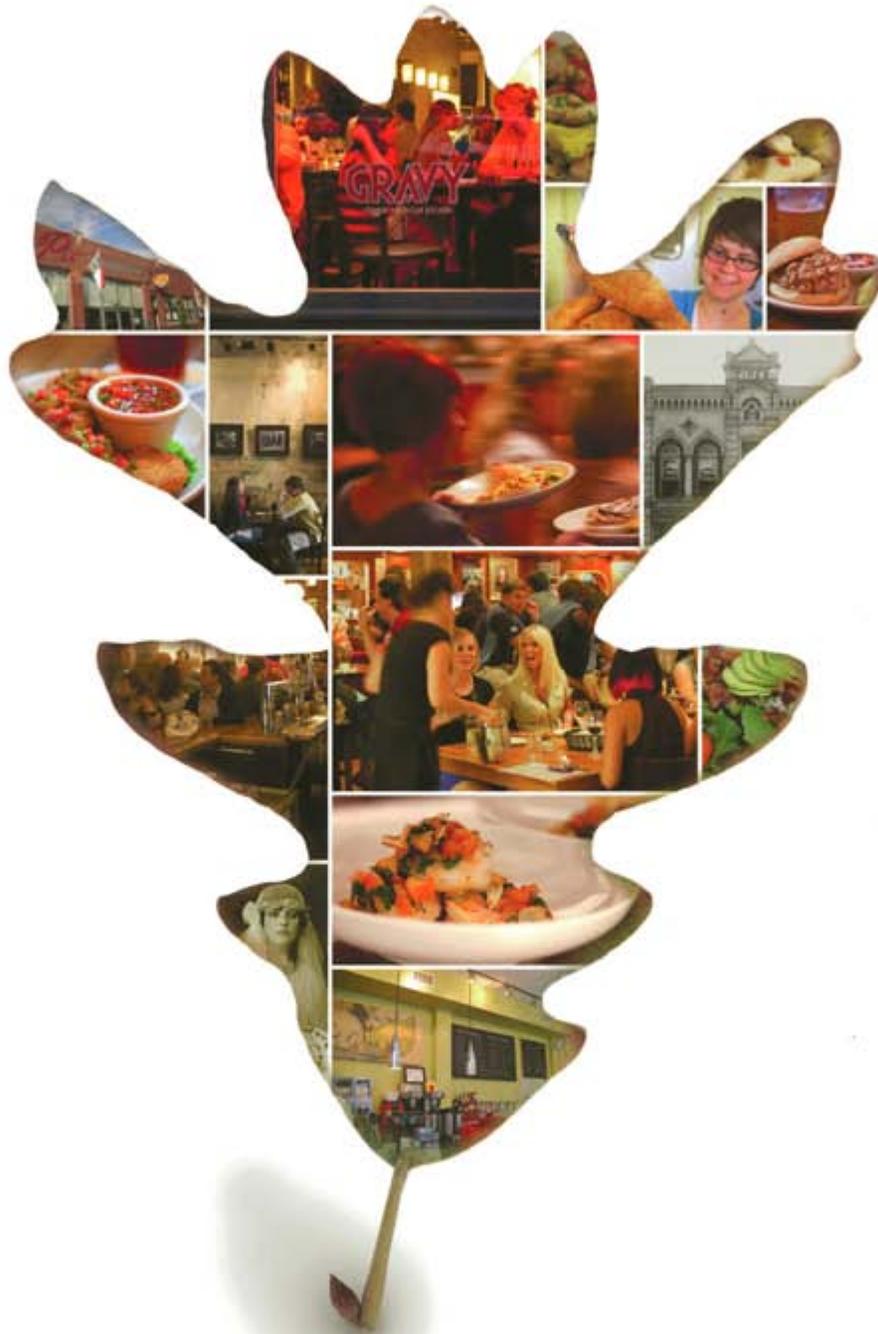


the *Link*

A PUBLICATION OF THE JUNIOR LEAGUE OF RALEIGH | OCTOBER 2011



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COVER PHOTO: Past President and Sustainer Carol Bilbro, right, is among the many League members whose legacy in the League has endured into a second generation and possibly a third. Her daughter, Sustainer Kathryn Williams, is still active in Chorus and the Capital Campaign. Kathryn is the mother of 3 1/2-year-old Caroline.



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The Junior League of Raleigh is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

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LISA MARIE FERRELL
President



President's message

I believe there are at least three definitions of every word. What **I** believe that word means. What **you** believe that word means. And, what **Mr. Webster** provides as the actual meaning.

To me, being a member means being present when and where you have elected to give your energy and time. As an Active member, that can be serving in your placement or socializing at a General Membership Meeting. As a Provisional, that can be in making a new friend at your color group meeting. As a Sustainer, it can be enjoying the Sustainer Holiday Social with lifelong friends.

Being a member of our League is not a "one-size-fits-all" proposition. While there are things that we ask all members to do to help maintain our organization—annual dues, donations to the Bargain Box and supporting A Shopping SPREE!—your legacy with the League, and in life, is in your hands to define.

My advice to every member is this: **Let the League meet you where you are in life.** If you have the capacity and desire to tackle something big—do it! If you see a void—help us fill it. If your life has taken an unexpected turn leaving you feeling like you've run out of breath—talk to us and let us support you. In all of those situations, you are allowing the need to drive activity, which is a great first step towards success.

There are more than 6,000 nonprofits in Wake County, and you selected the Junior League of Raleigh to not only to volunteer with, but be a member of—that decision is not taken for granted. As a leader in this organization, I think about that every day.

I hope you enjoy this fall's edition of *the Link*—it's all about you, our members. Grab a comfy seat and your favorite beverage and dive into inspiring and sometimes emotional moments that are happening across our League. Stories about members like Tammy Wingo, who has been capturing League moments for 10 years with her gift of photography. And, Lisa Vanderberry, who after a decade of service, found a renewed passion for the League through the Kids on the Block program. You'll be inspired as you read about Lisa Coston Hall and how she's helping the League fight hunger one backpack at a time.

Here's to you, members!

All the best,

A handwritten signature in blue ink, which appears to read "Lisa".



Many members of the Junior League of Raleigh's 1957 Provisional class left lasting legacies with the League, including Past President Julia Daniels, the sixth from the left.

what will your **LEGACY** be in the junior league?

By Jessica Kozma Proctor, *the Link*, Assistant Co-editor

"The League has left a legacy of training women to be effective leaders and volunteers. We have been a giant catalyst for change." —Pat Wilkins, President-elect

For Junior League of Raleigh President Lisa Marie Ferrell, understanding what creates a legacy began long before becoming a part of the League.

"I feel like I am living out a legacy because of my parents' positive influence," Lisa Marie said.

Her parents, originally from Pennsylvania and Alabama, and now living in Washington, N.C., have given to their communities through church and community leadership throughout Lisa Marie's life.

"My family has always been committed to volunteering and staying active in our community," she said.

When coming up with this year's "tagline" for the League, Lisa Marie wanted to give members something they could relate to, something they could grow upon.

Both Lisa Marie and President-elect Pat Wilkins say family has inspired them to leave positive legacies. They also gave them the tools to do so.

Pat says the reverence of family and responsibilities given to her because of her upbringing have given her a sound foundation to build her own legacy. Having lost her mother at 4 years old, Pat was one of four children raised by her father in nearby Goldsboro. "My father has always been an inspiration to me," Pat said. "He impressed upon all of us the importance of building a strong family. He encouraged deep faith, he reminded us that reputation is forever and that helping others is the greatest job you could ever have. He instilled in me that pride in what you do is the ultimate pay. He taught me, "To whom much has been given, much is expected."

Lisa Marie says that her family's history shows a lot about understanding one's legacy. "I look at so many things that have created my family's legacy," Lisa Marie said. "It's such a rich history of long lives together. I look at how they taught me the value of marriage, family and friendship. Both my parents and grandparents painted a picture of strong com-



Members of the Board of Directors 1980-81, from the left, Ross Anderson, Jill Gammon, Carol Bilbro, Bonnie Smith and Marion Johnson, left their legacy with the League by being leaders.

mitment for me to remember and continue.”

For many, families provide roots that give us the courage and vision to create legacies. The League and its four generations of women who have poured their resources and talents into it, continue to serve as solid steps for women to form their legacies.

“We have been a powerful inspiration,” Pat said. “For the past 80 years, the League has provided support as Raleigh grew and the borders of Wake County stretched to new limits. In that, the League has left a legacy of training women to be effective leaders and volunteers. We have been a giant catalyst for change.”

While serving as the League President, Lisa Marie aspires to establish a legacy of enhanced opportunities for the membership. “I hope my legacy will be to provide training opportunities and social connections for League members,” she said. “I really want to allow for a place where members can see the result of what has happened around them. I want members to feel appreciated and have a sense of purpose within the organization and the surrounding community.”

Pat shares a similar vision. In continuing the League’s legacy in Wake County, Pat hopes members will know the direct impact that their contributions, be it hours, dollars or anything else, have on a family or a child in need. As for her

personal legacy as the President-elect, Pat hopes to be a mentor, a trainer, a leader and a visionary. “I wanted members to look back at what they did in the League and say ‘Hey, I really made a difference,’” she said.

For N.C. Sen. Linda Garrou, the important role Leagues around the nation play is to continue a legacy of opportunity for women and responsibility to our communities. “The Junior League digs deep wells for future generations to drink,” Linda said. “(And that) creates opportunities for many people.”

A longtime member of the Winston-Salem Junior League, the senator wove her legacy with both community and public service. It was a leader in her league that inspired Linda to branch out even more and run for public office. “A former WSJL President was one of my first friends to run for office,” Linda said. “Her legacy inspired me to become involved in politics.”

Having a vision for what you want your legacy to be and setting the goals to achieve that vision is what it takes to begin building your own legacy, Pat says.

“I was once told that your vision is something that ultimately you hope to achieve,” she said. “It may not even ever be a fully achievable goal, such as world peace or to abolish child abuse, for instance, but you have to work toward it every day.”

meet the board



Lisa Marie with her husband David and two sons, Wade, 8, and Anders, 6; and 2-year-old black Labrador, Chloe.

LISA MARIE FERRELL PRESIDENT

YEARS IN THE LEAGUE:
12 years.

**FAVORITE LEAGUE PLACE-
MENT:** I've had so many fun
placements, choosing one
favorite is difficult, but I have to

say team Taking Care of Members does occupy a little more space in my heart. I served as Captain of TCOM the first year we had this team. Thanks to Danita Morgan's vision, the team was off to a great start. It was, and still is, a wonderful way for the League to give back to our amazing volunteers.

GOALS FOR THIS YEAR: For the organization, I want to take the time to show our members the thanks and appreciation they deserve. For me personally, I want to take the time to enjoy my year as President. Time is already flying by. I am so grateful to have this opportunity, and I want to be sure I cherish my time serving our community.

