

WOWS

WORDS OF WINSTON-SALEM

SPRING/SUMMER 2011



Live
the Legacy

A PUBLICATION OF THE JUNIOR LEAGUE OF WINSTON-SALEM



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Letter from the President

Welcome to the Words of Winston-Salem Spring 2011 issue! As the final issue of the year, we have much to celebrate and many successes to share. We have been pursuing the Junior League of Winston-Salem (JLWS) mission all year by developing the potential of women, impacting the community through trained volunteers, and promoting volunteerism.

In many ways, this issue reviews the state of the JLWS at the end of the year, and the JLWS is thriving with community programs and volunteer developments as well as financial security. The JLWS had a successful year with three major fundraisers, Tour of Fine Spaces, Rummage Sale, and a holiday market, Boo-tique, new in the fall of 2010. These events were successful due to the enormous efforts of experienced and dedicated JLWS members. The JLWS was also blessed with corporate sponsors this year whose support is invaluable to accomplishing our work. (See page 21 for complete listing of Mission Sponsors.) The financial support of these sponsors allows the JLWS the freedom to put more and more volunteers in the community and less manpower towards fundraisers each year.

By working on community placements, our members have received experience organizing volunteer efforts and conducting sessions with young children, pre-teens, teenage mothers and parents. JLWS volunteers have shared the importance of reading to children to promote childhood literacy and healthy lifestyles to promote healthy living for kids and families.

A year ago, I chose for this year's theme, Live the Legacy. This theme allowed us to constantly remember the heritage and achievements of the JLWS, but also encourage all of our members to translate that legacy into action for the future. Nothing is more revealing of the future than the sixty-five women who became Actives after finishing their New Member year. These new volunteers will go on to serve on many placements next year, including Best



Health Healthy Lifestyle Classes, Sara Lee Center for Women's Health Health Educators, and Children's Museum on the Road. These women will be serving as community and JLWS leaders for the years ahead. The JLWS also continued to provide organized training sessions

for all members (see article on page 5) as we strive to develop the potential of women as volunteer leaders to go out and impact the entire community through work in nonprofits, schools, churches, and community agencies.

At the annual meeting in May, the JLWS was able to formally recognize community partners, individuals, and placements that had demonstrated great commitment and impact on the community and the JLWS. These women and groups allow the JLWS to live the legacy into the future. We were especially excited to award our second Katharine Reynolds Johnston League Legacy Award to a woman who is an inspiration to our entire membership as an example of how women volunteers can change the face of the community (see Katharine Reynolds Johnston Legacy League Award winner on page 18).

As with all things, the year must come to an end, and the JLWS will have transitioned to a new leadership team in June. I have been honored to serve as the 2010-2011 JLWS president. It has been a pleasure to see the generosity of the JLWS members up close as they work in the community with children and parents and as they work side by side to accomplish tasks. The JLWS is a group of engaged, intelligent, and interesting women who are committed to uniting and volunteering to impact the community. Thank you and enjoy the pages ahead!



Heather Parker
President
Junior League of Winston-Salem

Junior League of Winston-Salem

Who We Are

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 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.



Board of Directors



2010-2011

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Volunteer Development Chair

Becky Perkinson
Sustaining Member

Amy Collins
Member-at-Large

Developing the Potential of Women

The Volunteer Development committee has had a busy 2010 - 2011 year fulfilling the mission of trained volunteerism! By definition, the committee believes that development is a whole person concept allowing members to extend, update, and adapt their knowledge, skills, and abilities. The program's goal is to develop a Junior League of Winston-Salem (JLWS) volunteer development program that creates a comprehensive and continuous process for members to enhance their performance and potential for community service and leadership. Development may include training such as instruction in specific skills for particular tasks, but by design, has a much broader, long-term focus. As a placement, the committee collaborates to develop the potential of women through trained volunteerism. Further, the committee and JLWS is developing women as civic leaders to serve through JLWS, but also other community groups and agencies for years to come. The JLWS is proud to be an organization that has been able to accomplish this goal for women through the Junior League of Winston-Salem!

In the coming year, the Volunteer Development placement will strive to increase the potential of every member by creating a volunteer development thread for the 2011-2012 JLWS year with incoming President Meredith Masten. Internally, the committee will continue allowing incoming presidents and president-elects to choose training topics relevant to the year's leadership development goals, as well as access online resources and instruction to meet the needs for each council and placement within the JLWS.

Externally, the JLWS Volunteer Development placement will contact other nonprofits to gather volunteer development opportunities and will create a master calendar of events to post on the public side of the JLWS Web site. The calendar will be advertised to the community so that the JLWS is recognized and promoted as a training organization. As a result of working with other nonprofits, the JLWS will create a database of volunteer development topics, facilitators, and available resources which will include workshops available to JLWS members as well as lists of facilitators for each topic.

