(1-3 years of service): Kelly Doggett**

Kelly Doggett did an outstanding, behind-the-scenes job for the Junior League of Winston-Salem this past year. In August 2008, a request was made for a volunteer to produce the *E-Weekly* due to overload at the Junior League of Winston-Salem Headquarters. The *E-Weekly* project takes four to five hours each week to assemble, edit, and distribute. Kelly eagerly volunteered for this task and faithfully put together this important communication tool each week. She would assemble each issue, send for executive review, make suggested edits, distribute for final review, and send to Headquarters for distribution each week. In addition, Kelly made great suggestions on how to improve the *E-Weekly* that were implemented throughout the year. Kelly contributed over 130 hours to the Junior League of Winston-Salem in this “un-appointed,” extra leadership role. She was extremely reliable and worked well with others to improve one of the Junior League of Winston-Salem’s most important communication tools. She proved herself a dedicated leader and deserving of special recognition for her dedicated service to the Junior League of Winston-Salem and the community. After the end of the 2008-2009 year, Kelly moved to Raleigh with her family and transferred to the Junior League of Raleigh.



**2008-2009 Active of the Year
(4+ years of service): Cornelia Groce**

Born and educated in North Carolina, including a degree from Salem College, Cornelia Groce is an example to all. She puts her heart and soul, not only into the Junior League of Winston-Salem, but other local, non-profit organizations, as well as the Forsyth Republican Party, the North Carolina Federation of Republican Women, and Forsyth County Republican Women. Her work with the Forsyth County Republican Women includes past US Presidential visits, campaigns, and as the organization’s president in 2007 and 2008. She was elected to serve as the treasurer of the North Carolina Federation of Republican Women this past fall. Cornelia is also involved in many areas of her church, Enon Baptist, and is employed by Wachovia, a Wells Fargo Company, as a Corporate Properties Group project manager. As an example of her continued commitment to the Junior League of Winston-Salem, when the state SPAC Executive Committee needed her help on short notice, she drove to Raleigh to attend the Legislator’s Reception, an event two years in the making, to represent past SPAC leaders. Cornelia joined the Junior League of Winston-Salem in 2001. Her past placements include Preschool Boo Bash, Family Friends at Ronald McDonald House, Placement Liaisons, Major Leaguers, SPAC, SPAC chair, SPAC Executive Committee and the *Informer* assistant editor. Cornelia is currently Communications Council assistant vice president for 2009-2010.





2008-2009 Sustainer of the Year: Susan Conger

Each year at the May General Membership Meeting, the Junior League of Winston-Salem takes the opportunity to recognize one Sustainer who has, according to nominations, “gone above and beyond the call of duty to serve the Junior League of Winston-Salem or the community through her volunteer commitments.” This past year’s winner, Susan Conger, received two separate nominations, each testifying to her continued work in the community.

Susan is described by her fellow Sustainers as a “cheerleader, advisor, mentor and active participant; a real example of how we, as women, should champion each other and the Junior League of Winston-Salem.” Highlights of Susan’s career as a volunteer include: 2009 Summit School Auction co-chair, 2008 twenty-fifth Annual Winterlark co-chair (a fundraiser for Cancer Patient Services), Past President of the Triad Chapter of Hollins University Alumnae Association, member of the Friends of Brenner Children’s Hospital Committee for Cheers! fundraiser, member of the National Council Advisory for Reynolda House Museum of American Art and recently named to its Board of Directors, and 2008-2009 Sustaining Member of the Junior League of Winston-Salem Board of Directors. In addition to the countless hours she has spent actively in the Junior League of Winston-Salem, including a term as president, she was a member of the founding Board of Directors of the Children’s Museum of Winston-Salem. Susan is also involved in many capacities at her church, St. Paul’s Episcopal.

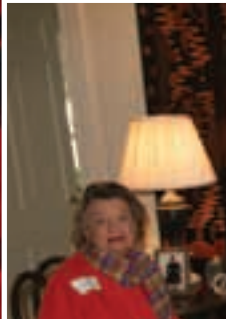
2008-2009 New Member of the Year: Kelly Carswell

Kelly Carswell is a graduate of North Carolina State University and has worked for Hanes since she graduated eight years ago. She is currently in sales on the Walmart team. Winston-Salem has really felt like home over the years as she settles into married life.

