

the *Link*

A PUBLICATION OF THE JUNIOR LEAGUE OF RALEIGH | MARCH 2012



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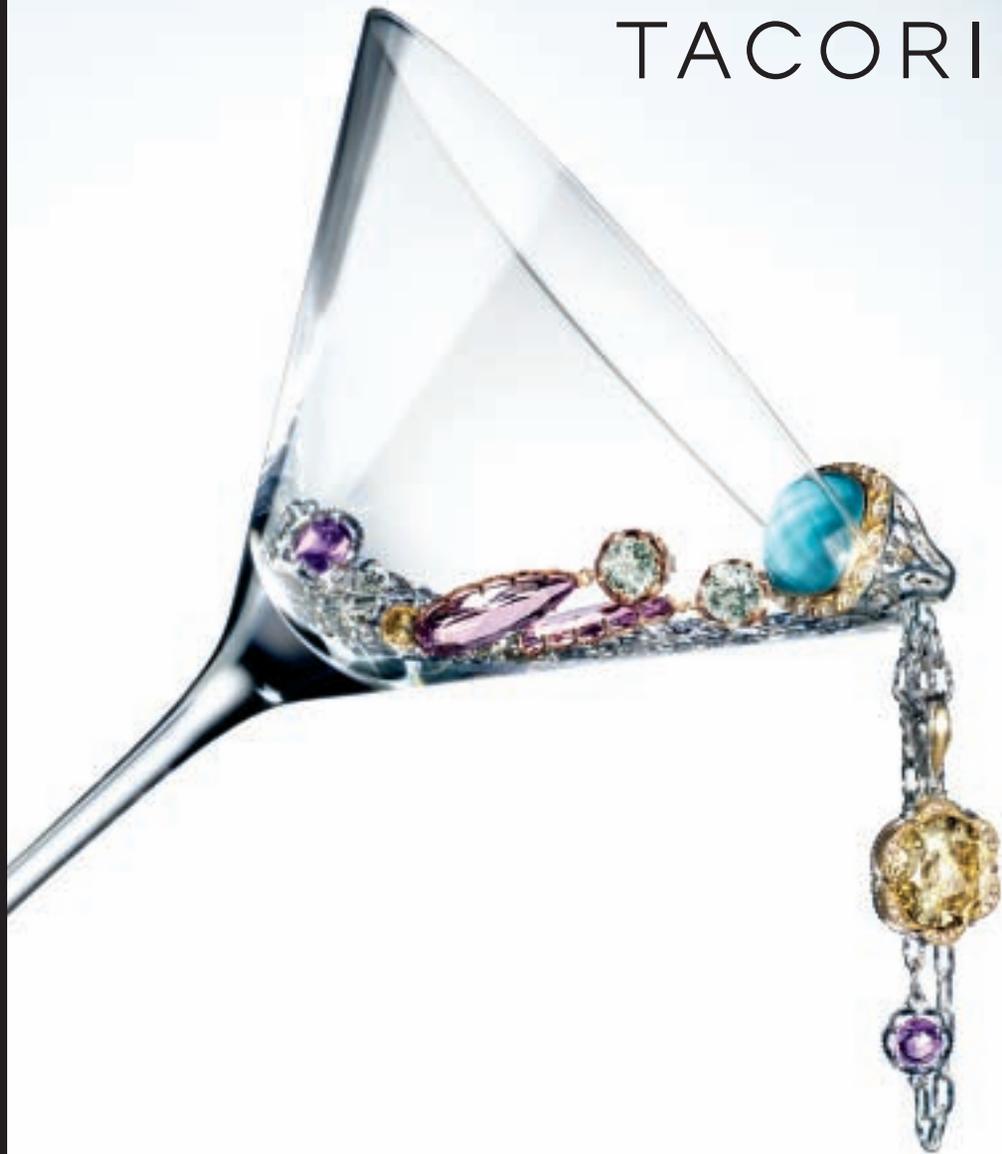
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COVER PHOTO: How are you leaving your legacy with the League this year? The spring edition of *the Link* is full of stories about League members who are touching others through their volunteer work, including Helping Horse's Susan Deihl, on the cover in pink. Susan's legacy might be found on the smiles and laughter from program participants, such as Gigi Bierlein, on the horse, who bond with the volunteers. Photo by Julie Moore, *the Link*.



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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

Finding happiness "in the doing"

"The prize is in the doing as opposed to the attaining."

One of my favorite quotes comes from Gretchen Craft Rubin's book "The Happiness Project." The book analyzes happiness from a multitude of angles and explores different situations where Gretchen describes herself as happy. As the book details, one day as Gretchen is going through the routine of taking her daughter to school via a New York City bus ride, it struck her that she was not enjoying these daily occurrences, but instead treating them as obstacles on her way to get to enjoyment. She thought forward to what that future enjoyment may look like—perhaps the day when she did not have to take her daughter to school? No, that could not be it—that would be sad. Then it struck her, these routine tasks should be her enjoyment because, as you look back, "the days are long, but the years fly by."

That statement has so much application. From your college days, to working towards that big promotion at work, to getting through tough phases with your kids—we often find ourselves saying, "I'll be glad when..." and "I wish that..." We are putting our happiness off to some future day when we are done with the "work" of getting there. The grander message Gretchen makes in her book is that the waiting, the working and the doing of life ARE exactly what you are waiting and working for.

The prize is in the *doing* as opposed to the *attaining*.

As you read this issue of *the Link*, you'll enjoy story after story of women who strive to make their lives and their community better. Stories about people like Gloria Johnson, whose vision and hard work lead to the creation of the Mayview Learning Center. And Kyla Block, who has served as a mentor with the League's Aventura Children's Mentoring program for two years running. There are others as well, including Harriet Stephenson, an 11-year volunteer with the StepUP Ministry. While all of these women have shaped their personal legacies in different ways, the common denominator is the act of doing for others. And, in that doing, they found happiness.

So, the next time you are on your way to a League function—whether it's for your placement or volunteering at a community agency or attending a membership meeting—perhaps after a long day, thinking "I'll be glad when . . .," just remember life and your legacy is in "the doing" and you'll look back wondering how those long days went so quickly by.

All the best,

A handwritten signature in blue ink, which appears to be "Lisa Marie Ferrell". The signature is fluid and cursive, with a long horizontal stroke at the end.

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HEATHER BEIZA
Community Vice President
Community



TAMMY WINGO PHOTOGRAPHY

Community Council continues to give back

By Heather Beiza, Community Vice President

As the League year starts to wind down, I think of the quote: "Those who can, do. Those who can do more, volunteer." It has been my privilege to serve as the Community Vice President this year. I think of all the great Community placement team leaders who have accepted the "Launching your Legacy" challenge from President Lisa Marie Ferrell. The Community teams have had a busy year.

Our newest Community placement, Backpack Buddies, hit the ground running. Jennifer Straw Olson and Keri Eddins have left legacies with the creation of the Back-a-Buddy Program, which allowed the team to increase the number of children they serve at Lacy Elementary School.

Nina Argiry has been leaving her legacy with the Kids on the Block team for the past three years. During those years, the team has increased performances, including adding several new schools this year that wanted to share this educational program with their students. Team members also received a \$2,000 grant from Target that allowed them to purchase new puppets.