Eventually, the Volunteer Development committee hopes to be a community resource for all things training, both internally for the JLWS membership and externally for the Winston-Salem community and beyond. The potential benefit to JLWS members and community volunteers is immeasurable, and the efforts will satisfy community needs in promoting volunteerism and preparing trained volunteers. The purpose of the Volunteer Development placement is to ensure that the JLWS legacy of "Women Building a Better Community" continues forward.

If you're interested in hearing more about JLWS Volunteer Development, please contact 336-722-9681 or volunteerdevelopment@jlws.org.



Community Partners

By: Jennifer Hodges

The Junior League of Winston-Salem (JLWS) is very fortunate to have the opportunity to partner with so many local organizations and help impact the opportunity. By partnering with these organizations, the JLWS is able to reach the goals of

- educating and mentoring youth from birth to age eighteen
 - in areas of literacy, health and nutrition
- focusing on women's health issues

Every two years, the JLWS searches for new community partners. There is a breakfast and application process that occurs. Through the application the JLWS and potential community partner agrees on a placement for members of the JLWS to fill. Once the partnership is finalized, the organization becomes a placement choice for Active JLWS members to choose. Each year, JLWS members who are Active status, choose the placement that fits their desire and interest to help improve their community.

A few examples of some new community partners which the JLWS is very excited about partnering with include Wake Forest Baptist Medical Center's Best Health in Hanes Mall, the Community Garden, Sara Lee Center for Women's Health and the SECU Family House.

The JLWS has an interest in building community partnerships in two main focus areas: 1) educating and mentoring youth birth to eighteen and 2) addressing women's health issues related to nutrition and wellness. Community organizations that have missions devoted to one of these areas may submit an application to utilize JLWS trained volunteers. (Proposals for volunteer placements that do not fall within one of these two focus areas cannot be considered.) On average, a JLWS volunteer contributes forty hours a year to her assigned placement.

Currently, the application process is closed. The next set of applications for volunteer placements will be accepted in fall 2012.

Project Timeline:

The following basic 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.

September 1 - Completed applications are due.

October 1-31 - Applications are reviewed, which includes a thorough review of the organization and the program for which volunteers are requested.

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 mission and how to partner together, please contact the JLWS Headquarters at 336-722-9681 to schedule a JLWS Speaker's Bureau presentation or the JLWS Placement Development chair to find out more about the community partnership application process.

Developing the Potential of Youth

By: Laura Wilkerson

The 2009-2010 Junior League of Winston-Salem (JLWS) Board of Directors had a vision for recognizing young women in Forsyth County committed to volunteering in the community. Through this vision, the 2010-2011 JLWS Board of Directors and Membership Council established the Junior League of Winston-Salem Scholarship Program. The scholarship recognizes high school senior women in Forsyth County who have lived out the mission of the JLWS, promoting volunteerism, impacting the community, and developing the potential of women, through their own volunteer experiences.

A Scholarship Ad Hoc committee was created under the guidance of Membership VP Laura Wilkerson and Membership AVP Katy Ringeman to review and evaluate the scholarship applications. The members of this committee were Stacy Owen, E Davis, Felecia Manning, Susie Tickle, and Cornelia Groce. These women went above and beyond their current placement to see that this year's scholarship program was a success. The JLWS would like to acknowledge and thank the Junior League of Columbus, Georgia for sharing the details of their Teens Who Care Scholarship Program with the JLWS.

On May 23, 2011, the JLWS awarded two high school senior women \$500 each to the college they will be attending. The first recipient was Christina Fonda, a Reagan High School student attending Davidson College in the fall. She spent the majority of her volunteer time with Fur-ever Friends, an animal welfare organization. Her Volunteer time of almost four hundred hours over the past three years has helped make a difference in the lives of the animals she cares for as well as in the lives of the families she helps when placing animals in loving homes. In 2010, she helped organize and run a rabies clinic in the community for families who otherwise could not afford vaccines. In addition, she has volunteered with Samaritan

Inn, Winston-Salem Hispanic League, and Rock the Block. While volunteering and maintaining a high GPA, Christina made the time to work part-time at a local animal hospital.

The second recipient was Hollis Lineberger, a Forsyth Country Day School (FCDS) student attending Vanderbilt University in the fall. She has volunteered over 1120 hours during high school and has been awarded the President's Volunteer Service Award four times. Her volunteer activities include being a Big Sister through Big Brothers Big Sisters, she led the start-up of a library for a charter school, collecting over one thousand books, secured donations for computers, and helped secure a grant for the school to hire a media specialist. She initiated a recycling effort to resell textbooks through the Green Books Project at FCDS and initiated and led efforts to establish the Born to Run Scholarship Program for Amateur Athletic Union youth track athletes. Additional organizations she has volunteered with include Ronald McDonald House, Hospice, 4-H, Riverwood Therapeutic Riding Center and Mission Emanuel.