HOMETOWN: I lived in New York for 11 years, Charlottesville, Va., for 11 years and Raleigh for 19 years.

EDUCATION: Bachelor's degree in business administration from Roanoke College with a concentration in marketing. I also spent a semester abroad in Italy.

HOBBIES: Walking, reading and shopping.
OCCUPATION AND WORK HISTORY: I worked at IBM in marketing for about 14 years before I started by own business, Polished. I am the owner and president of Polished, a personal shopping and style consulting company in Raleigh.

FAVORITE RESTAURANT IN RALEIGH: Glenwood Grill.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE: Take time to enjoy what

- you are doing. It's easy to just get the project done, but you will
- get so much more out of it when you build relationships with
- other members from the League as well as our surrounding com-
- munity.
- **GUILTY PLEASURE:** A movie on opening night and a large
- tub of popcorn.
- **FAVORITE CHARITY:** The Junior League of Raleigh (I
- know, shocking!).
- **FAVORITE JLR EVENT:** Small Group Meetings. They're great
- to get to know League members I haven't met before.
- **WHEN I WAS GROWING UP I WANTED TO BE:** A veterinarian.
- **PROUDEST ACCOMPLISHMENT:** The birth of my
- precious children.
- **PET PEEVE:** An unfinished project.
- **LITTLE KNOWN FACT ABOUT YOU:** The doctor who delivered
- me was wearing a tuxedo (my birthday is New Year's Eve).
-
-

PAT WILKINS
PRESIDENT-ELECT

YEARS IN THE LEAGUE:
11 years.

FAVORITE LEAGUE

PLACEMENT: Community Vice President. Our Community teams are awesome, and this is where we see the direct impact on the community. You see it in the children's faces.

HOMETOWN: Goldsboro.

EDUCATION: University of North Carolina at Chapel Hill.

HOBBIES: Swimming, biking and running. I like to compete!

OCCUPATION AND WORK HISTORY: My real career was in retail management. I worked 13 years with the Limited and loved every minute. I started at the bottom and worked my way up to district manager. Now, I work part-time for MassMutual Financial Group and have an in-home clothing business, Etcetera!

FAVORITE RESTAURANT IN RALEIGH: For family, Winston's Grille; for friends, Dos Taquitos; for girls' night out, Vivace or Solas.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE: Stay connected and engaged in every way. Start by reading the *eLink* every week! Show up for your placement excited and ready to have FUN!

GUILTY PLEASURE: Chips and salsa.

FAVORITE CHARITY: SAFEchild.

FAVORITE JLR EVENT: A Shopping SPREE! Preview Party.

WHEN I WAS GROWING UP I WANTED TO BE: A lawyer!

PROUDEST ACCOMPLISHMENT: My children.

PET PEEVE: Clutter.

LITTLE KNOWN FACT ABOUT YOU: I'm a huge "Gossip Girl" fan! I have all the old seasons.

THIS YEAR'S VISION: My goals are to support Lisa Marie, learn as much as I can and plan for next year! My vision is two-fold. I want members to know the value of their impact to the community, whether it is as Silent Auction chair, the *Link* editor, grounds committee member or Treasurer. I want each member to have pride in not only the collective work the JLR does to help the community, but also their individual gifts of time and talent that make all of that possible. I want to spread the word to our families, employers and friends that we are proud of our 80-plus-year history in Wake County.



Pat with her husband John, son, Jackson, 12, and daughter, Emma, 10.

HEATHER BEIZA
COMMUNITY VICE PRESIDENT

YEARS IN THE LEAGUE:
4 years.

FAVORITE LEAGUE PLACE-

MENT: My heart belongs to the children at the Brentwood Boys and Girls Club.

HOMETOWN: Born in Fayetteville, grew up in Sylva.

EDUCATION: Bachelor's degree in mathematics from North Carolina State University.

HOBBIES: Crafting, reading and spending time with my family.

OCCUPATION AND WORK HISTORY: I work for Dr. David Polhemus. Previously, I was a manager at Romano's Macaroni Grill.

FAVORITE RESTAURANT IN RALEIGH: My kitchen! Cooking with my husband.

FAVORITE CHARITY: Project ACTT (Assisting Children Through Teachers).

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE: Get involved.

WHAT DO YOU HOPE WILL BE YOUR LEGACY IN THE LEAGUE? To share my passion with League members and get more volunteers into the community.

GUILTY PLEASURE: Staying up to 2 a.m. reading a great book.

WHAT IS YOUR FAVORITE JLR EVENT: A Shopping SPREE! How about all the great Christmas gifts?

WHEN I WAS GROWING UP I WANTED TO BE:
A math teacher.

PROUDEST ACCOMPLISHMENT: The day I married the love of my life while being surrounded by my family.

PET PEEVE: Not being on time.

THIS YEAR'S VISION: JLR volunteers that share their love and passion for the community will say seeing a child's smile after doing well on a test is their legacy. That simple smile on that child's face is my greatest accomplishment. If I am able to share my spirit for the community with League members this year and inspire them to get involved within our community placements, I will have fulfilled my goal. Look for posts in the *eLink* this year to see some of the amazing stories of our Community Council members. Our vision as a Council is to show the membership the impact we are making within our community.



Heather with her husband Mario and 8-year-old Chihuahua, Gizmo.

LESLIE RAND-PICKETT

COMMUNICATIONS & STRATEGIES VICE PRESIDENT

YEARS IN THE LEAGUE:

7 years.

FAVORITE LEAGUE PLACE-

MENT: Tough question! They have all been great (*the Link*, Nominating, Quick Impact) because I've been able to work with incredible women.

HOMETOWN:

Richlands.

EDUCATION:

Associate's degree from Peace College, bachelor's degree from University of North Carolina at Chapel Hill, master's degree from North Carolina State University.

HOBBIES: Attending any type of sports event, especially if I can cheer for the Pack!

OCCUPATION AND WORK HISTORY? Assistant Director, University Career Center at North Carolina State University.

FAVORITE RESTAURANT IN RALEIGH: Buku or Sitti.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF

THEIR LEAGUE EXPERIENCE: We all have busy lives, but I've found that if I make the League and my placement responsibilities a part of what I do on a regular basis, I stay connected, enjoy the camaraderie of my team and the placement is manageable.

GUILTY PLEASURE: Reality shows. I especially love the ones about families. The takeaway for me is usually that even though they have an unusual situation, they are just as "normal" as my family.

FAVORITE JLR EVENT: Our May General Membership Meeting. I love seeing the award winners surprised by their families!

WHEN I WAS GROWING UP I WANTED TO BE:

A sportscaster.

PET PEEVE: It's the editor in me, but the word "various." It seems redundant to me.

LITTLE KNOWN FACT ABOUT YOU: I started dating my husband my junior year in high school, when we were on the all-county quiz bowl team and traveled to national tournaments.

THIS YEAR'S VISION: My vision for the League is for our members and community to understand our mission and impact on the community. Last year as Quick Impact Co-captain, I was amazed to see my team providing more than 800 hours of service to the community. It was remarkable, and yet, I'm sure few in our League, let alone those in the community, know about the accomplishments of this tremendous group. With our new website and Center for Community Leadership, we have an opportunity to interact



Leslie with her husband Nathan and son, Carter, 3.

with the public and provide information about the training received and service provided by our members. I'd like to use these new resources as a springboard for better understanding of the value the League provides to its members and the community.

LORI EDWARDS

FUNDING VICE PRESIDENT

YEARS IN THE LEAGUE:

8 years.

FAVORITE LEAGUE

PLACEMENT: A Shopping SPREE! I was given

- the opportunity to spend
- three years working with
- tons of other League mem-
- bers on our largest team.

• **HOMETOWN:** Asheboro.

• **EDUCATION:** Bachelor's

• degree in elementary

• education from Appalachian State University, where I was a

• North Carolina Teaching Fellow.

• **HOBBIES:** Entertaining friends and family, reading, decorat-

• ing and entertaining blogs and scouring eBay.

• **OCCUPATION AND WORK HISTORY:** I taught 5th grade at

• York Elementary and later reading remediation, prior to the

• births of each of my daughters. I now work part-time with

• donor data and research at the Alexander YMCA.

• **FAVORITE RESTAURANT IN RALEIGH:** Chow.

• **ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT**

• **OF THEIR LEAGUE EXPERIENCE:** Don't be afraid to take on a

• placement or leadership role that seems challenging. You'll

• grow and learn more than you ever could imagine! The

• training and experience you gain here will carry over into

• other parts of your life and career.

• **WHAT DO YOU HOPE WILL BE YOUR LEGACY IN THE**

• **LEAGUE:** To be an integral part of creating a strategic fund-



Lori with her husband Harrison and daughters, Mary, 7, and Annie, 4, and Bichon Frise, Chelsea.

tively by increasing revenues and greatly decreasing expenditure to far exceed budgeted expectations. What a team to have the opportunity to lead!

PET PEEVE: Inefficiency.

LITTLE KNOWN FACT ABOUT YOU: I taught myself how to decorate cakes.

THIS YEAR'S VISION: To be a diplomatic, collaborative and supportive leader who encourages my team captains to reach above and beyond what is expected in order to maximize the funds raised to support the amazing work the entire League does. This year's funding teams are in a unique position to really launch their legacy while positioning our League for positive financial success for years to come. Our focus is to create a lasting fund development strategy to increase fundraising dollars.

JULIE PLOSCYCA

MEMBERSHIP VICE PRESIDENT

YEARS IN THE LEAGUE:

6 years.

FAVORITE LEAGUE

PLACEMENT: It is a tie between Community Funding and my current role as Membership Vice President. Community Funding was a great way to see how the JLR grants were able to pay back the community.

As Membership Vice President, I have connected with so many women and heard their amazing (and sometimes heartbreaking) stories. You never know what is going on with someone, so I encourage you to reach out to a member you don't know and make a new friend! My job may include being the "enforcer" of the League's requirements, but it is much more connecting, being a sounding board and providing options and solutions for members in need of guidance.

HOMETOWN: I am originally from Buffalo, N.Y. My family moved to New Jersey in middle school, and in high school, we moved to Raleigh.

EDUCATION: Bachelor's degree in business administration from North Carolina State University. I also have my Professional in Project Management certification.

HOBBIES: Isn't volunteering a hobby? When I am not consumed by volunteering, I enjoy reading, wandering around downtown with friends and home projects.



Julie with her dog, Domino, a pit bull and Labrador mix.

OCCUPATION AND WORK HISTORY: I work at Fidelity Investments as a business analysis consultant.

FAVORITE RESTAURANT IN RALEIGH: 18 Seaboard.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT

OF THEIR LEAGUE EXPERIENCE: Step up and join leadership! If you have the time and are willing to take on the responsibility, getting involved in leadership is a great opportunity.