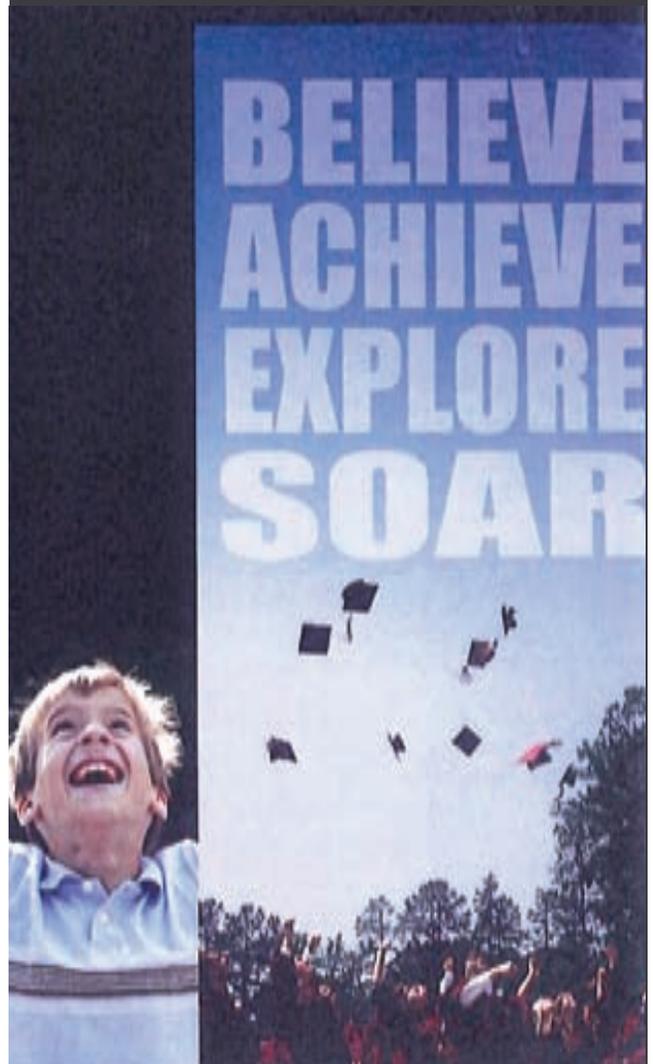
With the help of the Provisionals, the Brentwood Boys & Girls Club had its annual Thanksgiving celebration. The focus was on both giving thanks to those around us and instilling healthier eating habits. Team AWCM held a holiday party to help recognize the children and their families, as well as all the other volunteers that make the program a success. And the League continued its support of SAFEchild's Angel Tree and helped more than 90 families have a wonderful Christmas.

Each League member who has been a part of a Community placement has left their legacy on each child they came in contact with over the years. I hope that our presence in the community continues to increase in the years to come and our legacy continues to thrive.

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LORI EDWARDS

Funding Vice President

Funding



TAMMY WINGO PHOTOGRAPHY

Investing in the League and the community

By Lori Edwards, Funding Vice President

Years ago, a co-worker and I made an "If you do it, I'll do it" pact to join the Junior League of Raleigh's Provisional class. Nine years later, I've gained more training experiences through this organization than I could have ever had otherwise—event planning, efficient team management, diplomatic and servant leadership, fundraising practices—a range of skills that only JLR could provide. That is why supporting the League through its fundraising efforts is so important to me. I want to make sure this legacy of leadership and training continues well into the future.

We raise funds annually through a variety of fundraisers to cover costs that dues do not. Your financial support of each of our fundraisers is greatly appreciated and hugely important to the success and lasting legacy of this League. Our events and sales fundraisers, such as A Shopping SPREE!, "You're Invited Back" and the Bargain Box, have great visibility among our members. However, members don't always understand the impact their gifts to the Annual Fund and the Capital Campaign can have.

Giving to the Annual Fund supports our team budgets. Community teams are able to work with promising youth, while training teams can offer opportunities to learn new skills. These funds make sure our organization has clean, ample meeting space as often as needed. Investing in the Annual Fund is an investment in today's JLR and the impact we have on this community as driven leaders and trained volunteers each day. I hope you'll consider investing in us annually!

The Capital Campaign ensures that our legacy of leadership and volunteer training will continue for many years to come. It supports our ability to offer the amazing Center for Community Leadership to the community at an affordable rental rate. Supporting the Capital Campaign gives you the opportunity to leave your legacy as a permanent mark on the League.

It's my hope that every member will remain engaged in the League, take each opportunity offered, give to our mission with your financial resources and, in doing so, launch your legacy!

JOIN A COMMUNITY AGENCY BOARD!

The Junior League of Raleigh helps link our outstanding volunteers to community agencies seeking board members. The Nominating Team is seeking interested League members to fill community board member requests. If you are interested in serving on a community board, submit the Community Board Questionnaire found in the Member Area of the JLR website.

QUESTIONS?

Contact Christy Knight at cknight2332@aol.com.

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WHITNEY VON HAAM
Training Vice President



TAMMY WINGO PHOTOGRAPHY

Training

Training Council touches so much of the League

By Whitney von Haam, Training Vice President

Although you might not realize it as a member, the work of the Training Council permeates everything we do in the League. Hopefully you have been to our General Membership Meetings and small group meetings this year. Thanks to the ladies on Team Arrangements, captained by Paula Kukulinski and Paige Treichler, for making these events run as smoothly as they do.

If you went to the November GMM and enjoyed the break-out training sessions or took part in the cooking demonstration at 18 Seaboard, you have appreciated the work of the Training team, led by Mitzi Downing. Or maybe you have attended or hosted an event after hours at the Center for Community

Leadership and seen a member sitting at the front desk. That is our CCL Task Force team. They help support our rental activities when outside groups are in the building, and their team has brought in more than \$20,000 in revenue at press time. We couldn't do it without the leadership of Ashley Parker and Christina Coffey.

Have you noticed how beautiful the outside of CCL looks? This is great work from the CCL Grounds Crew, whose biggest cheerleader is Captain Lizzie Graybill. And Holy moley, that's a lot of Provisionals standing up at the GMMs! That's because our Membership Development Committee is sponsoring a fall and spring course this year, which has

increased the number of Provisionals by 50 percent. Selene Brent, Sandy Bridger and Blair Coppedge were the Co-captains who helped blaze this trail.

You may not have noticed the work of the Leadership Support Team's Capital Leadership Initiative yet, but the leadership skills they are honing through this year's program will be felt by our League for years to come. Thank you to Co-captains Lisa Qualls and Colby Hall.

I am so lucky to be part of this council. I admit that at one time I was one among legions of members wondering what our Training Council teams did. Now I find myself wondering, "What DON'T they do?" What a fantastic legacy of training!



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LESLIE RAND-PICKETT

Communications & Strategies Vice President



TAMMY WINGO PHOTOGRAPHY

Communications & Strategies

Responding to a dynamic League

By Leslie Rand-Pickett, Communications & Strategies Vice President

Being responsive is a goal of mine, and a good word to sum up the legacy of our League. For more than 80 years, we have responded to the needs of our community by training women to be leaders. We strike the balance of providing in-depth solutions, like the establishment of SAFEchild and the Capital Leadership Initiative, along with "just-in-time" resources such as Quick Impact and mini-trainings at General Membership Meetings. Our communications strategy mirrors this as we strive to meet the needs of a dynamic group of women.