Congratulations to two well deserved recipients. The 2012 scholarship applications will be available online at www.jlws.org January 2012 and will be due back in March, 2012. Please contact incoming Membership VP Katy Ringeman with questions at membershipvp@jlws.org

Collaborations with the Community

By: Jennifer Hodges

What are Community Board Representatives (CBR)?

The Junior League of Winston-Salem (JLWS) connects members to community board opportunities through the Community Board Representatives Program. There are seventeen JLWS members serving on community boards. Four are JLWS Active members and the others are Sustainers, special placements, or Active members serving in addition to their full time placements. Community boards in which the JLWS places members are agencies in which the JLWS has a historical affiliation, or an agency has asked for a JLWS member to serve and the agency's mission aligns with the JLWS mission and/or focus areas.

Why does the Junior League of Winston-Salem have Community Board Representatives?

The JLWS is often approached by other local, nonprofits that see value in having a JLWS member on their board. The mission of JLWS is to promote volunteerism, develop the potential of women, and improve the community through the effective action and leadership of trained volunteers. The program fits the JLWS mission as it provides volunteer training and a process to connect JLWS members to opportunities to serve as board members of other nonprofits. Recently, the CBR was brought under the umbrella of the Communications Council in order to facilitate better information sharing between the JLWS CBR and JLWS members serving in advocacy or external communications-related placements. The goal is to have the community agencies' issues and needs assist in the creation of an advocacy program for the JLWS, as well as provide overall substantive guidance in the JLWS' community involvement.

Boards on which JLWS currently has representation:

Bowman Gray Child Guidance Clinic Advisory Board, Children's Museum of Winston-Salem, Children's Theater, Communities in Schools of North Carolina, Inc., Community Alliance for Education, Forsyth Adolescent Health Coalition, Girls on the Run – Forsyth County, Hospital Hospitality House of Winston-Salem, Maya Angelou Institute for the Improvement of Child and Family Education Advisory Board, SCAN/Welcome Baby Advisory Board, SciWorks, Special Children's School, Youth Opportunities, YWCA of Winston-Salem

How can a Community Board apply to have a JLWS member serve on their board?

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

Community Board Members Spotlight

The Junior League of Winston-Salem has over seventeen members serving on the boards of various nonprofits in the community. The focus areas of the JLWS include educating and mentoring youth from birth to age eighteen and women's health issues. The following is a brief overview of two Community Board Placements written by the JLWS member serving on the board.

Gateway YWCA

Kristen Duchac

The overall mission of the YWCA organization is to eliminate racism and empower women. However, the Gateway YWCA of Winston-Salem is a community center that not only serves women but, men, children and

families in many different capacities. It a wellness center open to anyone living in Forsyth County that also offers a number of outreach programs to area youth, teens and women. The Best Choice Center helps children reach their highest academic potential. The Inspiring Futures Mentoring Program, Work and Earn It and Asset Development Program provide outlets to young people that help them develop a healthy outlook and productive future. Sister Speak, Project New Start and the Hawley House are programs to help women during critical times in their lives. All of these plus a state of the art fitness facility located in the heart of Winston-Salem demonstrate the Gateway YWCA's dedication to continuing its reputation as a vital cornerstone of the community.

“My favorite part of serving on this board is getting to know and working with the creative, caring and ambitious women of the YWCA board and playing a part in the Gateway YWCA's success in helping to affect positive change.”

Kristen Duchac, JLWS Active Member

SCAN/Welcome Baby Advisory Board

Elizabeth Nolan

Welcome Baby offers support and information to women as they become new parents. New mothers are paired with SCAN staff and/or trained volunteers who visit with new moms at Forsyth Medical Center, in their homes, and by phone. They answer questions and offer support through one-on-one time and support groups when these new moms feel frustrated, need information, or just want to talk to someone. Common concerns of new parents include: feeding a new baby/breastfeeding, newborn behavior, newborn sleeping patterns, infant safety, infant health, and physical and emotional changes of a new mom. Staff and volunteers are trained in child care, infant development, and community resources. In addition to SCAN staff, Welcome Baby Advisory Board members include local pediatricians, nurses and nurse practitioners, health educators, social workers, and representatives from Brenner Children's Hospital/Wake Forest University Baptist Medical Center, Forsyth Medical Center, the Downtown Health Plaza, and the Forsyth County Health Department.