GUILTY PLEASURE: Senseless TV and reading People magazine.

FAVORITE CHARITY: One of most recent amazing experiences though was with the Salvation Army in Raleigh during their annual holiday Angel Tree. My company participates each year, and I help collect and bring toys and clothing to the site but I had never been there for distribution day. Well, that changed this year. It was freezing outside and families waited in line for hours to come in, get some warm food and drink, pick out gifts for their families and even leave with a tree to decorate. The look on the families' faces when they heard they could actually pick out items instead of being given preselected gifts was incredible. You could see how proud they were.

FAVORITE JLR EVENT: May General Membership Meeting.. There is such an incredible energy and vibe at the meeting it is like high school graduation.

PET PEEVE: Senseless traffic and bad grammar, punctuation and spelling.

THIS YEAR'S VISION: JLR members give so much of themselves to JLR and the community that I want to make sure they know how much we appreciate them and that I am here for more than just "policing the requirements." I want to learn more about what members like and dislike about the League and to stimulate discussion and possible change.

WHITNEY VON HAAM

TRAINING VICE PRESIDENT

YEARS IN THE LEAGUE:

9 years.

FAVORITE LEAGUE PLACE-

MENT: I really enjoyed being part of Nominating. It was incredible to see the League from a different perspective and play a part in helping determine its future!

HOMETOWN: Lancaster, Pa.

EDUCATION: Bachelor's degree in art history and English from Wellesley College, master's



Whitney with her husband Eric and children, Nyah, 4, and twins Tamryn and Adam, 18 months.

degree from University of Georgia in mass communications.

HOBBIES: I love to read and watch movies. I live for the Oscars.

OCCUPATION AND WORK HISTORY: Executive director of the Wake County Bar Association and 10th Judicial District Bar.

FAVORITE RESTAURANT IN RALEIGH: Hayes Barton, 18 Seaboard and Twisted Fork with the kids.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE: Go to as many different events as you can and meet as many different members as you can. Not only will you have the chance to make many more friends and connections, but you will also enhance your League experience at every level!

GUILTY PLEASURE: These days, an ice-cold wheat beer when I get home from work and am getting the kids' dinner ready.

FAVORITE CHARITY: Other than JLR, I have a very special spot in my heart for Learning Together. My husband is president of the board.

FAVORITE JLR EVENT: Preview Party for A Shopping SPREE! It's an annual tradition for Eric and me to go, and we just have a blast!

WHEN I WAS GROWING UP I WANTED TO BE: I told my grandma's garden club that I wanted to be a bartender when I was about 5 years old. The funny thing is: I am a bartender! I "tend" the Wake County Bar.

PROUDEST ACCOMPLISHMENT: When I look at where I am in my life right now: I have the husband I always dreamed about, the kids I longed for and the job I obsessed over for years. All of them were a lot of hard work to attain, and I'm proud that I set my sights on my goals and achieved them.

PET PEEVE: Hypocrisy.

LITTLE KNOWN FACT ABOUT YOU: I'm so wide open, I don't think that there is anything that people don't know about me by now. In fact, there are probably some facts that people wish they didn't know!

THIS YEAR'S VISION: To be an active part of training our membership through opportunities that appeal to them both personally and professionally. I plan to support my Training Council teams by being there when they need me, and I hope that I have a lasting impact on the infrastructure of JLR.

CATHERINE RIDEOUT NOMINATING CAPTAIN

YEARS IN THE LEAGUE:

8 years.

FAVORITE LEAGUE

PLACEMENT: Community Funding Captain has been my favorite so far. It was so rewarding to see first-hand the impact our dollars make in the lives of promising youth and to learn more about the amazing community agencies we have in Wake County.

HOMETOWN: Raleigh.

EDUCATION: Bachelor's degree in English, Meredith College.

HOBBIES: Reading, exercising.

OCCUPATION AND WORK HISTORY: Stay-at-home mom.

FAVORITE RESTAURANT IN RALEIGH: Caffè Luna.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE: Consider placements that are outside of your comfort zone and take advantage of all that the League has to offer in terms of trainings, meetings, events and socials. And always take the time to meet new people along the way!

GUILTY PLEASURE: Us Weekly.

FAVORITE CHARITY: I have so many, but Hospice of Wake County is definitely one of them. My family was so grateful for their care and support when my grandfather passed away.

FAVORITE JLR EVENT: A Shopping SPREE! Preview Party.

WHEN I WAS GROWING UP I WANTED TO BE: A teacher.

PROUDEST ACCOMPLISHMENT: My daughters. They are kind, loving and happy little girls!

PET PEEVE: Insincerity.

THIS YEAR'S VISION: As Nominating Captain, and in keeping with Lisa Marie's theme for this year, I hope members will think seriously about what they want their JLR legacy to be. And, of course, that translates into considering a leadership role and filling out their Willingness to Serve forms! I hope this means my legacy will be recruiting qualified candidates and creating a team of strong leaders. In doing so, we hope to create an atmosphere of trust and understanding about the nominating process for our membership.



Catherine with her husband Will and daughters, Dimney, 7, Mary Susan, 5, and Chandler, 18 months.

KATHLEEN BROWN SECRETARY

YEARS IN THE LEAGUE:

5 years.

FAVORITE LEAGUE PLACE- MENT:

A Shopping SPREE! Executive Committee. It was rewarding to work with the tireless, dedicated women who create and put on the League's largest fundraiser.

HOMETOWN:

Knoxville, Tenn. Communications/broadcast journalism degree from University of Tennessee.

HOBBIES: Spending time with family, entertaining, traveling, boating and waterskiing.

OCCUPATION AND WORK HISTORY: Stay-at-home mom. Formerly, a flight attendant and operational in-flight supervisor for Delta Airlines.

FAVORITE RESTAURANT IN RALEIGH: Angus Barn.

ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE: Get involved and stay involved (especially in leadership).

GUILTY PLEASURE: Design shows on HGTV.

FAVORITE CHARITY: United Cerebral Palsy.

FAVORITE JLR EVENT: A Shopping SPREE!

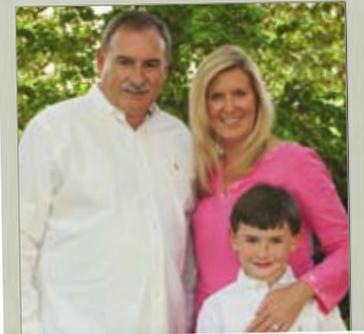
WHEN I WAS GROWING UP I WANTED TO BE: An attorney.

PROUDEST ACCOMPLISHMENT: My son, Justin.

PET PEEVE: Deceptive behavior.

LITTLE KNOWN FACT ABOUT YOU: I never attended the same school for two consecutive years until my sophomore year of high school (moved half-way through junior year).

THIS YEAR'S VISION: My goal is to ensure all members feel valued and have a positive experience, continue making educated, decisive decisions and learn something new from every experience. I hope that the work I have done will have a positive impact on the League for years to come.



Kathleen with her husband Randy and son, Justin.

HOMETOWN: Near Danville, Va.

EDUCATION: Doctorate in public administration from North Carolina State University, bachelor's degree in foreign affairs from University of Virginia and master's degree in transatlantic studies from the University of Bath in England.

HOBBIES: Playing soccer, running, teaching, painting and cooking.

OCCUPATION AND WORK HISTORY: Joined the U.S. Office of Personnel Management in 2003 as a Presidential Management Fellow. I now am the manager for the Performance Management solution area. My team

- provides human resources consulting services to other federal
- agencies. I also am an adjunct faculty member with the Master
- of Public Administration program at N.C. State.
- **FAVORITE RESTAURANT:** Daniel's in Apex.
- **ADVICE FOR LEAGUE MEMBERS TO GET THE MOST OUT OF THEIR LEAGUE EXPERIENCE:** When you do the minimum to fulfill your membership requirements, you miss out on all that the League has to offer. Put yourself out for a leadership position. It will grow you and provide you experiences you would not get elsewhere.
- **GUILTY PLEASURE:** Wine and bad TV.
- **FAVORITE CHARITY:** Global Hope India or New Life Ministries for Ukraine.
- **FAVORITE JLR EVENT:** A Shopping SPREE! It's a great way to spend a Saturday morning shopping with my mother.
- **WHEN I WAS GROWING UP I WANTED TO BE:** Secretary of State. I'm still growing up, so that is still what I want to be.
- **PROUDEST ACCOMPLISHMENT:** Completing my doctorate while working full time.
- **PET PEEVE:** Bad grammar.
- **LITTLE KNOWN FACT ABOUT YOU:** I am not a fan of watermelon. Icky.
- **THIS YEAR'S VISION:** As Treasurer and chair of the finance committee, my vision is to increase the transparency of the League's finances, strategically position the League for long-term success and better educate the leadership and members on the budget and current fiscal standing.

REBECCA AYERS TREASURER

YEAR IN THE LEAGUE: 4 years.

**FAVORITE LEAGUE PLACE-
MENT:** Bright Ideas. I had the opportunity to help develop the League's strategic plan.



Rebecca with her husband Chris.

Capital Campaign believer: Andrea Fox

By Sandra Johnson, *the Link*



Andrea Fox in front of the CCL Legacy wall.

Andrea Fox can sell a vision. With a resume filled with professional and voluntary fundraising experiences, Andrea is known as a team builder. And she loves the Junior League of Raleigh.

When League President Lisa Marie Ferrell approached Andrea to be

the point person for the Capital Campaign, she accepted the position with a great deal of excitement.

The Capital Campaign is a critical component of the League's Funding and Development Council. All League fundraising efforts are represented on this council. But lacking a particular event to raise funds for or a product to sell, the Campaign embodies the unkempt, free-spirited sibling amongst a brood of highly successful fundraising sisters, including the "You're Invited Back" cookbook and A Shopping SPREE!

Even the League's 2010 Strategic Plan alludes to the fluid nature of this Campaign in the plan's financial goal: "Revive Capital Campaign."

To launch this revival, Andrea assembled a team of "believers," members who can network with potential donors about the League's successful community involvement, investment and future.

The team also has been hard at work this year studying the effectiveness of the League's community programs, for instance, finding out how many people found employment through StepUP Ministry or the number of children fed through BackPack Buddies. The goal of the report is to show how each dollar donated to the League is leveraged and multiplied through the programs.

Sustainer Alicia Morris, who has worked with Andrea a number of times over the years, describes Andrea as an amazing fundraiser, whose confidence

is almost infectious.

"She is remarkable," Alicia said. "I would work with her anywhere and on anything."

Andrea and Alicia initially worked together seven years ago to organize the first Showcase of Kitchens. The event exceeded its first year fundraising goal by roughly \$60,000. From the Showcase of Kitchens experience, the two women became an almost inseparable League leadership force, forming a partnership that Andrea calls "a match made in heaven."

