

• the Link •

NOVEMBER 2009

A PUBLICATION OF THE JUNIOR LEAGUE OF RALEIGH

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1930-2010

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THANKS FOR MAKING 2009 A BIG SUCCESS!

jl
JUNIOR LEAGUE
OF RALEIGH

*Issues,
Concerns
or Ideas*

Christina Coffey, your 2009-2010
Member At Large, is here for you!

clcoffey21@hotmail.com
or (919) 522-9915



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Our mission

*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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MELISSA ROSS MATTON
President

President's Message

During this holiday season, I have three requests for all our members, who make such a difference in our community.

This is a season to give thanks to all our Junior League of Raleigh volunteers for all we accomplished together in our community in 2009. A recent study by the National Conference on Citizenship concludes 72 percent of Americans have cut back on volunteering and participating in groups and other civic activities as the economy has worsened. The Junior League of Raleigh, however, remains at 100 percent commitment. Our 1,800 members continue to give generously of their time and talents to help our friends and neighbors. We raise funds, we give countless hours each week, and we support those who need a hand—particularly in challenging times. Whether you serve at Heritage Park or SAFEchild or help stock the Bargain Box with our wonderful donations, you make a difference. Perhaps you don't think anyone notices, but together we make a tremendous difference—a difference to the child who has someone who helps them learn to read, keep them safe and find a coat to keep warm. Be thankful we have made such a difference together—and thank your fellow Junior League volunteers for all we do together!

As a member of the Junior League of Raleigh, you have built the infrastructure for many local nonprofits. In the 1960s and 1970s, League members created kindergartens in low-income neighborhoods and founded schools like Learning Together where children of all abilities learn and grow together. Since the early 1930s, we helped children get medical care from our first Mother Baby clinics to Wake Teen, which provides healthcare, both physical and mental, to young people in Wake County. We have made—and continue to make—our community a great place for children through our work at Boys and Girls Club, AventWest Community Mentoring (AWCM) and Helping Horse. Now we are working toward creating the Center for Community Leadership in our new home at 711 Hillsborough Street so we can continue to build on these traditions in Wake County. Take time during this season of giving to reflect on what we have accomplished together—and the important role each of you has personally had in those successes.

During this holiday season, take time to cherish the most important people in your life. Spend time with your family. Take a moment to enjoy the holiday cards you receive and reflect on the friendships they represent. Reconnect with your friends. Remember that as much as you give to the League and to your community, you also need to take some time to give to yourself the same attention you give to your League placement. Make yourself a priority. Give your family a little extra attention to thank them for the support they give you.

In this joyous season, please accept my thanks for all you do.

Have a wonderful holiday season!

Melissa R Matton



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	Committee (MDC)
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SECOND YEAR NOMINATING

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Jennifer Straw Olsen
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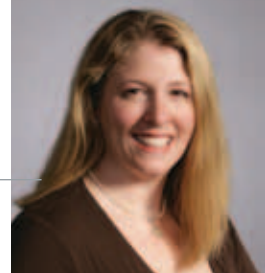
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Nominating

WHITNEY VON HAAM

Nominating Captain



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IMPORTANT REMINDERS

- 🌟 **November 15**
Deadline for Willingness to Serve and Member Recommendation forms.
- 🌟 **December 15**
Deadline for Board/elected position applications.
- 🌟 The Nominating Team keeps all information about individuals involved in the process confidential.
- 🌟 Contact Nominating Captain Whitney von Haam at: Whitney@ncbar.org if you have questions about the nominating process.

2009-2010 NOMINATING TEAM

- 🌟 Selené Brent
- 🌟 Keri Eddins
- 🌟 Jennifer Straw Olson
- 🌟 Leslie Rand-Pickett
- 🌟 Ashley Huffstetler Campbell
- 🌟 Andrea Fox
- 🌟 Emily Funderburk
- 🌟 Liza Roney
- 🌟 Whitney von Haam

Complete your Willingness to Serve and Member Recommendation Forms Today

Learn more about League opportunities through online position descriptions

By Leslie Rand-Pickett, Nominating Team

Determine which leadership role is right for you.