“I love being able to connect SCAN/Welcome Baby's needs and the JLWS' resources. I have found time and time again that what might seem like an obstacle to SCAN/Welcome Baby turns out to be something that the JLWS can easily provide or offer assistance. For instance, when the JLWS decided a year ago that they could no longer collect and sell car seats at the Rummage Sale, I arranged for the JLWS to continue to collect them as a service to our members and then arranged for SCAN/Welcome Baby staff to pick them up at Lawrence Joel Veterans Memorial Coliseum. Many SCAN clients don't have and/or can't afford a car seat, so this was a simple way to help JLWS members get rid of what they no longer needed while providing a very needed baby item to others. I've worked with JLWS leadership on additional SCAN/Welcome Baby collaborations including Done in a Night collections, community outreach with Kids in the Kitchen, Children's Museum on the Road, and READ TO ME, and future placements as well as possible advocacy opportunities. I love seeing how little things can make a huge difference. May we all continuously look for little ways we can help our neighbors in need!”

Elizabeth Nolan, JLWS Active Member

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Kids in the Kitchen

By: Erin Kennedy

The goal of the Junior Leagues' Kids in the Kitchen initiative, which is supported by The Association of Junior Leagues International, Inc. and its member Leagues, is to empower youth to make healthy lifestyle choices and help reverse the growth of childhood obesity and its associated health issues.

The Junior League of Winston-Salem (JLWS) strives to empower youth to make healthy lifestyle choices by implementing the JLWS' own version of the Kids in the Kitchen program developed by the Association of Junior Leagues International. The program educates kids and parents about nutrition and healthy food choices. The JLWS partners with community organizations, restaurants, chefs, etc. to support the success of the program.

In February of 2011, Kids in the Kitchen partnered with the William G. White, Jr. Family YMCAs Youth Winter Basketball Program to offer an end of season celebration for the seven hundred youth and families participating. Amy Lauten, Kids in the Kitchen chair stated, "If you start at a young age and show kids easy options for healthy food, it shapes what they do when they get older. With Kids in the Kitchen, we want to get kids thinking about what they eat, and we want to get the parents involved as well."

Visit Kids in the Kitchen online at <http://kidsinthekitchen.ajli.org/> for educational and fun games for kids, information about some health tips and more healthy recipes like the one shared here.



Baked Apple-Cinnamon French Toast

Prep time: 25 minutes

Difficulty: Easy

Makes: 12 servings

Ingredients:

3 cups nonfat milk

2 cups pasteurized liquid egg whites, such as Egg Beaters

3 tablespoons honey

1 1/2 teaspoons vanilla extract

1/4 teaspoon salt

1 1-pound loaf sliced whole wheat bread

1 cup chopped dried apples (3 ounces)

1/2 cup raisins

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1 tablespoon confectioners sugar

Directions:

Whisk milk, egg whites, honey, vanilla and salt in a large bowl.

Trim crusts off 8 bread slices and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl.

Coat a 9-by-13-inch baking pan with cooking spray. Transfer the bread mixture to the pan. Lay the reserved crustless slices evenly on top, trimming to fit. Whisk the milk mixture one more time, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, making sure it's evenly moist. Cover with parchment paper, then foil, and refrigerate for at least 8 hours or up to 24 hours.

Preheat oven to 350F. Bake the casserole, covered, for 40 minutes. Uncover and continue baking until puffed, set and lightly browned, about 20 minutes more. Let stand for 10 minutes; dust with confectioners' sugar and serve.

Nutrition information:

Calories: 183

Protein: 10g

Fat: 1g

Potassium: 312mg

Mono unsaturated fat: 1g

Fiber: 4g

Carbohydrates 33g

Cholesterol: 1g

Sodium: 344mg

Recipe source: EatingWell.com

Sustaining with Success

By: Jennifer Hodges

The Junior League of Winston-Salem (JLWS) is fortunate to have many Sustaining members who continue to donate their time and talents to help the JLWS. These Sustaining women continue with their friendships first developed while serving the JLWS. Many of the Sustaining members are very active in other volunteer organizations in the community. The JLWS would like to highlight two Sustainers who are "Living the Legacy" and "Sustaining with Success".

KAYE PASS LAMBERT

Kaye Pass Lambert is a portrait sculptor, community and church volunteer, wife and mother to two "twenty-somethings".



Kaye says that her JLWS work was delightfully varied and she enjoyed a decade of interesting placements including Camp Carousel (camp for grieving children), Cartwheels (mobile art program that served various neighborhoods), and two years serving on the Membership Development Committee.

Kaye says her family and involvements have certainly benefited from her JLWS background. She says that her sons really appreciate her organizational skills for which she credits her JLWS training.