Andrea says she attributes much of her prior fundraising success to the fact that "she's not afraid of 'the ask.'" She is willing to hit the pavement, make cold calls and ask people to finance the ideas and activities that she's passionate about.

"The League is fortunate to have someone with Andrea's experience and drive leading our Capital Campaign," Lisa Marie said.

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New League placements take care of CCL

By Christina Coffey, CCL Co-captain

This spring, the Junior League of Raleigh added two new placements to manage the Center for Community Leadership's day-to-day operations. Led by Co-captains Ashley Parker and Christina Coffey, the CCL Task Force handles the daily rentals of the training center and its meeting rooms. The CCL Grounds Crew, led by Captain Lizzie Graybill, cares for the League's lovely grounds.

Since the beginning of June, these two new teams have worked feverishly to keep the CCL looking its best. With hundreds of visitors from the community and the League's ever-evolving membership, the CCL has quite a bit of foot traffic, and, as a result, the teams have quite a bit of work!

Please help welcome these two new teams and spread the word about the CCL, the League's gift to the community. For rental information, please visit www.jlraleigh.org/ccl/shtml.



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CCL awarded for renovation work



Ashley Parker, right, last year's Junior League of Raleigh Secretary and this year's Co-captain of the Center for Community Leadership, holds an award for Best Redevelopment Project, presented by Lisa Long Jackson, left, president of the Triangle Commercial Real Estate Women ("Triangle CREW"). The League won the Triangle CREW award in April for its work renovating the League's new headquarters at 711 Hillsborough St. Each year, the award goes to the owner of the best redevelopment project for its functionality, aesthetics and relationship to surroundings.



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Northwestern Mutual partners with the League on leadership program

By Melanie Rankin, JLR Development Director

The Capital Leadership Initiative is proud to have Northwestern Mutual as its corporate partner this year. Developed and hosted by the Junior League of Raleigh, the CLI is a relevant, engaging, dynamic program that provides women with leadership training geared for use at for-profit and nonprofit workplaces, volunteer opportunities and at home. Northwestern has made a three-year commitment to partner with the League on this new program.

"Our sponsorship of CLI allows us to both support women as they grow individually as leaders and as they go on to make a difference in the community," said Karin Patrick, financial representative for Northwestern Mutual. "Historically women have been under-represented in leadership roles. Not only is this unfair to women, our whole community suffers when this important demographic isn't present. The leadership dynamic changes in a positive way when all segments of society have a seat at the table!"

The League began studying leadership development programs in 2008 under the guidance of Active member Mary Blake. "We began by researching existing programs that other Leagues already had in place, and then we looked at what programs were being offered in our community," Mary said.

They found that most of the (non-corporate based) programs offered in the area focused more on making connections in the community and learning about the community itself and less on actual leadership training. "There wasn't anything out there for a woman to focus on developing her individual leadership skills and potential," Mary said. "The CLI allows each participant to build on her individual set of skills."

The course also includes a segment on leadership in the nonprofit setting, which helps make this program unique. "We wanted a program in which a participant can take the skills learned not only to a for-profit workplace, but to any nonprofit employment, board or volunteer leadership position they may be involved," Mary explained.

The inaugural year for the CLI ended in May. All of the 28 women who participated said the program helped them

achieve their personal goals for taking the course. They also would recommend the course to their friends and colleagues.

"The CLI program has been an invaluable avenue to developing and exploring my leadership potential not only within the

Junior League, but in my professional career," said Active member Jocelyn Fina. "I have learned something new about myself in each session, as well as how to work with and promote the strengths of others."

Another JLR member, Joy Alford-Brand, wrote, "This is a fantastic program and a true asset to JLR. The speakers are outstanding, and the material is useful and enlightening.

If you've never had leadership training before or just want to grow as a volunteer, this is a wonderful opportunity for you!"

CLI gives the women-only participants the leadership skills, confidence and awareness of their leadership style to help them succeed in leadership positions.

"Northwestern Mutual's partnership is like a public stamp of approval of this program to the corporate community," says League President Lisa Marie Ferrell. "It is their way of saying that this is an important training program and the League's mission of leadership training and training volunteers is vital to our community."



Virginia Yopp, who was the 2008-2009 League President, said the partnership shows the League's willingness to collaborate and learn from the business sector.

"Our new Center for Community Leadership has the potential to really impact our community by serving as a hub for training community leaders and volunteers, expanding opportunities that will have a positive impact on our community and accessing the best resources our community has to offer," she said. "The League cannot do this alone and this partnership truly symbolizes our intentions to work with the community to ensure we are offering a great service."



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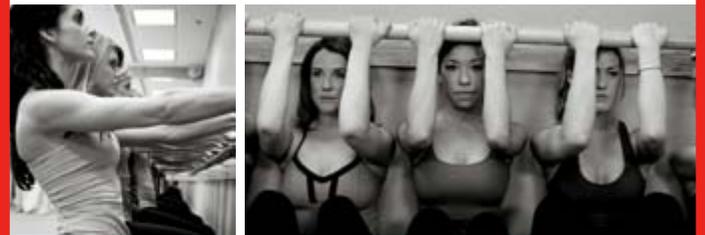
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BackPack Buddies:

Lisa Coston Hall fights hunger one backpack at a time

By Jacqueline Brown, *the Link*

Few members of the Junior League of Raleigh have spent so much time in community placements as Lisa Coston Hall. She could have gone Sustainer years ago. After 16 years as an Active member of the Junior League of Raleigh, much of which was spent in community placements, she has earned the chance to sit back and relax. But instead, she decided to stay Active for yet another year so she could be a part of one of the League's newest placements, BackPack Buddies.

"There are so many needs in our community, so many groups and people that need our help, I feel like I want to remain Active as long as possible," Lisa said. "That's not saying that I'm making a huge contribution alone, but together the League does make an impact."

With BackPack Buddies, she'll likely get the chance to make an impact. The program, which is funded through grants and donations from the community, is a partnership between JLR and the Inter-Faith Food Shuttle. With the help of school officials, the program targets children that may not be getting enough to eat at home on weekends and during school breaks. The Inter-Faith Food Shuttle provides the healthy, kid-friendly, non-perishable food items to JLR, and League volunteers stuff the backpacks. Each backpack is filled with six balanced meals and two healthy snacks. And then each of the 25 backpacks the League fills is delivered each week to students at Frances Lacy Elementary School, the League's school partner in the program.

While the program is ensuring that at least 25 kids get healthy food at home, there's still a huge demand. Program officials estimate more than 200 additional students at Lacy Elementary alone could benefit from the program.

"I can't imagine a bigger, more basic obstacle than hunger for even the most promising child," Lisa said.

Lisa says Team BackPack Buddies has the power to make big differences in the lives of these children this year.

"In all of my placements, I've tried to say that if you make a positive difference for one person's life, especially a child, that's a great year," Lisa said. "The 22 members on Team BackPack Buddies will help support 25 students at Lacy Elemen-

tary this year, so there's almost a one-to-one impact."

Lisa has spent the majority of her League career working in the community, including placements with Bargain Box, Heritage Park, the Garner YWCA, Quick Impact and Team Overactive.



Team member Lisa Coston Hall with her son, Riley.

"We are thrilled that Lisa has decided to bring her experience and enthusiasm to the inaugural year of Team BackPack Buddies," said Keri Eddins, the team's Co-captain. "Without outstanding volunteers like Lisa, new placements like BackPack Buddies would not be possible."

In addition to her volunteer work with the League, Lisa is a full-time editor at the North Carolina Museum of History. She enjoys spending time with her husband, 3-year-old son and 12-year-old stepdaughter.

"I wish I could spend one year on every community team, but I think I'm too old," Lisa said. "There's so much to learn from all the different placements and all the different women in the league. My advice to League members is to take advantage of the opportunity and try new things."

For more information on the Backpack Buddies program, visit www.foodshuttle.org or email jlr@gmail.com.

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JLR Award Winners

Outstanding League members recognized



Congratulations to the Junior League of Raleigh members who were recognized for their outstanding work for the 2010-2011 League year. Seven awards were given at the May General Membership Meeting held at Brier Creek Country Club. Two Sustainer awards were presented at the annual Sustainer Luncheon held at the Governor's Mansion in April.



Team of the Year: A Shopping SPREE!
Co-captain, Lori Edwards
 From the left, clockwise, Lori Edwards, Harrison Edwards, Mary Edwards and Annie Edwards



Member of the Year: Gayle Levinson
 From the left, Calvin Levinson, Gayle Levinson, Alan Levinson and Caroline Levinson



Legacy Award: Brooke Schmidt
 From the left, Mark Schmidt, Brooke Schmidt, Marsha Cornelius and Preston Cornelius



Team of the Year: A Shopping SPREE!
Co-captain, Elizabeth Merritt
 From the left, Frances Fontaine, Jack Merritt, Elizabeth Merritt, John Merritt and George Merritt



Lifelong Member Award: Lisa Vanderberry
 From the left, Nancy Ginger, Lisa Vanderberry, Robbie Vanderberry, Rob Vanderberry, Will Vanderberry, Shannon Ginger and Bill Ginger



Foundation Award: Jennifer Gottsegen
 From the left, Adam Gottsegen, Eleanor Gottsegen, Jennifer Gottsegen, Susan Gottsegen, Jack Gottsegen, Michael Terry and Pat Terry



Guardian Award: Heather Beiza
From the left, Debby Sims, Heather Beiza, Mario Beiza and Christopher Sims



Darlene Shelton First-year Active Award: Theresa Dew
From the left, Theresa Dew, Ella Dew and Al Dew



Sustainer of the Year Award: Susan McAllister
From the left clockwise: Susan McAllister, Scott McAllister, Ryan McAllister and Grace McAllister



Sustainer Legacy Award: Dorothea Bitler
From the left: Catherine Coughlin, Dr. Glenn Bitler, Sr., Dorothea Bitler, Geoff Bitler (behind Dorothea), Brooke Bitler and Glenn Bitler III

"You're Invited Back" to Cook!

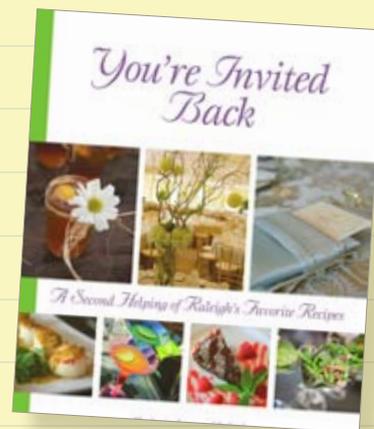
The *Link* staff gathered in late summer to sample recipes from the Junior League of Raleigh's cookbook "You're Invited Back." Here are a few of our favorites. Enjoy!