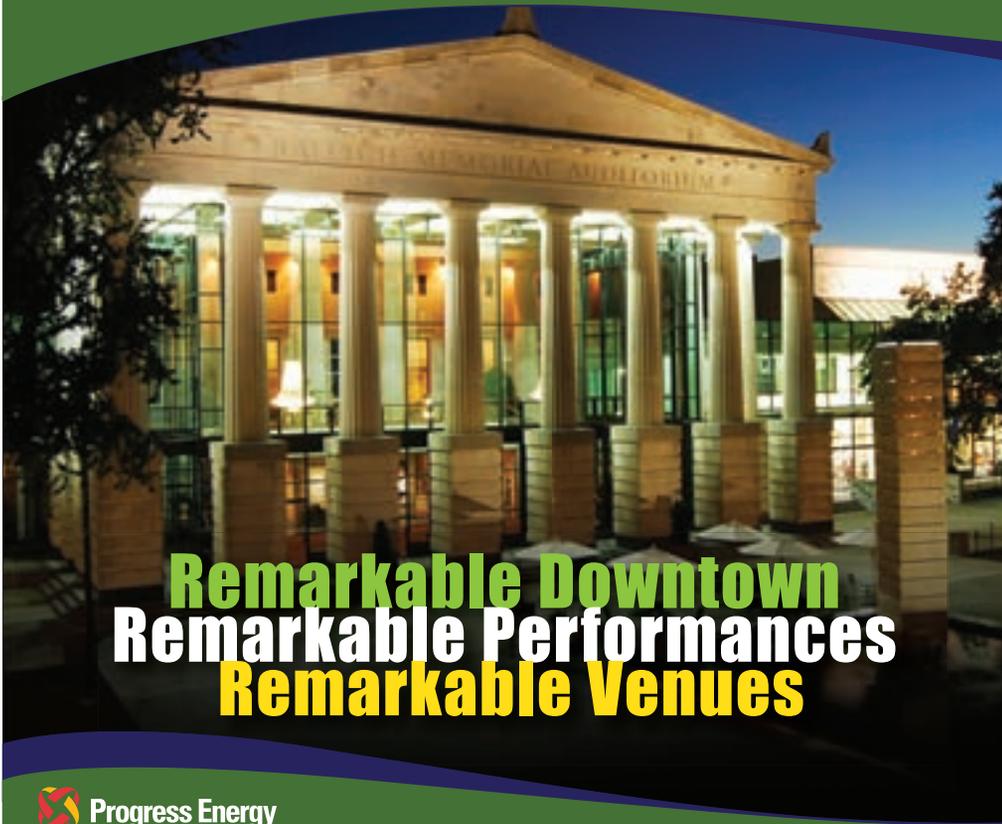
The Link has provided comprehensive coverage of the stories of our membership, community and programs, while the eLink, Facebook pages, YouTube channel and Twitter feed help us to provide quick, timely updates.

Our Web team and Headquarters staff worked hard this year upgrading our website and member management database to a more modern interface. We appreciate your patience as we have gradually updated items on the site, and we hope you have enjoyed the new functionality, such as obligation tracking and email reminders for event signups.

In addition, the eLink is now being sent via our member database, which allows us to reach a wider audience of members. It amazes me every week just how much is going on with our League and our Center for Community Leadership. The website upgrade has been a mammoth task, and I encourage you to share your thanks with Tania McLeod and Natalie Schoeny, who have led the staff and Web team each step of the way.

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Evolving trends of our membership

By Julie Ploscyca, Membership Vice President

What better theme could there be for the Membership Council this year than "Launching Your Legacy?" The JLR could not make the significant impact that it does in the community without every one of you. All of your hard work and dedication is appreciated, and does not go unnoticed.

This year, the council has been working hard to reach out to members to see how we can be of service and make members' time with the League as rewarding as possible. One way we are gathering information for future leaders is through the membership survey (see the survey results on the following page). Thank you to the more than 300 Active members who provided feedback to us; this will be used to further enhance your League experience in future years.

The Membership Development Committee assistants Crystal Smith and Heather Wingfield have been working closely with the Provisionals and gaining important feedback on the two-class structure to see what is working well and what improvements can be made for the members of the 2012-2013 classes.

Other fresh faces around the JLR include our Transfers who have come to join us from other Leagues. Did you

know that our furthest Transfer this year so far has come all the way from San Francisco?

One of the most visible teams to our members is Taking Care of Members. This year Kelly Shoaff and her team have sent thoughtful words of encouragement and congratulations to many members.

Bethany Perkins, Member-at-Large, has also been busy planning fun events for JLR members around town, including Girls Night Out, Trunk or Treat and the Raleigh Christmas Parade event.

Team Arrangements assistants Amanda Karam and Marie Duncan have been busy planning the 2012-2013 retreats and meetings. Can you believe that while we enjoy this year they are already focused on next year? The Placement team, headed up by Julie Whitlock and Alison Terwilliger, have worked hard to ensure all members have meaningful placements within the League that not only benefit our partnering agencies but the member as well.

Lastly let us not forget the Sustainers, our largest class of membership! Laura Munster and Peyton Hatfield have kept Sustainers informed of all League events as well as offering unique social events around the Triangle.

be in the know:

Visit www.jlraleigh.org for the latest Junior League happenings!

Membership Survey

"We are true champions of the community and I think we make significant impact on the lives of near or at-risk children and women in Wake County. I am proud to be associated with Girls on the Run, SAFEChild, Helping Horse, etc. by my participation in the League. A lot of heart goes into everything the League does and it shows. I also like how the League takes care of and supports its members. Events like Trunk or Treat are a real treat to bring my family to so they get to experience the League too." ~Active member comment

Thank you to the 319 Active members who responded to the League's Membership Survey. What an overwhelming response! Here are some of the top statistics from the survey as well as a few comments about the League.

- How old are League members? 39 percent are between the ages of 30-34. More than 50 percent are between ages 30-40.
- The League works! About 87 percent of Active members work outside the home.
- League members have lots of children to care for at home. Nearly 44 percent of Active members have kids.
- About 70 percent of members are married.
- Small group meetings are the favorite! Nearly 43 percent like them best. Another 35 percent prefer General Membership Meetings, and 21 percent like a combination of the two.
- A little more than half the members feel connected to the JLR, but overwhelmingly, most members (87 percent) feel supported by captains/leadership.
- What's the Annual Fund? Well, 47 percent of members responding didn't know or were confused about the Annual Fund's purpose. (Please see page 23 to read all about what Annual Fund does.)
- What kind of training sessions do members want? Ones that are fun, according to 47 percent of survey responders. Another 32 percent want leadership development.