Ronald McDonald House of Winston-Salem has been Kaye's primary volunteer focus for the last few years. She is President of the Board of Directors and a Ronald McDonald House Family Room Volunteer at Brenner Children's Hospital. The JLWS played a huge part in the inception of the Ronald McDonald House of Winston-Salem. From providing funding to providing volunteers, the JLWS helped make a "home away from home" possible for families who brought their children into the community for medical care. One of the largest contributions of the JLWS was starting the Friends of the Ronald McDonald House which has provided important

support for the House for twenty-five years! Kaye is truly "Living the Legacy" of the JLWS.

Kaye says there are many positive by-products of volunteering through the JLWS. Members learn more about their community and get to know so many other volunteers. From the student she taught during her Adult Literacy placement to the New Members in Membership Development, she enjoyed meeting a broad spectrum of proactive women from Winston-Salem. Now as a Sustainer, Kaye's JLWS friends range from young Actives to impressively involved Sustainers.

Kaye's advice about volunteering, "Do a few things well."

LEIGH CORTESIS



Leigh Cortesis is a real estate broker with Prudential Carolinas Realty, Oakwood office. During Leigh's many years of service in the JLWS she worked on placements with school age children and on In-League placements as well. Leigh also helped with starting the Children's Museum of Winston-Salem.

Leigh remembers a specific training she had while in the JLWS on Cultural Diversity and says she has never forgotten that training. "Our nation and town is full of people from all different places. I am married to a man of Greek descent so it didn't come as a shock to me but it certainly gave me a lot to always consider when dealing with anyone. We all come from a different place and we need to acknowledge that to really work well together."

Leigh is very involved in the community since leaving the JLWS as an Active member. She works with the Juvenile Diabetes Research Foundation (JDRF) helping with their Walk to Cure Diabetes and the JDRF Gala. She has volunteered with Brenner Children's Hospital and chaired the Festival of Trees for a few years. She is a member of the Philoptochos Society of the Annunciation Greek Orthodox Church and has been a Sunday School teacher for grades nine and ten at her church. Leigh says the JLWS helped to remind her how important it is to be a good, dependable volunteer.

Leigh thoroughly enjoys helping others and her advice about volunteering, "Only do it if YOU want to, not because someone is telling you to. The organizations need willing people they can depend on."

Tour of Fine Spaces

By: Emily Reel

Ever driven by a gorgeous home in Winston-Salem and thought, "I would LOVE to see the inside of that home!" Well that is what the Junior League of Winston-Salem's Tour of Fine spaces allows participants to do. This year the annual Tour of Fine Spaces was held on Saturday, March 19, 2011. With the purchase of a \$20 to \$25 ticket, participants were allowed to visit the most beautiful homes throughout Winston-Salem and the surrounding areas and treated to culinary treats provided by local caterers, bakeries and restaurants.

The amazing showcase of homes allowed visitors to see the spectacular work of interior designers, cabinet makers, flooring and tiling specialists, architects and builders. The tour homes showcased everything from contemporary to traditional designs, new construction and renovations. The extreme home makeover was located at 127 River Hills Drive in Bermuda Run. At this incredible makeover home, there were many fun raffle items, including gym memberships, skin care packages, dinner and golf gift certificates.

JLWS member Erica Schrock said, "I went to the Tour of Fine Spaces with my sister this year because I wanted to get ideas that I could implement in my own home. When you can see how a room comes together in person, all the colors, the decorations, the furniture; it's much better than looking at the pages of a magazine or catalog. I especially like seeing the different kitchens. Each house has its own special personality and it is fun to see that, even if it's not the style I might necessarily choose."

So, whether looking for some design inspiration or just curious, then the Tour of Fine Spaces is a wonderful and entertaining way to spend a Saturday.



Springtime means one thing for the Junior League of Winston-Salem ...

Rummage Sale

By: Emily Reel

Springtime for many people signifies warmer weather, longer days and blooming flowers. For the members of the Junior League of Winston-Salem (JLWS) and the community, it also signifies Rummage Sale time!

For those who are not familiar with the Rummage Sale, imagine the world's largest indoor garage sale. The annual Rummage Sale is the JLWS' largest fundraiser, raising approximately 25 percent of the operating budget. The JLWS 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, furniture and more. All of the items are high quality donations from Active JLWS members, Sustainers and friends of JLWS.

There are customers who say that they have been coming to the annual sale for ten, twenty and even forty years! The sale was held April 8 through 9 this year and opened to the public on Friday night where tickets were \$5. The sale continued through Saturday where admission was \$3 and prices went from half-price to "the big bag sale", meaning everything that can be stuffed in a bag is only \$5, along with \$1 admission.

One customer at the Infant and Toy's department said she comes every year because "You never know what you will find, which is half the fun. The prices are great and you can get a ton of stuff without spending much money. I love digging in the bins and finding a "gem." I always come with my husband so he can push my cart and help me hold items while I decided what to buy."