Kelly truly enjoyed her first year as a member of the Junior League of Winston-Salem by becoming a part of the community in a positive way and getting to meet so many gifted women. She went above and beyond her obligations for her New Member year. During the fall, she took part in the Big Brothers Big Sisters Event: “A Day in the Park” at Miller Park, Children’s Museum Healthier Ever After Exhibit and Touch-A-Truck. During the spring, she participated in the *Kids in the Kitchen* event at the YWCA. This year, Kelly is enjoying her placement as a New Member Mentor.



Junior League of Winston-Salem Thank You to Sustainers



The Junior League of Winston-Salem Sustainers are very important to the community, as well as the Junior League. A huge *Thank You* is extended to the 638 Sustaining members for their hard work in supporting the Mission of the Junior League of Winston-Salem.

SAVE THE DATE



Tour of Fine Spaces
Saturday, March 20, 2010
10:00 a.m. - 4:00 p.m.



The Junior League of Winston-Salem presents a new spin on an annual event. The well-known Tour of Fine Kitchens will expand to become the Tour of Fine Spaces incorporating more than just kitchens. Visit outdoor spaces, media rooms, bathrooms, and more. This important fundraiser supports the Junior League of Winston-Salem's community initiatives.

The self-guided tour through professionally designed spaces includes delicious samples from local caterers and restaurants. The tour is known for highlighting unique and exceptional talents of area interior designers, cabinet makers, tile and flooring specialists, landscapers, architects, and builders.

The Junior League of Winston-Salem would like to extend a special *Thank You* to the presenting sponsor, Fairway Independent Mortgage Corporation.

Contact Tour of Fine Spaces, tourofinespaces@jlws.org, for more information, to recommend a location or sponsor, and to volunteer.



SAVE THE DATE



Junior League of Winston-Salem Rummage Sale April 23-24, 2010

Lawrence Joel Veterans Memorial Coliseum Annex and Education Building

Rah, Rah Rummage! Spring is just around the corner and time for all Active and New Members of the Junior League of Winston-Salem, and quite a few Sustaining members, to get together for one week of hard work, camaraderie and service to the community.

Since 1954, the annual Junior League of Winston-Salem Rummage Sale has been a common thread through thousands of women's Junior League of Winston-Salem experiences. For many, some of their best moments, best friends and best stories come from the hours worked at this event. The Rummage Sale is the largest annual fundraiser for the Junior League of Winston-Salem, funding twenty five percent of the operating budget. Junior League of Winston-Salem Active, New and Sustaining members, friends, family, community members and local retailers donate items that are sold at very reasonable prices. The Junior League of Winston-Salem Rummage Sale is held at the Lawrence Joel Veterans Memorial Coliseum Annex and the adjacent Education Building of the Dixie Classic Fairgrounds. Approximately 62,000 square feet of space houses more than twenty departments of clothing, shoes, books, housewares, antiques, and much more.

This is truly a community event. Many customers say they have been coming to the sale for ten, twenty, even forty years!

The Junior League of Winston-Salem would like to extend a special *Thank You* to the presenting sponsor, Prudential Carolinas Realty.

Questions? Please contact rummagesale@jlws.org.



The Editor's Last Word



Mission accomplished! I finally got up the nerve to climb the beanstalk at the Children's Museum of Winston-Salem, home of the Junior League of Winston-Salem. I have stared at it in amazement for the past two and a half years as a Junior League of Winston-Salem member. It was quite a feat, as it is designed for children to climb and explore, not adults. As I strategized during my climb, I thought back about "Give, Grow, Get Connected," this year's theme of the Junior League of Winston-Salem. As a volunteer, I have given countless hours of my time to the community through the Junior League of Winston-Salem and other community and national organizations. During many of my volunteer opportunities, I find that I learn and grow just as much from the experience as the people I am helping. The memory of a smile on a child's face when he or she has accomplished a daunting or difficult task drives me to my next chance to share my loves of reading, drawing, painting, and fitness to more children. And finally, the trip up the beanstalk reconnected me with my inner child. Busy lives cause us to forget the joys and wonder of life that children still see. Now, I want to take the opportunity to connect with each of you and challenge you to enthusiastically climb the beanstalk of life. If you need a road map, I am pretty sure there will be a child or two who would happily show you the way.

Heather

Heather Angell

WOWS Editor

Junior League of Winston-Salem

2009-2010



STEPHEN WEBSTER



526 S. Stratford Road Winston-Salem (336) 721-1768 windsor-jewelers.com