There is a new online resource for Junior League of Raleigh (JLR) members that can provide clarity regarding the duties and expectations for Vice President and Team Captain roles. Log in to the member area of the Junior League of Raleigh Web site, www.jlraleigh.org, to find position descriptions for leadership roles. Vice President's and Captains from previous years were surveyed to get an accurate picture of the requirements and realities of each role. Use this as your guide when completing your Willingness to Serve and Member Recommendation forms.

Willingness to Serve form due on November 15.

Be sure to submit your form today. You may indicate your interests to the Nominating Team by returning the form located in this issue of *the Link*, or by downloading the digital version located on the JLR Web site.

Once you've completed your own Willingness to Serve form, you may want to recognize fellow League members through the Member Recommendation form. If a fellow team member or your team Captain has impressed you with their abilities, be sure to let the Nominating team know. The Member Recommendation form is also available on the JLR Web site. Both Willingness to Serve and Member Recommendation forms are due on November 15.

Don't forget the new step in the nominating process for 2010

This year, members who submit Willingness to Serve forms for JLR Board and elected positions, and those recommended for Board roles, will be asked to complete an application to provide further information about their interest and fit for the position. This information provides additional guidance to the Nominating Team to ensure that the most qualified individual is selected based on the needs of the League each year. The process is simple: once a JLR member submits their form or is nominated for a Board role, Nominating Captain Whitney von Haam will e-mail an application to the member. Applications for Board and elected positions are due on December 15.

What happens next?

Once all Willingness to Serve, Member Recommendation and Board/Elected position applications are submitted, the Nominating Team will use this information to determine the best match for each role depending on the League's needs. Candidates for President-elect are interviewed by the Nominating Team, due to the large commitment and importance of this position. Slated positions and candidates for elected positions are announced to the membership in February.



Developing the potential of women . . .

Willingness to Serve Form

This form will be used to help the Nominating Team, President and President-elect fill leadership positions for 2010-2011. Please complete and return to the attention of Nominating Captain Whitney von Haam by November 15, 2009. Feel free to attach a separate sheet.

Name: _____

E-mail: _____

Home phone: _____

Mobile phone: _____

When was your first Active year (i.e. 2003, etc.)? _____

1. Please list every placement you've had (including other Leagues) in chronological order, with the most recent experiences first.

Year _____

Placement _____

Leadership position? If so, provide detail. _____

2. Please indicate your interest in the positions listed below by checking the corresponding box. If you are interested in a slated or elected position, the Nominating Team will contact you in late November to complete an additional application. You will also be contacted if someone recommends you for any of these positions. The Nominating Team slates the Board and candidates for Nominating and Member At Large. The President and President-elect select Team Captains with input from the Nominating Team.

3. Please tell us a little about yourself. You may also attach a resume.

A. Briefly describe your educational and work experiences that you believe are relevant to the positions you are interested in.

B. What organizations have you supported outside of the Junior League? Please also list any leadership positions held.

C. Have you attended any JLR training sessions (including JLR Leadership Forums, Board Trainings, ODIs, Area Conferences, AJLI Conferences, etc.)?



Slated Positions Board of Directors

Board of Directors	
President-elect*	
Community VP	
Training VP	
Funding & Development VP	
Membership VP	
Communications & Strategies VP	
Secretary	
Treasurer-elect*	
*Serves on 2011-2012 Board	
Elected Positions	
Member At Large	
Nominating (3-4 Years Active)	
Nominating (5+ Years Active)	
Other Interests	
AJLI Position	
Community Board	

Leadership Positions

Community Council

AventWest Children's Mentoring	
Boys and Girls Club	
Chorus	
Community Connect	
Community Funding	
Girls on the Run	
Heritage Park	
Helping Horse	
Kids on the Block	
Quick Impact	
SAFEchild	
StepUp Ministry	

Communications & Strategies Council

Bright Ideas	
Government Relations & Public Affairs	
Project Guide	
Public Relations	
the Link	
Web Coordinator	

Funding & Development Council

Annual Fund	
A Shopping SPREE!	
Bargain Box	
Cookbook	
Showcase of Kitchens	

Membership Council

Placement	
Sustainer Captain	
Taking Care of Members (TCOM)	
Transfer	

Training Council

Arrangements	
Center for Community Leadership	
Leadership Support	
MDC	
Training	

Thank you for your interest and for letting the Nominating Team know what you want to do in the League! Please return completed forms no later than November 15, 2009 to: Whitney von Haam, Nominating Captain

Junior League of Raleigh, 4020 Barrett Drive, Suite 104, Raleigh, NC 27609 or whitney@ncbar.org.