For the women in the Junior League of Winston-Salem, the Rummage Sale week of preparation and the sale days are a lot of hard work, but it is also a time of camaraderie and bonding, resulting in some of the best memories and stories. Since 1954 it has been a common thread for thousands of JLWS women, and will continue to be in the future.



Willow's Bistro features fresh seafood, organic meats and vegetables, a great wine and beer list, full ABC permits and amazing outdoor dining. We bring the freshest and finest ingredients to our table!

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Knollwood Clinic
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Save the Date

Boo-tique

Place: Benton Convention Center: 460 N. Cherry Street, Winston-Salem, NC 27101

Dates: October 27-29, 2011

Event time:

Thursday, October 27, 7:00 p.m. -10:00 p.m. Girls Night Out Shopping Party

Friday, October 28, 10:00 a.m. -8:00 p.m. Shopping Hours (10:00 a.m.-1:00 p.m.: Kids Craft Area Open Sponsored by Triad Moms on Main)

Saturday, October 29, 10:00 a.m. -4:00 p.m. Shopping Hours (10:00 a.m. – 12:00 p.m.: Costume Contest and Photos)



Rummage Sale

Event date: April 20-21, 2012

Event location: Lawrence Joel Veteran's Memorial Coliseum Annex and Education Building

Event time:

Thursday, April 19, Preview Party

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

Saturday, April 21, 9:30 a.m. - 12:30 p.m. for the Half Price Sale, 1:00 p.m. - 2:30 p.m. for the Big Bag Sale

Ticket price, Friday: \$5

Saturday AM, \$3 Half price sale

Saturday PM, \$1 Admission and \$5 per bag, bags provided





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Junior League of Winston-Salem
**2010-2011
 Awards**

New Member of the Year Award:

Amber Kirkman

Amber Kirkman went above and beyond as a member of the 2010-2011 Junior League of Winston-Salem (JLWS) New Member Class. While juggling a full work and family life, Amber began the executive MBA program at the University of North Carolina at Chapel Hill in January. Even with everything on her plate, she still attended every JLWS meeting and project, often taking advantage of extra make-up opportunities just to get more experience in the JLWS. The JLWA is thrilled that Amber will serve as a New Member Mentor next year and set such a great example for the incoming class.



Active of the Year Award:

Laura Wilkerson

During Laura Wilkerson's eight Active years in the Junior League of Winston-Salem (JLWS), she has been on the Celebration of reading at Easton committee, worked on the MENTOR ME Resource guide, and has been the Placement Liaison guru for the JLWS. This year she worked incredibly hard to ensure membership satisfaction and also meticulously went through bylaws and policies, updating many to reflect the needs of the JLWS today. Always lending a hand or an ear she has tirelessly worked to leave the JLWS a better institution now than when she started.

Laura is the type of person that never tries to be put in leadership roles but always ends up being asked to serve. She loves to be involved and hates to be excluded, but doesn't want or need to be the head person getting the "glory". She joined the JLWS as a way to get plugged into the community and stayed in it because it gave her the opportunity to be involved. She missed out on Rummage Sale this year because she and her family were out of town, and believe it or not, she was really bummed out because she likes the fellowship of a bunch of women coming together doing something special.



In League Placement of the Year:

Boo-tique

The Junior League of Winston-Salem (JLWS) Boo-tique committee worked to begin the first Boo-tique that was offered in JLWS history in October 2010. This committee is special in that it represents years of JLWS experience, for many of the committee members were eligible to sustain; however, they chose to stay on and work on JLWS Boo-tique. Working tirelessly to create "something from nothing" by studying other holiday markets to pick up best practices was a major goal for this committee, but not the only goal. They also spent hours on the phone with vendors, recruited and secured incredible sponsors from the community, and ran the Boo-tique event that was held October 28 – 30 at the Benton Convention Center. But that's not all! Boo-tique also helped support the JLWS Words of Winston-Salem committee by providing a Boo-tique committee member, Sarah Wright, to use her graphic design background to produce WOWS this past fall. In the end, Boo-tique was very successful raising over \$60,000! Based on this committee's success, JLWS is excited to see the potential growth of this wonderful Junior League of Winston-Salem event!

The JLWS would like to give special recognition to Heather Smith, Teresa Inman, and Whitney Webster, Boo-tique chairs. These women started working on Boo-tique in early 2009 (with Heather Smith and Jane Potter starting in fall of 2008 analyzing other holiday markets and traveling and collecting information). The entire Boo-tique committee started meeting in January 2010 to put on the October 2010 event, so many were effectively double placing for half of the year! Thanks goes to Pam Ball, Missy Butler, Dianne Conley, Melanie, Gallo, Erin Hege, Teresa Inman, Heather Mackey, Julie Oates, Jane Potter, Heather Smith, Whitney Webster, and Sarah Wright!