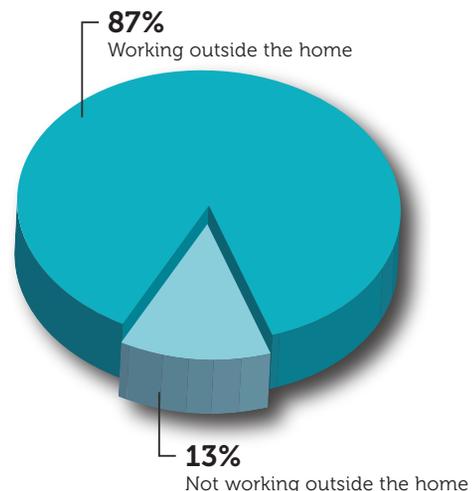
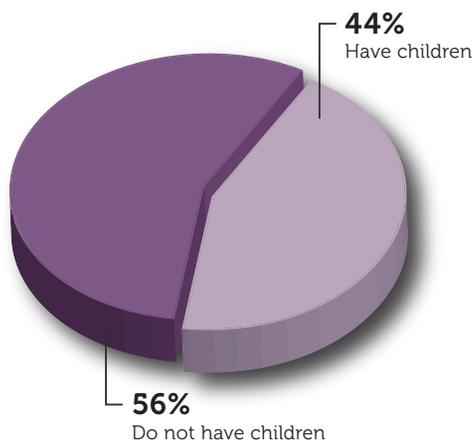
- How do you want your information? More than half of members say they want it via email. About 25 percent say they want email funneled through their team captain.
- The League loves the new website. More than 95 percent of responders gave it their stamp of approval.

WHAT RESPONDERS LOVE ABOUT THE LEAGUE

- Involvement in the community, community placements and placement variety.
- Events such as A Shopping SPREE!, Inaugural Ball and even Provisional projects.
- Socializing, networking and making friends.
- Communication, including many positive comments about the *eLink*, and the length of meetings.

WHAT THE LEAGUE CAN DO BETTER

- Member retention, engagement and sensitivity.
- Making community a priority again, including more in League and events.
- Promotion and marketing of the JLR and all we do to the community.
- Limit requests for funds, especially in this economy.



THE COUNTDOWN TO THE 2013

Inaugural Ball

“It is truly a testament of what a group of trained volunteers can accomplish,” says Virginia Yopp, League Past President and Sustaining Chair of the Inaugural Ball.

By Sandra Johnson, *the Link*

Calling all event planners and organizers: The Junior League of Raleigh Inaugural Ball army is forming.

For the 20th time since 1933, the League in January will host the state’s next Inaugural Ball, one of the largest events of its kind in the state, and the only inaugural ball in the country to be hosted by a Junior League.

“One of our main goals for the ball is to honor North Carolina’s elected governor and council of state,” said Liza Roney, a Co-chair of the 2013 Inaugural Ball. “Another is to raise money to support community and statewide programs and projects of the League that benefit the citizens of North Carolina and give our membership of trained volunteers an opportunity to apply their talents and skills.”

The event is no idle undertaking. Typically, the ball draws about 5,000 guests. And more than 400 League volunteers, led by an Inaugural Ball committee of about 90 League members (both Active and Sustainer), will likely put in more than 21,000 volunteer hours to make the event happen.

For Inaugural Ball organizers, it is “game on” months before the event scheduled for January 2013.

“It is truly a testament of what a group of trained volunteers can accomplish,” said Virginia Yopp, League Past President and

Sustaining Chair of the Inaugural Ball.

It’s such a busy time, Inaugural Ball committee members are asked not to travel from the beginning of November through the ball, Liza said.

As intimidating as the numbers above may read, this is an event that offers great opportunity for League members, and huge potential for fun and fellowship. Fifteen subcommittees tackle all the details to bring such an event to fruition, giving members the chance to devote their talents, be they creative, organizational or just hard working.

Inaugural Ball leaders are looking for members who can help with decorations, ticketing, invitations, public relations and marketing. The placement is also a great place to learn new skills, including budgeting, fundraising, government relations and event planning.

The ball also is a significant fundraiser for both the League and the state.

While celebrating the inauguration of North Carolina’s first female governor, Bev Perdue, in 2009, the ball raised more than \$500,000, about \$300,000 more than the previous ball for Gov. Mike Easley in 2005. Traditionally, inaugural balls for new governors bring in more revenue than re-elected governors, Virginia said.

She said the money raised at the upcoming ball will be used to support community and statewide programs. In

fact, SAFEchild was established in 1992 by the League with financial support from funds raised through the Inaugural Ball. “The ball is our largest fundraiser and has supported many notable causes and organizations throughout the state for many years,” she said.

Expect to see more about the Inaugural Ball, especially in social media, in the coming year. In planning for the 2013 ball, committee chairs say they hope to use Facebook and Twitter, as well as television, to help spread the word about the event.



Gov. Bev Perdue, in red, waves to the crowd at the 2009 Inaugural Ball, which was hosted by the Junior League of Raleigh. League members are already working on plans for the next Inaugural Ball in January.

a quick *— and personal —* impact

By Leah Catherine Daniel, *the Link*

When Vee Vee Vick, a six-year veteran on the Quick Impact team, signed up to volunteer for WRAL's "Coats for the Children" campaign, she was thrilled to fulfill four hours of her 30-hour requirement.

When she arrived at her placement, she was astounded by the mounds of coats all around her. In Wake County alone, those mountains of little coats have many final destinations; the Salvation Army estimates that close to 8,500 children need holiday assistance each year.

Her own impact on the day was swift. Vee Vee quickly commandeered a section of the room and began sorting through warm winter clothing for children.

"I realized that it wasn't just about the hours I was receiving [for JLR credit], but about helping others in need," she said. "I couldn't believe how many people were without coats and clothing."

The solidarity of volunteers in the community—Girl Scouts, Boy Scouts, church groups, Junior League of Raleigh members and co-workers—was both encouraging and exhilarating for Vee Vee.

The Quick Impact team embodies the spirit of the League. It is an important vehicle for the delivery of short, one-time projects. The team serves in-league placements, community placements and other Wake County nonprofits.

League leaders say Vee Vee was crucial in the program's outreach and success.

"Vee Vee was one of our most dedicated team members last year, completing the most hours out of the 30 women on the team," said Leslie Rand-Pickett, the team's 2010-2011 Co-captain. "I always appreciated her quick responses and positive attitude. She seemed to truly enjoy the work of Quick Impact."

Vee Vee has been in the League for nine years, serving on *the Link* and Quick Impact. In addition to her League volunteer work, she is a trading assistant at Capital Investment Companies. She enjoys spending time with her husband Chris, 2-and-a-half-year-old daughter, Reese, and their black lab, Buddy Dog.

"The beautiful thing about Quick Impact is the huge variety of volunteer opportunities and flexibility for those who lead a busy life," Vee Vee said. "I have come to love Quick Impact, not only for the opportunity to meet other women in the League, but for the wonderful opportunity to help others in our large community."

Is Quick Impact the placement for you next year? For more information, contact Tricia Ellen at triciaellen@earthlink.net or Pam Gontram at thegontrams@nc.rr.com.



Quick Impact team member Vee Vee Vick helps prepare books for Project Enlightenment's Annual Children's Book Drive. The League helps the agency collect and distribute books to schools, childcare centers, hospitals and agencies serving families who may not have access to books at home.

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Inaugural SPREE!

Young Entrepreneur Program “personalizes” success



Mary Ivey Montgomery Stewart, the first winner of A Shopping SPREE!'s Young Entrepreneur Program, had a booth at SPREE! where she personalized products that customers bought on site.