Kahlúa Dip

Serves 14-16

- 8 ounces cream cheese, softened
- ½ cup finely chopped pecans
- 1 ¼ cup whipped topping
- ⅓ cup Kahlúa
- ¾ cup packed brown sugar
- Graham crackers, apple slices, strawberries and kiwifruit for dipping

Combine the cream cheese, whipped topping, brown sugar and Kahlúa in a mixing bowl and beat until fluffy. Fold in the pecans at serving time. Serve with graham crackers, strawberries, kiwi-fruit and apple slices for dipping.



Baked Blue Cheese Artichoke Dip

Serves 16

- 1 (14-ounce) can artichoke hearts, drained
- ½ cup (2 ounces) shredded Parmesan cheese
- 8 ounces cream cheese, softened
- 1 cup crumbled blue cheese
- 1 cup mayonnaise
- ½ cup sliced green onions

Preheat oven to 350 degrees. Combine artichoke hearts, cream cheese, blue cheese, Parmesan cheese, mayonnaise and green onions in a food processor. Process until mixed but not completely smooth. Spoon into a 9-inch pie plate. Bake for 20-25 minutes or until light brown. Let stand for 5-10 minutes before serving. Serve with crackers.

GET READY FOR RALEIGH'S FAVORITE
HOLIDAY SHOPPING TRADITION:

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WHAT: The 27th Annual A Shopping SPREE!
WHEN: November 3 - 6 (Preview Gala on November 2)
WHERE: Raleigh Convention Center
WHY: Get all of your holiday shopping done
AND help support the Junior League of Raleigh
and its programs.

A Shopping SPREE! is almost here, and you won't want to miss all 2011 has to offer! This year, we'll have more than 130 exhibitors from across the country with their unique and fabulous wares. Many are your old favorites, and many are new. They'll be showcasing the hottest jewelry, fashionable

clothing and accessories for women, men and children, the latest trends in home décor and great gifts for everyone on your holiday list.

As always, we'll have a fantastic lineup of special events including the spectacular Preview Gala, NEW! Friday Night Fashion presented by Saks Fifth Avenue, and our always popular private shopping events. The "You're Invited Back" Café and the Carolina Color art gallery will be highlights as well!

Proceeds from A Shopping SPREE! go to the Junior League of Raleigh and its programs. General admission is \$10 for a four-day pass. Admission is free for children under five.

Tickets and other information are available at www.ashoppingspree.org.

General Shopping Hours

General admission passes are \$10 each.

THURSDAY, NOVEMBER 3

11 a.m. – 8 p.m.

FRIDAY, NOVEMBER 4

9:30 a.m. – 8 p.m.

SATURDAY, NOVEMBER 5

10:30 a.m. – 6 p.m.

SUNDAY, NOVEMBER 6

11 a.m. – 5 p.m.

SPREE! volunteers

SPREE! VOLUNTEERING MADE EASY

Did you know that since the first A Shopping SPREE! in 1984, it has grown from an event with 16 volunteers to an event with more than 600 volunteers? Over the years, each member of the League has contributed to the success of the largest annual fundraiser by completing a three-hour SPREE! shift. This shift is part of all Active and Provisional members' commitment to voluntarism through the League, and SPREE! would not be successful without the volunteers.

A stylized illustration of a man in a black tuxedo and a woman in a red dress, both holding champagne flutes. The woman is also holding a small wrapped gift. The background is a light beige color with white snowflake-like patterns.

Shop at more than 130 fine exhibitors. Enjoy tasty hors d'oeuvres. Win one of four fabulous prizes from Bailey's Fine Jewelry! Dance the night away to the sounds of Rubberband. Visit the Carolina Color Art Gallery. Bid on remarkable must-have items in the silent auction – beautiful jewelry, priceless sports memorabilia and exciting vacation getaways – we have something for everyone!

\$50 per person, includes two drink tickets.

a Shopping SPREE!
preview gala

WEDNESDAY
November 2
7 p.m. - 10 p.m.

For more ticket information, visit www.ashoppingspree.org.

Special events

PREVIEW GALA

Presented by Bailey's Fine Jewelry, Wells Fargo and WakeMed Health and Hospitals
Wednesday, November 2, 7 p.m. – 10 p.m.

This incredible event is not to be missed! Join us for private shopping, hors d'oeuvres and your opportunity to crack the code and win one of four fabulous prizes from Bailey's Fine Jewelry. Take a break from shopping and dance the night away to the sounds of Rubberband featuring Chuck Folds. Bid on must-have items at the Silent Auction. Tickets are \$50, including the Bailey's giveaway and two free beverages. A cash bar will be available. Cocktail attire.

SILENT AUCTION AT THE PREVIEW GALA

Be ready to bid on remarkable items from fashionable jewelry and priceless sports memorabilia to delicious dinners and exciting vacation getaways – we have something for everyone!

EARLY MORNING SHOPPING

Presented by St. David's School
Thursday, November 3, 8:30 a.m. – 11 a.m.

A SPREE! favorite – private early morning shopping minus the crowds and strollers! This exclusive morning shopping event open only to ticket holders. Enjoy a light breakfast while getting a head start on your day. Tickets are \$25 (includes four-day show general admission pass).

FRIDAY NIGHT FASHION

Presented by Saks Fifth Avenue and CenturyLink

Friday, November 4, 6 p.m. – 8 p.m.

Grab your girlfriends and join us at SPREE! for a girls' night out featuring a David Meister fashion show presented by Saks Fifth Avenue. Special guest David Meister will offer fashion advice and his secrets of fabulous style. Tickets includes

a champagne reception with David Meister, VIP seating, a goodie bag from our generous sponsors and a chance to win a David Meister original design courtesy of Saks. Tickets are \$25, limited quantities.

WEEKEND WAKE-UP

Presented by Prudential York Simpson Underwood and Saint Mary's School
Complimentary tumbler by Fred Anderson Kia

Saturday, November 5, 8:30 a.m. – 10:30 a.m.

Get up and get going with a coffee-fueled shopping morning free of strollers and crowds. Your ticket to this private shopping event includes a commemorative SPREE! coffee tumbler to keep you caffeinated and ready to shop all day. Tickets are \$15.

CAROLINA COLOR ART GALLERY

Daily during show hours

JLR and Visual Art Exchange will present Southern Menagerie, the 5th annual juried art exhibit and sale. The gallery will be open Wednesday, November 2–Sunday, November 6.

Jurors for the 2011 exhibition are Melissa Peden, a JLR Past President and Sustainer, art consultant and former owner of Peden Gallery II, and Megg Rader, a JLR Past President and co-owner of The Collectors Gallery and The Mahler Fine Art.

Cast your vote for the People's Choice Award during the Preview Gala on Wednesday night.

"YOU'RE INVITED BACK" CAFÉ

Presented by Saint Timothy's School
Daily, 11 a.m. – 3 p.m.

The "You're Invited Back" Café will serve meals from recipes featured in the Junior League of Raleigh's new cookbook, "You're Invited Back," as well as recipes from other League cookbooks including the JLR's original cookbook, "You're Invited." Several other Junior League cookbooks will be available for purchase as well.



RETURNING 2011 SPREE! EXHIBITOR: THE CANDY COTTAGE

If you attended A Shopping SPREE! in 2010, you would have been hard-pressed not to have seen a shopper leaving the Raleigh Convention Center with a white Candy Cottage box in their hands. The Candy Cottage was a favorite at last year's SPREE! and we are thrilled to welcome them back in 2011!

The Candy Cottage is a reusable gingerbread house you can use each holiday season. Who has time to bake, assemble and decorate a gingerbread house? Everyone knows the best part of this holiday tradition is the decorating, and with the Candy Cottage, that is all you and your family will have to do! The cottage's four sides and roof have been re-designed to snap together in just 30 seconds.

Jay Jolly worked with his sister-in-law and her best friend to develop and launch The Candy Cottage in 2010. Jay brought an extensive background in plastics retail and product development. The ladies had the idea to eliminate having to bake and assemble gingerbread houses. Together they successfully launched the Zebulon-based company, and their product debuted at the 2010 A Shopping SPREE!

This year they will debut selected accessories that will complement your house, so remember to stop by their booth to see what they have to offer!

Attention SPREE! Volunteers

WHAT YOU NEED TO KNOW TO MAKE THE MOST OF YOUR SHIFT

SPREE! DRESS CODE SPREE! volunteers are required to wear black pants or skirt and a white top for all shifts worked during the show's operating hours, Thurs.–Sun. until 5 p.m. While the blue SPREE! aprons make volunteers distinctive, our standard dress code helps identify our League volunteers, making it easier to be spotted by exhibitors and shoppers with questions.

Due to the nature of the Tuesday and Wednesday set-up shifts and Sunday break-down, volunteers working these times should wear comfortable clothing. Volunteers working during the Preview Gala should dress in cocktail attire. All volunteers should wear comfortable shoes.

TRYING TO BALANCE WORK AND VOLUNTEERING? There are plenty of shifts after 5 p.m. and during the weekend to give you options. Childcare is not provided. If you are taking time off work and need to provide a note to your employer, we are happy to offer one. Please contact the volunteer Co-chairs with any questions.

DO YOU LOVE STAYING BUSY DURING YOUR SPREE! SHIFT? Tuesday and Wednesday set-up shifts and the Sunday evening break-down shift are the busiest. During these shifts, we unload and load trucks, unpack and then repack unsold merchandise and complete a variety of very active tasks. Sign up for these shifts only if you are physically able to participate in these necessary activities in order to receive your full SPREE! shift credit.

WHERE SHOULD I PARK DOWNTOWN? SPREE! volunteers will receive a \$5 coupon to park in the West parking lot best accessed from the corner of Lenoir and Salisbury streets. Your coupon will be included in your ordered ticket package. Allow enough time for traffic and parking to arrive on time for your shift.

HOW DO I ENSURE I RECEIVE CREDIT FOR MY SPREE! SHIFT? Upon arrival for your shift, check in at the volunteer office on the mezzanine level of the Convention Center, next to the SPREE! office. Enter the Convention Center through the Cabarrus or McDowell street entrance and follow signs to the volunteer office. Sign in, prepare a name tag and put on a blue SPREE! apron. After completing your shift, return to the volunteer office to return your SPREE! apron and sign out. You must be present during your entire three-hour shift to receive credit. You must have a ticket for entry into SPREE! if you plan to shop before or after your shift (this includes those members volunteering for a Preview Gala or Fashion Show shift).

I'VE GOT A QUESTION I CAN'T ANSWER! During your shift, you will work with a shift captain who will answer your questions or update your tasks, as needed. By circulating and making sure our exhibitors have what they need, you're ensuring our exhibitors enjoy a positive experience and increasing the likelihood they will return next year. This same courtesy applies to shoppers—if they have fun, they'll come back and we all win!