Community Placement of the Year:

JLWS Puppet Show

The JLWS Puppet Show is the longest running placement in the Junior League of Winston-Salem history celebrating its twenty fifth consecutive year. It is presented to over 4,200 children in forty three elementary schools throughout Forsyth County (and growing to forty four next year). Approximately two hundred to three hundred children come forward to report abuse in their home or a friend's home each year – roughly 7 percent. The show has had the same storyline and routine for over twenty years focusing on physical and verbal abuse, inappropriate touches, neglect and two years ago online predator abuse was added. Bullying is also a big topic during the volunteer – student interaction portion of the show. In 2008 the JLWS won a grant from Target and was able to make DVDs of the show available to all schools to use as a tool for kids who are unable to see the show, or need more focus on one area of the show. The grant also allowed for better portable stages to be purchased.

Here is the amazing part...there are only four committee members. This team pulled together and also called on a circle of past JLWS Puppet Show performers making this a true JLWS team effort. Thanks to the JLWS Puppet Show committee members: Bridget Stewart, Csilla Dunn, Kirsten Green and Ashley Veneziano. Also, thanks to sub-committee members: Leah Crowley, Yvette Boland, Gray Yelle, Heather Mackey, Roonie Craig, Francie Bray, Shannon Plyant, Paige Ballus, Erin Muller and Kerry Cashion.



**Katharine Reynolds Johnston
League Legacy Award:**

Copey Hanes

In 2010, the Junior League of Winston-Salem Board of Directors decided to create an award to honor league members' lifelong achievements in volunteer service with the Katharine Reynolds Johnston League Legacy Award. This "Hall of Fame" level award is reserved for past and present JLWS members who have served the community at exceptional levels and lived the JLWS mission of developing the potential of women, improving the community, and promoting volunteerism.

In May 2011, the JLWS presented the award to a Junior League of Winston-Salem Sustaining Emeritus member, Copey Hanes. Copey was an Active JLWS Member from 1945 to 1958. She came to Winston-Salem to teach voice and drama at Salem College and made it her lifelong home. She set a standard of community involvement which still amazes everyone.

Copey realized her role in community service and enjoyed the experiences offered through the Junior League of Winston-Salem. Her drama experience made her an asset to the 1950 JLWS production of Cinderella, the JLWS Follies productions and service on the Children's Theater Board. She especially understood the importance of building strong volunteers. Her daughter Drewry Nostitz is a very impressive volunteer in her own right, but it is obvious that her mother instilled the importance of volunteerism and improving the community in her daughter and all those she touched. Drewry jokes that her mother said "you will join the Junior League" when she returned from college, but she admits that her mother recognized the excellent training that women received in the JLWS and the legacy of accomplishments that the Junior League has brought to Winston-Salem.

Copey exemplifies the can-do attitude that creates a trail of accomplishments. As a founder and member of the first Board of Trustees of Old Salem, this member with others had a vision of an historic community. She was an instrumental leader with the group that advocated North Carolina to bring the North Carolina School of the Arts to Winston-Salem. Copey and other volunteers

helped to organize a phone bank that, by calling every phone number in Winston-Salem, raised more money than any other community- showing that all the citizens of Winston-Salem wanted the city to be the home for the future University of North Carolina School of the Arts. She continues to serve on the school's board of visitors to this day.

Her love of the arts is also exemplified through her support for exhibitions at the North Carolina Museum of Art and long support of the Winston-Salem Symphony. For her 90th birthday, she chose to celebrate by bringing Van Cliburn as a guest artist to perform in a concert with the symphony. Copey has also been a strong supporter of the local Arts Council as well as Senior Services, serving as a Meals on Wheels driver, and Crisis Control, from the early years when it was just being established to serve others.

Currently in her 94th year, she also exemplifies the commitment of lifelong service. Copey has continued to stay active, engaged, and aware of everything in Winston-Salem.

Copey Hanes' accomplishments are impressive serving to promote volunteerism and demonstrate that women, as volunteers, can achieve great accomplishments and change the face of their city. This year's Katharine Reynolds Johnston League Legacy award winner demonstrates that women can continue to be lifelong volunteers engaged in their community regardless of age. Congratulations to Copey Hanes!



**Friend of the League Award:
Forsyth Medical Center**

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 (JLWS) throughout the year. Forsyth Medical Center is an organization who has gone above and beyond to join the JLWS in its community mission.