By Talisa Hite, *the Link*

The Junior League of Raleigh's A Shopping SPREE! is looking for young entrepreneurs to be a part of a new League program to help promote entrepreneurship.

SPREE!'s Young Entrepreneur Program is already off to a successful start. Created last year by the League's SPREE! team, the program is designed to help high school or college-aged women in Wake County who have an interest in business and have demonstrated entrepreneurial initiative. Each year, a winner will be given a free booth to sell her wares at SPREE! She'll also be asked to donate a percentage of her profits from her sales during the show to a community agency the League serves.

This year's winner couldn't have better represented what the program, and the League, is all about. If you were at SPREE!, you may have seen Mary Ivey Montgomery Stewart, a junior at Salem College in Winston-Salem. Three years ago, Mary Ivey, 20, launched her business MIMSical Designs. MIMSical Designs offers personalized items, turning ordinary things into unique gifts. Mary Ivey hand decorates, monograms and embellishes items for customers. During SPREE!, she showcased her business by personalizing items for SPREE! customers while they shopped.

With a small booth sandwiched between show veterans, Mary Ivey took orders for items and had them ready within an hour, giving customers an easy, personal, fun buying experience and a little easier time management.

She ended up earning \$1,200 and gave 10 percent to the Brentwood Boys & Girls Club.

For Mary Ivey, SPREE! was an energizing experience for which she is grateful.

"I was able to learn the ins and outs of SPREE! and all the hard work that goes into every tiny detail," she said. "I was able to meet so many people and make some great connections."

Mary Ivey has an impressive resume. An art history major, she is a Gramley Leadership and Service Scholar and currently serves as her class vice president. She is the founder and president of Salem's Stop Child Trafficking Now Club and also serves as an Honor Guide and Campus Alumnae Ambassador.

She has interned at the Reynolda House Gardens, St. Phillips Complex in Winston-Salem and ArtSource in Raleigh.

Born in Guam, Mary Ivey studied at St. David's School before attending Salem College.

League member Jamie Martin, serving as the President's assistant, came up with the idea for the program and was instrumental in helping turn the idea into reality, said Mary Paige Phillips, Co-captain of SPREE!

"The SPREE! Young Entrepreneur Program is a creative new way for the League to give back to the community," Mary Paige said. "It allows us to meet many of the League's goals, including developing the potential of young women, promoting volunteerism and improving the community by training young women to realize the many ways they can financially contribute to the improvement of the community in which they live."

Applicants for next year's program will be required to submit an application form, a complete resume of activities, community service, and work experience, a high school or college transcript, completed essays and a business plan for their SPREE! booth. The program will be promoted through local schools and the JLR membership. The application is on the JLR website and is due in June.



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AVENTWEST CHILDREN'S MENTORING IS A HIDDEN GEM

By Jacqueline Brown, *the Link*

Ask Active JLR member Kyla Block why she chose to donate her time to AventWest Children's Mentoring for the past two years (and plans to sign on for a third), and you'll get a pretty simple answer: It's the kids.

"The kids are amazing," she said.

AWCM is an after-school tutoring program for at-risk students who live in the AventWest community near North Carolina State University and is sponsored by the AventWest Community Development Corporation. The Junior League of Raleigh provides enrichment activities for the elementary students twice a month.

"I am passionate about this work because we truly are making a difference in the children's lives," Kyla said. "Many of these children are referred by their teachers and you can see the benefit they receive from the programs."

Thirteen volunteers from JLR meet twice a month at AWCM to provide fun and educational enrichment activities for students. JLR's creative team has led to several exciting projects for AWCM.

Activities have included a Healthy Scavenger Hunt, which allowed students to search for healthy food and items, investigate teamwork and increase social learning skills. In addition, team members have developed arts, crafts and music activities that build on the student's school curriculum.

"Team AWCM has the opportunity to work directly with children and lead activities which bring a fun twist to learning," said AWCM Co-captain Anita Blomme Pinther. "It is a truly rewarding experience, and I enjoy seeing the way each volunteer uses their own personal style and talents to help plan activities focused on reading, writing, arts and active learning."

JLR members work in teams of two to plan activities and provide healthy snacks for AWCM program participants.

"The AWCM program gives the children a chance to learn in a safe after school environment," said AWCM Co-captain Meredith Barbour. "As we complete our evening enrichment activities with the AWCM children and see the confidence it creates in each child, you can't help but smile."

League volunteers and Provisionals recently hosted the AWCM Winter Celebration. The event included a dinner hosted by Pro-

visional members as well as games and activities. A big holiday surprise for the families included special celebrity reading sessions featuring NC State football players.

"The JLR enrichment activities provide opportunities that we cannot provide and that most of our students would not otherwise enjoy," said Susan Bell, Director of AventWest Children's Mentoring. "The students eagerly anticipate the activities and are always excited to see the 'ladies from the League.'"

Currently, JLR volunteers are planning a book drive this spring. Members are working with a local bookstore, and all books purchased will go to AWCM. In addition to collecting the books, volunteers will read the books with AWCM participants and develop fun activities to take the stories to the next level in learning. The children will also be able to take the books home and share them with their families.

"Being out in the community and helping children is what it is all about for me," Kyla said. "It is a great feeling working with the team to plan a program that you know the children will attend, learn from, and have a great time doing it at the same time!"



Active members Katie Honeycutt and Stacey Shaughnessy, teach children about the Chinese New Year and help them create their own dragon art.

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Fall Provisionals worked together on a Thanksgiving dinner for the children at the Brentwood Boys & Girls Club, one of several Provisional projects the dual classes tackled this year.

Provisional class marks a year of change

By Cecily Steele, *the Link*

If it seems there are a lot more Provisionals around the Junior League of Raleigh these days, you're right. The League's Provisional class is bigger—and better—than ever, thanks to a new class structure and curriculum.

Last year, after researching provisional requirements of other Leagues, the Board, following input from the Membership Development Committee and Team Bright Ideas, implemented a "dual-class system."

And according to League leaders and Provisionals, so far, so good.

For one, the League is able to cut back on the lengthy wait lists of years past.

"The Junior League of Raleigh has typically carried an extensive wait list every year with ladies who were interested in participating in JLR but were not able to become part of the class because we limited it to just 125," said Sandy Bridger, MDC Co-captain.

Indeed, this year the League's Provisional class increased almost 60 percent, from the standard 125 Provisionals to 199.

Provisionals now participate in an intense four-month session rather than the traditional nine-month session. At each meeting, they're getting a crash course in how to be a good leader, as well as learning the ins and outs of the League and its history.

"We concentrated on the new curriculum for the Provisionals because the training they are receiving is very specialized," Sandy said. "There is a break-out session at every meeting. They're learning how to run a meeting and communicate effectively, things that will definitely help them both in their professional lives and in the League."

A social time hosted by rotating color groups is held before the start of each Provisional meeting, which allows the ladies a chance to network and socialize with

other members of the Provisional class.

Although the two classes are broken into a fall and spring session, all Provisionals are considered to be members of the same class and will be converted to Active status at the May General Membership Meeting.

Another plus is the League's ability to better serve the Triangle. This year, having two Provisional classes more than doubled community projects from four to nine.

"Having two classes has directly increased our impact on the community by serving placements that had not been on the receiving end of the talents and energy of the Provisionals in years past," Sandy said.