WHAT IF I KNOW I WILL BE UNABLE TO COMPLETE MY SPREE! SHIFT DURING THE WEEK OF SPREE!? No problem, the SPREE! committee has plenty to do before the week of SPREE! Contact volunteer Co-chairs Kate Brown or Julie Hampton at spreevol@jlraleigh.com to work out a replacement shift as soon as possible.

WHY IS MY VOLUNTEER SHIFT IMPORTANT? As a SPREE! volunteer, each of us represents the League, and we want to put our best face forward. We are hosting our community and each of us has an important role to make the event the best that it can be. Each volunteer helps the League raise as much money as possible to put back into League programs and improve our community.

NEW 2011 SPREE! EXHIBITOR: JESSICA THOMAS JEWELRY



You've probably seen this talented jewelry designer's work in the pages of some of your favorite magazines, such as "In

Style" or "Martha Stewart Wedding." We are thrilled to announce Jessica Thomas Jewelry as one of A Shopping SPREE!'s newest exhibitors!

You won't want to miss this jewelry line this year. Celebrities such as Joely Richardson, Guiliana Depandi Rancic and Leann Rimes have been seen wearing these fabulous pieces that blend fashion, travel and art. Each necklace, bracelet and earrings are designed and produced by hand by Jessica Thomas Capps. Jessica has been a long-time SPREE! shopper and is a graduate of North Carolina State University's College of Design. She lives in Raleigh with her husband, Tim, and son Thomas.

Incorporating antique and vintage elements into new fashionable jewelry makes Jessica's jewelry unique. She uses a variety of materials such as gold, silver and vintage and precious stones to create one of kind pieces that will surely have your friends and family asking you where you found that necklace.



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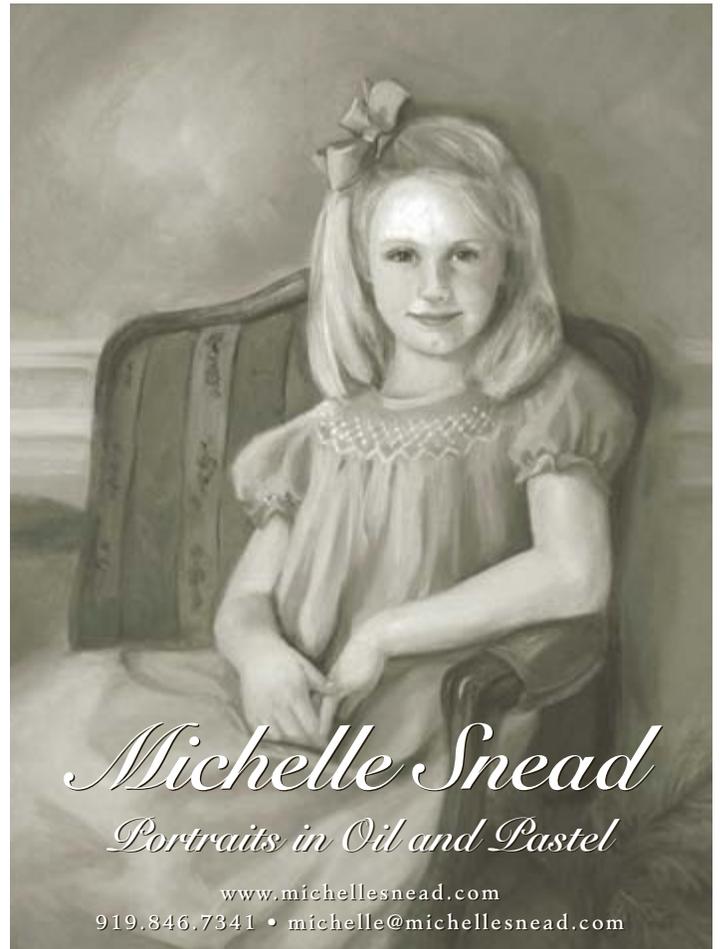
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Making the connection with Kids on the Block

By Annie McQuaid, *the Link*

After years of service to the Junior League of Raleigh, Lisa Vanderberry, a member of Team Kids on the Block, was on the verge of becoming a Sustainer but felt the personal need to remain an Active member for one more year.

"I have been in the League for 10 years, having served on the Board twice and in numerous team captain roles, but I really wanted my League experience to encompass all areas of our community service," Lisa said. "I couldn't believe I had never served with a community team!"

After seeing a Kids on the Block performance at her child's school, she realized it was the right placement for her. Kids on the Block members perform puppet skits related to learning and physical challenges to elementary-aged children. By addressing the children in a fun, relatable format, the children can more easily receive the message of accepting those with differences and learning to respect everyone equally.

For Lisa, this placement is among the most meaningful for her because her son, Will, has autism. Her role as a mother to a child with special needs helped her see the significance of the work this group does, as well as strengthen her belief in all the League does for our community.

"Knowing that my sweet Will would face challenges throughout school just for being who he is made me see the importance of this team," she said. "The ultimate message is that we create who we are and just because someone is different physically, emotionally or developmentally, it does not mean that we cannot understand and treat each other with respect."



Kids on the Block Team members Heather Nicholson, left, (with Eddy), Lisa Vanderberry (with Mark), Elisabeth McMahon (with Jennifer) and Leslie Scheve (with Melody), use puppets to make connections with kids.

Spreading this message rejuvenated Lisa's JLR membership pride, and she realized how much impact individuals

have, as well as the League as a whole.

This impact was apparent at her first performance as "Mark," a puppet with cerebral palsy in a wheelchair, at her children's school. During the performance, Lisa forgot the rehearsed answer to a question about bath time asked by a student and was later corrected by her son. This opened her eyes to discover even the smallest details were getting through to her child.

"It made me realize just how great an impact the team is making, whether or not we see it right then," Lisa said.

For more information on Kids on the Block, please contact Nina Jain Argiry, Captain, pargiry@gmail.com or www.kotb.com

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Whispers from God:

a story of pregnancy, preeclampsia and a premature beginning

By Courtney Phillips, Writer Ad-Hoc

Some call it woman's intuition or a sixth sense. Oprah famously coined it as "whispers from God." Whatever your choice of words, I believe we all have an instinct that when listened to, can help guide and prepare us for what is ahead.

When it comes to making a decision, I've followed my instinct more times than not. The challenge is having an instinct about something when there is really no decision to be made. That was the case for me last year.

In 2009, our Christmas present came a few days late as my husband, Bryan, and I found out we were expecting. After my first doctor's appointment, our whole world centered on the day baby Phillips was scheduled to make her debut: September 1, 2010.

Throughout the pregnancy I had the

urge to be ready for the baby's arrival early. Nothing specifically drove this urge – everything was progressing perfectly. My pregnancy was textbook. My blood pressure was excellent, always 90-something over 60-something. The ultrasounds looked great, and in April the technician confirmed what I already knew – we were having a baby girl!

Then a moment came that stopped me in my tracks. I was six months along and it was the day of my baby shower. One of my best friends walked through the nursery and said, "Well, you are all ready. She could come on anytime now."

Her comment, meant to be in passing, made my blood run cold. In my heart a nearly audible voice said, "you are right, it won't be long now." I never said anything

to my friend or anyone else about that moment, chalking it up to normal pregnancy fears. But her comment and my reaction never strayed from the front of my mind.

FROM TYPICAL TO TURBULENT

As June gave way to July, what had been a typical pregnancy took a turn. I began to swell at an exceptional rate. I felt horrible. One unscheduled doctor's visit later they found I was 1 cm. dilated. My blood pressure jumped to the 130s over 70s, which is not considered high but still a significant jump.

I was sent to the hospital for observation, where a fetal monitor revealed I was having contractions as close as two minutes apart. There were conflicting test results pointing perhaps to a urinary tract infection, which can cause premature labor.

An IV of magnesium stopped the contractions, though my other symptoms did not improve. I was lethargic and weak. The test results yielded no clues, and after a day and half in the hospital, the doctor leveled with us, saying they really did not know what was going on. I was released with instructions to report back to the doctor's office the next day.

The next day, everything seemed to be off. My eyes popped as the scale showed a 15-pound gain in nine short days, when I hardly had any appetite. My blood pressure climbed to the 140s over 80s, now considered slightly high. The most impactful moment was during the ultrasound. The technician said our little girl looked healthy, but she was measur-

ing small for her age – around 3 pounds, 10 ounces – when they expected her to be well into the fours. The technician's voice, typically upbeat and assuring, changed to quiet and monotone. I knew if our little one came early, every ounce would be critical. I was sent home with instructions to take another test over the weekend to check my protein level again and report back on Monday.

I felt weaker by the day. Food that I previously loved during pregnancy tasted bitter. The swelling continued. My thighs were so swollen I could not fit into the shorts I had worn days earlier. The real moment of truth came when my mom came by to make dinner for us. I saw, by the expression in her eyes, how bad I must have looked. She tried to hide it so as not to scare me, but I could see it.

A DIAGNOSIS

That night was grueling. My breathing was labored. A burning sensation pulsed down the right side of my mid-section. My head hurt in a way I had never experienced. After a sleepless night, I got up Saturday morning with tears streaming down my face. I felt fragile, like the slightest nudge could break me into a thousand pieces.

A call to the doctor later and we were headed back to the hospital. I was not put in a delivery room, which I interpreted as a good sign. It was short-lived though; the first blood-pressure reading revealed that the "high" number was in the 180s, so I was moved quickly. Two nurses rushed around, putting in the IV, starting the magnesium, seemingly pre-



Courtney meets Addison for the first time.

paring for something. This struck me as odd because the doctor had not arrived.

When the doctor arrived, my heart sank. She quickly surmised that I had severe preeclampsia and my baby would be born "before the sun set today." I was only 32 weeks along – eight weeks early – but there were no other options. Delivery is the only treatment for the mysterious disease.

They started preparing for an emergency Caesarean section. People flowed in and out of the room, one of which was the neonatologist who would care for my baby girl, Addison Marie, after her delivery. I desperately wanted her to tell me everything would be fine. But at 32 weeks, that was not a reassurance she could give.

BABY ADDISON ARRIVES

The C-section was fast. They started the procedure before Bryan was even allowed in the room. Then at 12:24 p.m. I heard the doctor sweetly say, "here she is," followed by a small, brief cry. In an instant I heard a nurse with a heavy Irish accent say, "Look to your left, Mommy," and for five short seconds I saw my baby girl as they whisked her out the door with Bryan following right behind.

I can see portions of the rest of the day with crystal clear recollection, while other moments are like looking through a foggy window, in large part because I was on magnesium for the next 24 hours. The room was

WHAT IS PREECLAMPSIA?