Forsyth Medical Center is no stranger to the JLWS since they have partnered together for years through the Girls on the Run program. This past year they stepped up to serve the JLWS Mission Sponsor for Boo-tique and have agreed to support the JLWS in 2011-2012 as the exclusive League Partner where they will be the primary sponsor for Boo-tique, Rummage Sale and Tour of Fine Spaces.

The funds contributed by this new League Partner will aid in supporting the JLWS mission of improving the community through the use of trained volunteers and help implement new placements focusing on women's health.



**Community Partner of the Year Award:
The Children's Museum of Winston-Salem**

The Community Partner of the Year Award is designed to recognize the community organizations with whom the Junior League of Winston-Salem (JLWS) partners on its yearly community placements.

This year there was a standout winner. The Children's Museum of Winston Salem is a true partner, working alongside the JLWS to achieve results in the community. The museum allows the JLWS to have placements that promote literacy and reaches many families with the message of the importance of reading aloud to children.

This year the JLWS had thirty-five members making a difference through three placements at the museum. The JLWS hosted a week-long summer camp for Head Start kids that would not have otherwise had a camp experience; planned and staffed fabulous themed events for the monthly Discount Friday Night Program, offering families a chance to enjoy the museum together at a reduced rate; and took the museum on the road, spreading the word about the museum while doing literacy based crafts with children at events throughout the community.

The museum has also given trained JLWS volunteers the opportunity to put their leadership training to action. There are currently eight JLWS Members sitting on the Children's Museum's Board of Directors, including two Sustainers. The current board chair is a JLWS past president.

This year's JLWS theme has been "Live the Legacy," and the Children's Museum of Winston-Salem is both a partner and a lasting legacy of the Junior League of Winston-Salem.



Sustainer of the Year Award

Janie Wilson

As Excalibur's chief liaison with the U. S. Postal Service, locally and nationally, Janie Wilson maintains relations with key postal officials and monitors evolving trends, regulations and postal products.

A graduate of the Paralegal Institute in New York City and the University of North Carolina at Chapel Hill, she serves as the company's chief administrator with areas of responsibilities including human resources, legal, risk management, purchasing and contract administration. In addition, she serves as president of Excalibur Presort Service, an affiliate of the company.

Active in community and civic affairs, Janie is a past board member of the Winston-Salem Foundation and the Giannini Advisory Committee of the University of North Carolina School of the Arts. She has been industry chair of the Winston-Salem Postal Customers Council and a director of the Governor's Small Business Advisory Board in North Carolina, the Greater Winston-Salem Chamber of Commerce, the Better Business Bureau of Northwest North Carolina, and Cancer Services, Inc. She is a founding member of Salem Academy and College's Board of Visitors. She is a former trustee of the Winston-Salem/Forsyth County Arts Council, is a member of the nominating committee for the local Koman Race for the Cure and is co-chair of the "Give the Kids a Reason" event to raise awareness to reduce school drop-out rates.

With her husband, Janie recently chaired the Winston-Salem/Forsyth County Arts Council's \$27 million Comprehensive Campaign for the Arts to create a new Downtown Center for the Arts. They also have chaired capital campaigns for Salem Academy and College and the University of North Carolina School of the Arts. In 2005, she was one of the founders of The Women's Fund of Winston-Salem, now administered by the Winston-Salem Foundation, to make an impact in the lives of women and young girls.



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Words from the Editor

I recently heard a statement that I want to share, “When we walk along a wet beach, we leave our footprints behind us. In the same way, we leave our legacies behind us when we leave this world. However, there’s no tide to come and take away these impressions. We earn our reputations and we earn our legacy.”

When the Junior League of Winston-Salem (JLWS) thinks of others in the community, we think of things each JLWS placement stands for and issues that are important to improving the community. We think of things that each organization likes, things they love, and how we can help them. Usually, the impression we have of an organization acts as a mirror – reflecting the impressions they leave behind... like footprints in the sand.



As I write my final Famous Last Words, I think about whether I have given complete thought to the legacy the JLWS is building. For I, as Words of Winston-Salem editor, am “only” one person collecting and reporting on the JLWS mission and stories of impact. But, without these stories that all of you (as JLWS Members) have accomplished and shared, can we realize that our work and our legacy wouldn’t continue to reach the community and create a positive impact for change.

I leave you with this final thought,

“The art of successful living is a journey for all — to begin well, to grow richly and to end strong.”

Thank you to the Junior League of Winston-Salem, Words of Winston-Salem Committee: Jennifer Hodges, Emily Reel, Elizabeth Blankenship, and Shannon Pylant. Our journey to produce two issues of WOWS to go out for the service year (one which was collaboration with Boo-tique) was not only a success, but more of a privilege to have been able to work with all of you. I’d say we started well, grew richly and ended strong! Thank you for all of your hard work!

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