This year's Provisional class reached out to community partners including Aventura Children's Mentoring, StepUP, Backpack Buddies, Brentwood Boys & Girls Club and SAFEchild.

The fall Provisionals were expected to volunteer for A Shopping SPREE! shift, and the spring Provisionals will take a shift at the Bargain Box's "Drop and Shop" sale.

The positive feedback received from both League members as well as Provisionals makes it sound like two Provisional classes a year might be here to stay.

"I really enjoyed the abbreviated Provisional year," said Lauren Schlafer, a fall Provisional. "It was nice to have the meetings completed in a shorter amount of time, and I don't think it was too demanding at all. It was also nice to have the meetings so close together because you could remember the names and faces of the other girls. I've really enjoyed the experience so far."

Having a shorter—albeit more intensive—schedule allowed both the Provisionals and MDC members better planning and more opportunities.

Both fall and spring session Provi-

sionals are able to participate in any JLR activities and events that are available to them, regardless of the time of year. The fall Provisionals will meet for monthly socials in the spring, much like the spring session did in the fall.

"I have really enjoyed my Provisional year and have already started making some great friendships that I hope to last a lifetime," said fall Provisional Vanessa Edwards. "The meetings were all very informative, and I thought the condensed format was perfect. I know our gold group will defi-



Fall Provisionals set up the League's Trunk or Treat Halloween event, which included a visit a from the Carolina Hurricanes mascot, Stormy.

nately continue to get together for our monthly socials."

And expect to see plenty of future leaders in the class.

"We have some really well-trained women who will hit the ground running," Sandy said.

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Junior League of Raleigh volunteers provided a whopping 2,262 meals during the 2011 fall semester to children at Lacy Elementary School through the Backpack Buddies program.

This new placement targets children who may not be getting enough to eat at home on weekends and during school breaks.

We need your help to make this ongoing program a success!

JLR members can help in the following ways:

- Donate healthy, kid-friendly, non-perishable food items.
- Volunteer to fill backpacks.
- Donate money to assist in the purchase of food items in backpacks.
- Join JLR members each week at Lacy Elementary for backpack deliveries.

Spread the word about this great cause! The Backpack Buddies program is funded solely through grants and donations from the community. Thanks to donations from JLR members, Empire Eats and GlaxoSmithKline, this team will serve 30 children for the 2011-2012 school year and at least 40 children for the 2012-2013 school year. To learn more about the program and how you can get involved, email Backpack Buddies Co-captains Keri Eddins at keddins@nc.rr.com or Jennifer Straw Olson at jenniferstrawolson@gmail.com.



StepUP Ministry volunteer and League member Harriet Stephenson has volunteered with children at StepUP for 11 years.

Stepping up to volunteer: Harriet Stephenson

By Laura Parker, *the Link*

Junior League of Raleigh member Harriet Stephenson can't imagine spending her Tuesday nights anywhere else than at StepUP Ministry.

For the past 11 years, Harriet has faithfully volunteered there.

When she initially picked StepUP as her placement, she didn't know much about it. But StepUP fit well into her schedule and was in a convenient location for her.

She had no idea that she would continue volunteering there for more than a decade.

"She's the epitome of what you look for in a volunteer," says Colisha Wheeler, one of the staff members at StepUP.

Junior League of Raleigh volunteers at StepUP work with the Children's Program, and many of the children have been through much life transition, often with little stability.

During her years there, Harriet has developed strong and enduring relationships with the kids in the program. She's gone beyond her League commitment and volunteered beyond her placement requirements. She has even attended a participating child's after-school game.

Harriet doesn't know how she will ever leave the program.

"It has been 11 years, and I just cannot leave it," she said. "I get as much out of the program as I could ever hope to give back."

On a Tuesday night at StepUP, she might be listening to the kids while they participate in a

"Teen Talk" discussion, helping with homework or bringing in her professional talents by teaching CPR to the kids.

As the director of nursing education at WakeMed Health & Hospitals, Harriet is able to be a valuable volunteer and also to step into the guest speaker role.

The StepUP program works, Harriet says. The staff members believe in it, the volunteers believe in it and those who complete the program believe in it.

The year-long program is a lot of work for participants. Families must apply to be accepted, they must commit to being at the program and meeting various requirements, and they must be dedicated and diligent to complete the program.

After completing the program, parents and children are celebrated by a graduation ceremony, including caps and gowns and "Pomp and Circumstance," often with tears of joy.

Colisha says StepUP Ministry is "breaking the cycle" for kids. Once a child has been through the life skills program, they do not expect those kids to be the ones coming through the program as adults; they leave prepared for a better future.

"It's believing in what you do that makes every moment fulfilling," Harriet said. "I believe StepUP is making a difference in the lives of children in our community and for that I am humbled to be even the smallest part."

"I get as much out of the program as I could ever hope to give back," says StepUP volunteer Harriet Stephenson.

How far does your Annual Fund contribution go?

By Annie McQuaid, *the Link*

You might be amazed at how far your gift to the Annual Fund goes.

Donate \$80, and it will help 10 kids be a part of a mentoring program, with dinner included, at AventWest Children's Mentoring.

Give \$100, and you just bought all the ribbons for the annual horse show at Helping Horse.

Contribute \$200, and that will pay for a new Kids on the Block script.

The Junior League of Raleigh's Annual Fund is a crucial financial component to the League's contribution to the community. And never before has your donation been more important.

"How cool would it be if part of your League legacy was to supply all of the ribbons for the annual horse show or to provide homework supplies for children at Brentwood Boys & Girls Club?" said Kim Keith, Annual Fund Campaign Captain. "Making a gift to the Annual Fund strengthens your legacy both in the League and in the community."

"Making a gift to the Annual Fund strengthens your legacy both in the League and in the community," says Kim Keith, Annual Fund Captain.

Why is your donation to the Annual Fund needed now more than ever? After losing one of the League's more successful fundraisers, Showcase of Kitchens, the Annual Fund must now bring in \$42,000, more than double the amount from last year, in order to keep meeting the many needs of the League's teams.

"Anyone who has had the opportunity to work in a community placement can probably share at least one story about a child or family who was positively impacted by the work of the Junior League," Kim said. "This impact would not have been possible without the funds raised by the Annual Fund. If League members believe in the work we are doing in the community, then they should participate by making a gift to the Annual Fund."

"The League's Annual Fund is vital to our continued success as a community partner," says Lori Edwards, the League's Funding VP says. "Unfortunately, annual member dues at this time are unable to cover the entire operational costs of the League. We count on the Annual Fund to bridge the gap and increase our impact."

Making a gift to the Annual Fund in memory of someone is a great way to honor a loved one, and it can easily be done online. Members can make a gift online through the League's website. At the member area of the website, go to "Support Us" at the top of the page. Choose "Donate," and in the drop down box, choose "2011-2012 Annual Fund Donation."

"Donations to the Annual Fund enable the League to continue to serve the community and support general operations," said League President Lisa Marie Ferrell.



Annual Fund Captain Kim Keith.

How does your gift to the Annual Fund help our community?

- \$25 allows a young girl in Heritage Park to participate in the life-changing experience of Girl Scouts.
- \$25 pays for homework supplies that will help a child at the Brentwood Boys & Girls Club to complete homework.
- \$50 gives a Girls on the Run team the curriculum that will help build confidence and self-esteem at a critical age.