Preeclampsia affects about 5 percent of pregnant women. Symptoms include high blood pressure and protein in urine after 20 weeks of pregnancy. Preeclampsia causes the blood vessels to constrict, resulting in high blood pressure and a reduced blood flow that can affect organs in

your body, such as your liver, kidneys, and brain. When less blood flows to the uterus, it can mean problems for the baby, such as poor growth, too little amniotic fluid and placental abruption.

Source: babycenter.com

always dark, and only one or two people were allowed in at a time to visit. My mom was the first. She told me that Addison was 3 pounds, 3 ounces and was doing really well. I could hear in her voice how hard she was trying to sound upbeat, but it was an unnatural tone.

Seeing Bryan's beaming face was when I knew Addison really was okay. He was able to take two pictures on his BlackBerry before Addison was moved into the small incubator unit. Not thinking we were going to have a baby that day, we didn't bring a camera.

Throughout the afternoon and early evening, I asked again and again to see Addison. My nurse, who nearly never left the room, said that I could not go today. Lying down and resting were my only permitted activities.

At 7 p.m. a new nurse rotated in, and I started peppering her with pleas to go see Addison in the neonatal intensive care unit (NICU). She had not been there for the more dramatic part of the day and was younger and less experienced, so she was more willing to entertain my request. Finally, at 8:30 the night of Addison's birth, the nurse, Bryan and my mom took me by stretcher to meet my baby girl.

I had to remain lying down during the visit. With me on a stretcher and Addison in an Isolette, our visit was nothing like what I had imagined my first interaction with my baby would be. The breathing apparatus consumed her whole face, leaving me wondering what her little eyes, nose and mouth looked like. Her petite, 15-inch body was curled into the familiar fetal position in her plastic box. Through the holes in the Isolette, I put three fingers on her tiny leg. The ID bracelet around her ankle was smaller than Bryan's wedding band.



Addison at her first birthday, with Courtney and Bryan. Today she is a happy, healthy little girl.

PHYSICAL PROGRESS, EMOTIONAL ROLLERCOASTER

Addison remained in the NICU for nearly four weeks. Emotionally it was a rollercoaster, but she was a fighter from the start. Like all babies do, she lost weight – 2 pounds, 14 ounces at her smallest – but she quickly got back to her birth weight and kept on climbing from there, gaining about an ounce a day. Our biggest obstacles were common preemie difficulties, such as maintaining her body temperature and learning to eat from a bottle. She nursed well, but the bottle was a struggle. For most of the hospitalization, a feeding tube provided her nutrition, until one day Addison decided to remove it on her own.

We were blessed beyond all measure. For a 32-weeker, her progress was amazing, and her nurses said she acted like a much older baby.

The hardest day of her hospitalization came five days after she was born, when

I was discharged. It felt unnatural coming home without her. Intellectually I knew she was where she needed to be, but my heart ached to have her with me. Our house was filled with beautiful congratulatory flowers, but without Addison, my mind associated the scent with a funeral. I tried to overcome it, but by the second day I had to give the flowers away. It was just too hard.

We were also blessed to live five minutes from the hospital, allowing us to go four to five times a day and only missing a couple of feedings. Our visits started at 4 a.m. and ended at 10 p.m. Since I would need time off after she came home, I worked in between the hospital visits as best I could.

In early August, we got the news we had been waiting for – Addison was ready to come home! At just shy of 5 pounds, she was eating from a bottle and maintaining her body temperature – the two requirements for an otherwise healthy preemie to be discharged. We were thrilled.

FLASH FORWARD

A year later, I am happy to report Addison is a happy, healthy baby girl who weighed 18 pounds on her first birthday. It's been 12 months of milestones and memories as we soaked in her accomplishments, from rolling over to crawling and seeing the tippy-top of her first tooth.

For me, it has been a journey of healing. I felt guilty for what I interpreted as my body failing her. In the hospital I would look at her in the Isolette and feel misery because I had caused her to enter this world fighting so hard. I am not sure that wound will ever completely heal, but seeing her infectious smile lets me know she is okay.

The instinct that stopped me cold that day in June has served me well in motherhood. Having the experience play out the way it did taught me to listen to my instinct more, especially when it comes to Addison. There are times when guidance from doctors, family and friends has been off, but my instinct was spot on.

The lesson I learned is that intuition is a gentle guide, not a crystal ball that predicts exactly what and when. It provides you the comfort of a sense of what's ahead. And, the more you listen, the more it can lead the way.



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the Help

shows Junior Leagues of the past, but does not reflect those of today



By Annie McQuaid, *the Link*

It's only fitting that in a year themed around legacies, the movie "The Help" shows just how powerful a legacy can be.

The movie, based on Kathryn Stockett's wildly popular best-selling book, tells the story of Skeeter, Aibileen and Minny – three very different women who build an unlikely friendship by sharing their stories in a secret writing project that breaks societal rules.

Set in Jackson, Miss., at the height of the civil rights movement, Skeeter, a young white woman, struggles between what she has been raised to believe and what she knows is right. She fights to bring attention to the true stories of the black women, "the help," who have all but raised the young women who now dictate the social norms.

The film's main villain is Hilly Holbrook, the fictional President of the Junior League of Jackson (JLJ). Hilly rules the League like a bully on the playground, scaring the rest of the members into following her lead of making life miserable for the black members of their community. Hilly clearly takes enjoyment from this place of social power, only because her own life is so miserable. The women of JLJ are generally depicted as weak-minded and ignorant, quietly reinforcing racial segregation by following Hilly's orders.

More than 50 years later, like the communities it serves,

the Junior League has made significant and substantial changes that offer up a stark contrast to the organization depicted in the film.

"How fortunate we are to experience a Junior League different from the one portrayed," says Marie Duncan, an Active member of the Junior League of Raleigh. "In fact, one of the only similarities JLR shares with JLJ is that we represent a powerful voice in our community. Like Skeeter and the maids of Jackson proved, it only takes a few strong voices to affect change."

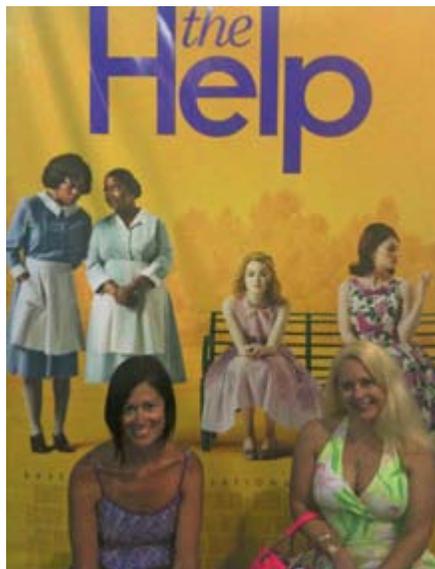
Active League member Katie Walker said she hopes those who see the film know that today's Junior League is nothing like the one from the movie.

"The 2011 Junior League of Raleigh is not all white gloves, pearls and bake sales as it was in the 1963 Junior League of Jackson!" she said. "While our goal and purpose is similar, we've evolved in how we provide service to the community and conduct our meetings."

It is important to note that the movie's protagonist and leader for change, Skeeter, also is an integral member of JLJ. Through her actions, a movement for change begins to take place.

For JLR members and staff, the movie shows how far Leagues have come in social change and serves as a reminder that remaining open-minded to change is necessary for success.

That was the case for Tania McLeod, JLR's administrative director, who was the first African-American to be employed by the



JLR President Lisa Marie Ferrell and Shannon Tucker, President of the Junior League of Durham and Orange County, at a special preview this summer of the movie "The Help."

League in 1999. She thought the depiction of the League was pretty accurate for the time period and location. But she also sees how much things have changed.

"I recognize the great strides of Junior Leagues in the south and, particularly, our League, have made since the end of Jim Crow laws," she said. "The League afforded me the growth (and learning curve!) to become its senior staff member in 2007, something I imagine was inconceivable even 30 years ago."

Since then, the JLR has hired two other African-American staff members and voted in an African-American president.

"I've also watched the League grow from having one minority person in a Provisional class to having almost 20 in a class," she said. "This kind of benchmark is key to the League's success and the major role the League continues to play in our community."

Junior League of Raleigh President Lisa Marie Ferrell, the antithesis of the mean-spirited Hilly, watched "The Help" at a sneak preview with other League members over the summer. Her thoughts on the representation of the Junior League come from a place of awareness of League member's impact on societal views both past and present.

"True to their legacy, today's League members are at the forefront tackling society's biggest concerns—addressing and acting as advocates on an array of critical issues including juvenile justice, teen self-esteem, hunger, literacy and many others—for the purpose of enhancing the social, cultural and political fabric of our civil society," she said.

Despite the somewhat sinister portrayal of the fictional Junior League of Jackson, "The Help" is a deeply moving movie, filled with humor and hope, and at its core remains a timeless story of our ability to create change. Lovers of the novel will be enthralled with the interpretation of these extraordinary characters in the silver screen rendition.

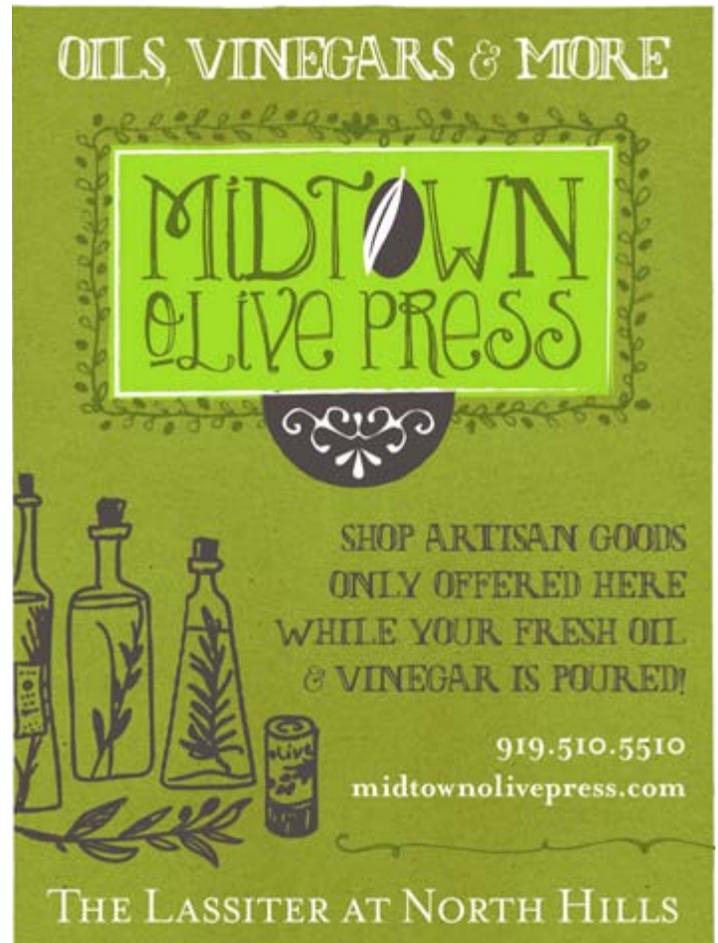
Chorus Performances

Want to hear the Junior League of Raleigh Chorus perform during the upcoming holiday season? Here's where you'll find them around Raleigh.

November 30, December 7, 14 and 21: Retirement homes around Raleigh. Check the *eLink* for times and locations.

12:30 p.m., Monday, December 12: Presbyterian Women's Luncheon, White Memorial Presbyterian Church.

4 p.m. - 6 p.m., Tuesday, December 13: Sustainer Holiday Social at the home of Julia Daniels, 3319 White Oak Rd.



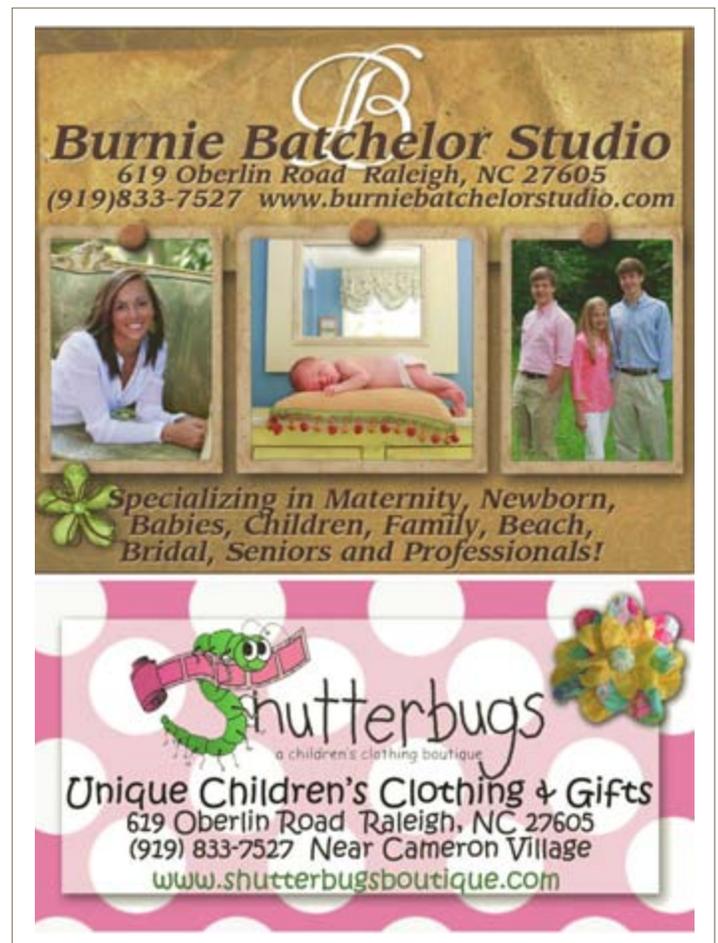
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JLR website gets a facelift

By Natalie Schoeny, JLR Web Coordinator

If you've been on the website of the Junior League of Raleigh lately, you've likely seen some amazing differences.

The Web Team spent months earlier this year working to launch a new operating platform for the League's site. The League's member database has been integrated with the League's website, email and e-commerce, which will allow the staff at the Center for Community Leadership to work more efficiently and effectively. Now they're better able to keep track of League requirements, keep member information current and send targeted emails.

Stay tuned. League members will see more obvious improvements throughout

the year. The Web Team will create true online forms for all JLR forms available on the website. This means community agencies can apply for League assistance more easily, and the League can offer on-line applications for the Provisional classes starting with the 2012-2013 League year.

The Web Team also will review every team's material and web presence as well as update and create pages to more accurately reflect the League. You can help by reviewing your team's page or pages and providing feedback and updates. Please send all information to eLink@jlraleigh.org.

The new site is more versatile and

much easier to manipulate than the old one. This will provide a much-needed boost to keeping the League's online presence current.

Also expect to see more of the League on social media sites, such as Facebook and Twitter. The Web Team is developing a League-wide social media marketing plan to create a uniform and effective social media policy. They also will develop a training program to help Councils, teams and members represent JLR on their social media outlets.



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LET THE NOMINATING TEAM KNOW – HERE'S HOW!

- * If you're an Active member interested in holding leadership positions in the League, then complete the Willingness to Serve form found on the JLR website.
- * If someone you know has leadership potential, then fill out the Member Recommendation form.

Both forms are located in the Member Area of www.jlraleigh.org. Just click, complete and send yours in by November 11 – it's that simple!

Questions? Contact Catherine Rideout (therideouts@nc.rr.com).

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EYES THAT SEE: A PROFILE OF SUSTAINER TAMMY WINGO

By Alisa Smith, *the Link*



Sustainer Tammy Wingo in front of the camera for a change.

Tammy Wingo's legacy with the Junior League of Raleigh is likely something that will be seen by members for years to come.

For years, Tammy has lent the League her eyes and art by capturing important League moments with her camera. She has taken endless photos for the League, including capturing images for events and fundraisers such as the "You're Invited Back" cookbook, Showcase of Kitchens and The Boys and Girls Club festivals.

"I do not say 'No' because I just want to help," she said.

Tammy joined the League in 2004 because she "always wanted to help," as well as practice the gift of noticing others behind the lens.

Tammy wasn't always a photographer, although growing up she always recalls having a camera in her hand. Even though she had a love of photography and art, in college she switched her major from art to business thinking, "How am I going to pay the bills with art?" After graduating from East Carolina University, Tammy

took a job with GlaxoSmithKline resolving medical disputes.

Years later, when Tammy turned 30 and her twin boys, Jack and Ben, began kindergarten, she decided it was time to take a chance on a new career. "I was tired of being afraid," she said. "Becoming 30 was an opportunity to reflect on where I was and where I had been. Reflection takes tremendous courage as we are forced to face our fears."

That introspection was the powerful impetus for Tammy to take a small step and begin taking pictures, only part-time at first.

Now the mother of 17-year-olds, Tammy has given 12 years of herself through her photography. She describes having a "God-given love to take pictures" and wishes she started in professional photography 10 years earlier.

Back in college she feared she could not compete with others artistically. "We are too hard on ourselves and unduly critical," Tammy said. "We zero-in on our weaknesses and once we do that it becomes hard to love the moment in which we are living."

Like a true League volunteer, Tammy uses her gift to help others. Recently, she was called to work with teenagers. "Teens often feel lost and parents struggle to connect well with them," she said. She organized a photography club at a local high school so students could find encouragement and an outlet for artistic energy.

Two years ago, Tammy decided to become a Sustainer. But the League hasn't seen the last of her efforts.

Laura Munster, Sustainer Co-captain says Sustainers are often just "hitting their groove" in life. This is a true for Tammy, whose next dream is to create a coffee table book for the League to showcase all the images she has taken over the years.

"It is a great opportunity to tell the community what the Junior League of Raleigh does and to use it as a marketing tool," Tammy says.

Tammy's photography is a legacy in itself, reminding us to stop and notice the small things in life and then be moved enough to act on our passions.

New League Sustainers

On behalf of the Junior League of Raleigh and the entire community, we thank our new Sustainers for their many years of service. We look forward to their continued involvement and support of the League.

Beth Alley	Jessica McIntyre
Carrie Barbee	Alicia Morris
Susan Bowers	Anonda Nepa
Carolina Carr	Gretchen Piechottka
Elisabeth Church	Gena Poulos
Julie Garrison	Heather Rogers
Anna Griffin	Alicia Smith
Jennifer Hamrick	Lisa Southern
Wendie Hill	Cady Thomas
Gentry Hoffman	Melanie Threatt
Lesley Hubbard	Ronica VanGelder
Kris Jackson	Kim Von Weihe
Candice Johnston	Carol Wagoner
Katie Lyon	Anita Walton
Kelly Mann	Maria Wood
Amy Marshburn	

Upcoming Sustainer Events

TOUR DOWNTOWN RALEIGH ON A SEGWAY

12:30 p.m. on Tuesday, October 25

Take a tour of downtown with fellow Sustainers through Triangle Glides, the only authorized Segway tour operator in the Triangle. Join us for a sightseeing adventure of Raleigh's historic neighborhoods and landmarks! Meet at 321 Blount St. in downtown Raleigh. The tour lasts 1 1/2 hours. Cost is \$40 per person. RSVP to 919-390-1060 or RSVP@jlraleigh.org by October 14. Space is limited. For more information go to www.triangleglides.com.

ENJOY A DAY AT THE MOVIES

Wednesday, November 16

North Hills Regal Cinema 14 daytime movie time will be announced closer to the event.

LUNCH AT NORTH HILLS CLUB

11:30 a.m., Thursday, January 19

Join your Sustainer friends for fabulous food and friendship. RSVP to 919-390-1060 or RSVP@jlraleigh.org. Payment will be made to North Hills Club.

COOKING DEMONSTRATION AND LUNCH AT 18 SEABOARD

11 a.m., Tuesday, February 7

Chef Jason Smith, owner of restaurants Cantina 18 and 18 Seaboard, will teach Sustainers how to make some of his delicious dishes. RSVP by January 27 to 919-390-1060 or RSVP@jlraleigh.org. Cost is \$20 per person, due at time of RSVP.

EXPLORE YOUR ARTISTIC SIDE AT BISQUE ART

10 a.m., Wednesday, February 22

Meet fellow Sustainers for an afternoon of ceramic creations. Bisque Art provides everything you need to create unique dishware, personalized gifts or one-of-a-kind home accessories. Payment will be made to Bisque Art, located in Peachtree Market on Six Forks Road in Raleigh. For more information, go to www.bisqueart.com. RSVP to 919-390-1060 or RSVP@jlraleigh.org.

TEAM QUICK IMPACT WANTS TO PARTNER WITH SUSTAINERS

Lots of community friends ask our League to help with short, one-time projects. Team Quick Impact is a group of League volunteers dedicated to performing these short-term projects. If you are interested in working with Team Quick Impact, contact Tricia Ellen at triciaellen@earthlink.net or Pam Gontram at thegontrams@nc.rr.com.

Junior League of Raleigh Sustainer Holiday Social

Come celebrate the holidays at the home of Julia Daniels. Join us from 4 p.m. - 6 p.m., Thursday, December 13, at 3319 White Oak Road.

Don't miss this JLR Sustainer tradition. Look for your invitation in the mail. Please bring an unwrapped toy to be part of our "Sustainer Santa" program.

RSVP by calling 919-390-1060 or RSVP@jlraleigh.org.

Call Tammy Haywood at 919-787-8463 or Anne Goldman at 919-571-3311 with questions.



Laura Munster, left, and Peyton Hatfield, Sustainer Co-captains

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