Members of Chorus perform at their holiday social. Spring performances will begin mid-April.

THE HEART OF HELPING HORSE

By Leah Catherine Daniel, *the Link*

Three of the Bierlein siblings—Kathy, Lance and Gigi of Cary—have been participants in the Helping Horse program for more than 17 years.

Their mother, Ellen, praises the program as an amazing success for her three of her four children, each with different developmental needs.

"Kathy, Lance and Gigi all have different disabilities and levels of functioning, but they have all been included together, and allowed to make significant progress at their own pace," Ellen said.

Located in North Raleigh, Helping Horse is one of the Junior League of Raleigh's community placements. League volunteers work as horse leaders and side aides with program participants. Fifteen volunteers give roughly six hours a month to the program, now in its eighth year.

The program's mission is to help those with disabilities enjoy the thrill, satisfaction and challenge of riding horseback.

The benefits of the program are endless. Physically, participants improve their endurance, balance and strength. Emotionally, riders bond with their horses, make friends with volunteers and gain self-confidence and discipline.

Becoming a devotee of Helping Horse was an easy sell for Ellen and her children. In 1993, she was given information about the program by a teacher at East Cary Middle School. She visited in December and her children started riding that next February. They have been regular participants ever since.

Many other families share Ellen's enthusiasm for the program. Most participants began as children but are on average now more than 20 years old.

Gigi, 30, was born with brain damage and dislocated hips. She has spent more than half her life participating in Helping Horse, and her world has improved in every way. The bonds of her disabilities melt away upon mounting a horse. She is stronger, in body, mind and spirit.

And of course she has a favorite horse: Chief. She is known to constantly chat and interact with Chief while riding. So much so that Ellen's son without disabilities, Patrick, jokes that riding Chief exercises her speech skills at Helping Horse.

"She talks more to Chief than with any human there," said Patrick, 35. Patrick, although not disabled, participates in the program his own way, by supporting his three siblings.

Others at Helping Horse say Gigi is much more social than her brother thinks.



Gigi, 30, has been riding horses at Helping Horse for nearly half her life.

JULIE MOORE, THE LINK

"Any volunteer who is interested in her becomes a new friend," Ellen said.

Gigi herself serves as an inspiration for volunteers.

"I am constantly reminded of how brave all of the riders are just to get on such a big animal, so it is very important to me for Gigi to feel that she has accomplished something important by being there and participating," says League member Susan Deihl, who began working with Gigi in the fall.

Susan finds the volunteer experience fulfilling. "While Gigi's disabilities are significant enough that she can be difficult to understand, she definitely expresses her joy in riding through her smiles, laughter and happy words," she explains.

Hallie Miller, the Helping Horse Captain, said inspiring participants are a big part of what makes Helping Horse such a special placement for League members.

"Helping Horse is a truly phenomenal program," she said. "I encourage any JLR member who loves interacting with others and an opportunity to be outdoors to sign up and fully participate in the placement. It is a most rewarding experience."



JULIE MOORE, THE LINK

Active member and volunteer Susan Deihl with one of the Helping Horse horses.

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Training Opportunities **ABOUND** for members

By Cecily Steele, *the Link*

Didn't sign up for a training class this year with the Junior League of Raleigh? No worries. The League has been training you all year long.

How? Whether it's your Provisional year or your fifth Active year, you're getting training simply by being a part of the Junior League experience.

League training offered through the League comes in two categories: formal and experiential, said League Training Vice President Whitney von Haam.

Formal training is generally the easiest to spot. Opportunities such as the Capital Leadership Initiative provide women in our community with formal leadership training that can be used at work, volunteer opportunities and home.

Another example is through the training provided to Provisionals. With the restructuring of the Provisional program this year, the League's Membership Development Committee took the opportunity to re-evaluate the methods of training that Provisionals received.

"MDC wanted to make sure that all Provisionals received the necessary training to be productive members of the League," MDC Co-captain Sandy Bridger said. "MDC worked hard to increase the training opportunities open to the Provisionals and MDC."

This year, the Training team has conducted mini-workshops during Provisional meetings, embracing topics such as diversity, parliamentary procedure, project management and effective leadership.

Informal, experiential training is the kind that a person receives from serving in their placement. Whitney says this kind of training is often "the most forgotten in the League."

Experiential training provides a different skill set than what someone might gain in a formal setting and often comes through new and unexpected experiences. The best part is that there really is no limit to the experiential training offered and received through the League.

"Whether you are learning the nuts and bolts of marketing and public relations by being a part of the Bargain Box or Cookbook teams, event planning through Boys & Girls Club or MDC or accounting through A Shopping SPREE!, you take away skills that are not only helpful in other aspects of your life, but [that] are 'sell-able,'" Whitney said.



Fall Provisionals learn about the history of Raleigh during one of their training meetings.

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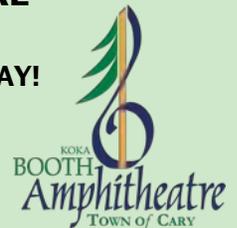


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a legacy unhindered: flo winston

By Alisa Smith, *the Link*



League Sustainer and Past President Flo Winston with her husband Charles at home in the kitchen.

For decades, the Junior League of Raleigh has known Flo Winston as one of its most outstanding members.

Now she and her husband Charles are known as two of Raleigh's most outstanding citizens.

Last fall, Flo and Charles were inducted into the Raleigh Hall of Fame, one of the city's highest honors recognizing a lifetime of dedication to community and service.

While the award recognized the couple's civic contribution to financial, health and educational institutions and their philanthropy supporting educational and health organizations as well as their church, Christ Church, the Winstons also were recognized for their entrepreneurial spirit as co-founders of The Angus Barn, Darryl's and Winston Hotels.

"Congratulations are in order for Junior League of Raleigh Sustaining member and Past President Flo Winston (and her husband Charles) on their induction to the Raleigh Hall of Fame," said League President Lisa Marie Ferrell. "The League appreciates Flo and her willingness to serve the Wake County community."

Flo's service to the League alone is outstanding. She became an Active member in 1962, and over the next decade she took on a number of leadership roles, including Treasurer (1966-1967), President (1971-1972) and Inaugural Ball chair (1972-1973).

She says her most meaningful contribution to the League was her determination to make the 'work' fun. She tried to inject humor and fun into the organization so that women would be refreshed, encouraged and able to enjoy

servicing others. She feels strongly that she did not give as much as she received from the League.

"The League's greatest strength is its numbers," Flo said. "There is nothing the League cannot do if it so desired."

Her motivation is as simple as the golden rule. "The more you do for others, the better you are and the more happy," she says.

Just as Flo has helped shape what our League is today, she and her husband were pioneers of shaping the city's palette. In 1958, when dining out in Raleigh meant barbecue or spaghetti and meatballs, the Winstons teamed up with another North Carolina legend, Thad Eure, to found The Angus Barn. "The Barn," as it's affectionately called by thousands of loyal diners, is internationally acclaimed and a landmark dining institution in North Carolina.

But as founding The Angus Barn could be an opus in one's life, "The Barn" marked a beginning of a long, highly successful legacy in the hospitality industry. The Winstons went on to co-found Darryl's Restaurants and Winston Hotels. They also were franchisees of Pizza Inn.

Born Florence Barclay in Cranbury, N.J., Flo graduated from Sweet Briar College. She and Charles met on a blind date after college. They've been married 54 years and have three grown children, Marion, Charles and Bob, and seven grandchildren, who all live in Raleigh.

The Winstons' recent induction to the hall of fame was but another step in their journey as a couple. "My husband and I do everything together," Flo said. "That is just how we do it."

Community leader **Gloria Johnson** honored by YWca

By Alisa Smith, *the Link*



Sustainer Gloria Johnson is the 25th League member to win the YWCA Academy of Women award.

For Junior League of Raleigh Sustainer Gloria Johnson, having a 'heart for the community' has been a cornerstone of her life. And the legacy she leaves behind is long-reaching and deeply sown into our community.

A graduate in social work and religion from Meredith College and Duke University's Divinity School, Gloria donated her time to help those in the Mayview Housing Community by founding the Mayview Learning Center. Gloria is still entrenched in the operations of the center, which is now sponsored by White Memorial Presbyterian Church where Gloria is the associate pastor for Community.

The Mayview Housing Community is part of the 149-acre Oberlin

Community, a historic African-American neighborhood founded by freedmen in the 1860s between Cameron Village and Hayes-Barton. The Mayview Learning Center provides after-school nurturing and tutoring and also is a "safe place" for community gatherings.

Another rich part of Gloria's contribution to the community is the Hope Center for Worship and Education in the Raleigh Correctional Center for Women. The center gives women opportunities for growth through worship services and educational programs, such as GED instruction and computer classes.

The YWCA Academy of Women recognized Gloria for her years of community outreach in November by inducting her into the

membership group in the health and human services category. The League's Nominating Team submitted Gloria for the membership in the group, which is one of the region's oldest and most prestigious programs honoring outstanding women.

"Gloria was a natural choice for our team to nominate for the YWCA Academy of Women because of her many contributions to the community, specifically in the area of social justice," said Nominating Captain Catherine Rideout. "As an inductee to this year's Academy of Women, Gloria is the latest in a very long list of amazing League members who have received this honor."

As the 25th JLR member to receive this award, Gloria encouraged League members to work where they are called, to use whatever resources are at their disposal and to have an open mind.

"When you work together, regardless of political or philosophical differences, and just give a little, a lot can happen," she said. "People who give in a quiet way; they do not seek praise or thanks, just unassumingly, step after step make a difference in the community."

League President Lisa Marie Ferrell said the League is proud of Gloria and all she has done for the community. "We are so thankful for her amazing leadership, dedication and love for serving the community."

junior league of raleigh
sustainer holiday social



Sustainers Mary Moss, Laura Bingham and Carol Yochem were among those who gathered in December at the annual Sustainer Holiday Party.



Sustainers Rose Finley and Sara May at the Sustainer Holiday Party.



Sustainer Margaret Steed samples some food from Arrangements member Katie Darden during the Sustainer Holiday Party.

upcoming sustainer events

Mark your calendars for the upcoming Junior League of Raleigh Sustainer events!

Here's a schedule of what's happening:

March 14: Lunch at North Hills Club, noon.

April 17: Movie night at North Hills. Movie and time will be announced closer to the event.

April 24: Annual Sustainer Luncheon at the Governor's Mansion, 11:30 a.m. - 1 p.m., \$38 per person.

May 3: Segway tour of Historic Oakwood, 12:30 p.m., \$50 per person.

To reserve space at any of the events, please email rsvp@jlraleigh.org or call 919-390-1060.



JLR Past President Julia Daniels, who hosted the Sustainer Holiday Party at her home, with League President Lisa Marie Ferrell.



Coastal Carolina Crab Cakes

1 pound lump crab meat, cleaned
 8 saltine crackers, crushed
 1 egg
 1 tablespoon mayonnaise
 1 teaspoon spicy mustard
 1 teaspoon dried parsley
 ½ teaspoon Worcestershire sauce
 1 teaspoon crushed red pepper
 Old Bay seasoning to taste
 ½ teaspoon salt
 Black pepper to taste
 1 cup all-purpose flour
 ½ cup (1 stick) butter

Combine the crab meat with the cracker crumbs, egg, mayonnaise, mustard, parsley, Worcestershire sauce, red pepper, Old Bay seasoning, salt and pepper in a medium bowl. Mix well.

Shape into six cakes. Coat with flour. Melt the butter in a sauté pan over medium high heat. Add the crab cakes and cook for 4 minutes on each side or until golden brown. Serves 6.

Time to welcome the fresh, warm days of blooming bulbs, porch suppers and outdoor expeditions.

The Link staff recently had an expedition of its own: to find a great springtime menu from the Junior League of Raleigh's cookbook "You're Invited Back" that was tasty, quick and felt like spring. Hands down, we picked a delicious crab cake with a slaw that was the best we've ever tasted. Enjoy!

Mediterranean Cole Slaw

¼ cup extra-virgin olive oil	¾ to 1 teaspoon salt
3 tablespoons apple cider vinegar	½ to 1 teaspoon finely ground pepper
2 tablespoons water	16 ounces coleslaw mix
½ to 1 garlic clove, minced	2 or 3 green onions, chopped
½ teaspoon oregano	6 ounces feta cheese, crumbled.

Combine the olive oil, vinegar, water, garlic, oregano, salt and pepper in a small bowl and mix well. Combine the cabbage and green onions in a large bowl. Add the dressing mixture and cheese, toss to coat evenly. Chill covered for 30 minutes or longer. Serves 8 to 12.

Meet the 2012-2013 Board

The Junior League of Raleigh's Nominating Team in January named the slate of officers for 2012-2013. Here they are, from the left on the top: Meredith Keyes, Treasurer; Whitney von Haam, President-elect; Brooke Schmidt, Funding Vice President; Selene Brent, Membership Vice President; and Tricia Ellen, Secretary. From the bottom left: Samantha Hatem, Communications & Strategies Vice President; Lindsay Beth Gunter, Nominating Captain; Pat Wilkins, President; and Kathryn West, Community Vice President. Not pictured: Jennifer Gottsegen, Training Vice President; Linda Brown Douglas, Sustainer Advisor; and Virginia Parker, Sustainer Advisor.



Fashion Forward

FASHION EVENT

SAVE THE DATE
Sunday, March 25

JLR and Belk join together for the first Fashion Forward Fashion Event! If you loved The Container Store event, you don't want to miss this:

- Professional fashion show
- Music
- Catered food and drinks
- Gift bags
- Belk Gift Certificates
- Red Carpet Give Away
- Diamond Raffle

Look for your invitation in the mail!



Tickets and information: www.jlraleigh.org

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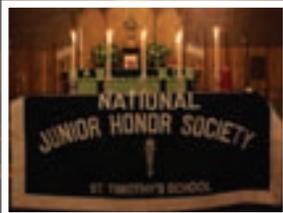
Sunday, April 22, 2012

SPRING SPRINT

5K and 1 Mile Run/Walk

Saturday, April 21, 2012

*Presented by: Rotary Club of the Capital City
Benefiting WakeMed Foundation & the Styres Scholarship Fund*



Check our website for upcoming events! www.sttimothys.org

Limited Openings! For more information, please call (919) 781-0531
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