Are there other people you would like to recommend for positions?

Please send any recommendations to whitney@ncbar.org.



Member Recommendation Form

Please use this form to recommend Active JLR members for leadership positions. In addition to providing a member's name, we suggest you either list a few adjectives to describe some of her strengths and skills, or share an experience that depicts her leadership ability.

Members recommended for JLR Board positions (President-elect, Vice President, Secretary, Treasurer) or elected positions (Nominating Team, Member At Large) will be asked to complete an application to gain further details of their interest and qualifications.

Information on this form is confidential. We ask for your name and telephone number in case we need additional information from you about a member.

Your name: _____ Phone number: _____

Your 2009-2010 placement: _____

Recommendations for Board or elected positions: _____

Recommendations for team captain or other leadership positions: _____

Please return this form in a sealed envelope to: Junior League of Raleigh

Attn: Nominating Captain 🌿 4020 Barrett Dr. 🌿 Suite 104 🌿 Raleigh, NC 27609

Thank you for taking the time to recognize other League members!
If you have any questions about the JLR leadership process, please contact
Nominating Captain, Whitney von Haam at whitney@ncbar.org.

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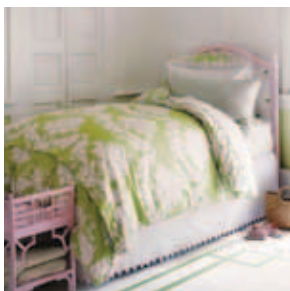
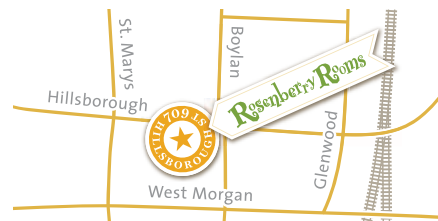
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Shout Outs!

Thanks to **Courtney Bolen, Gay Bray, Amy Davis, Samantha Hatem, Brooke McDaniel** and **Monica Piques** for all of their hard work planning the JLR Community Funding Expo in September.

Team Cookbook would like to thank **Samantha Saxenmeyer** for willingly and enthusiastically stepping up to lead the marketing committee. She has worked tirelessly on obtaining sponsorships for the new cookbook and has dedicated countless hours to the team.

Great work **Keri Eddins** and **Emily Funderburk** for putting together nominations for the YWCA Hall of Fame.

A huge thank you to **Liza Roney** for accomplishing what others have only dreamed—position descriptions for all Junior League of Raleigh leadership roles!

Kudos to **Team Project Guide** for effectively working behind the scenes to evaluate the JLR community placements as we improve the community through the effective action and leadership of trained volunteers.

A huge thanks to the **Finance Committee** for review of the financial policies and procedures! Thanks for ensuring good financial practices for Junior League of Raleigh!

Wow! Way to go **Membership Development Committee**! The Provisional kickoff was wonderful! You all are amazing!

Shout outs to **Cady Thomas, Elizabeth Parker** and **Tiffany Lund** for bringing energy to the Annual Fund Team this year. It's going to be the best yet!

We would like to thank all **Junior League members** for making the 25th Anniversary of A Shopping SPREE! a success. We especially want to thank the **SPREE! Team** for your dedication and hard work. You all are fantastic!

Great work **Maeve Goff, Millie Wooten** and the entire **Membership Development**

Committee for coordinating a terrific Provisional Class program for more than 160 Provisional members!

Round of applause for **Katherine Anne Hamlin, Shannon McDonald** and **Team Arrangements** for coordinating and implementing well-organized General Membership Meetings.

Thank you **Lisa Burnett, Jennifer Wells** and **Team Training** for developing wonderful training opportunities for League members.

A huge thank you to our office team—**Lori Woods, Tania McLeod, Melanie Rankin, Terri Ferraro** and **Joe Wallach**—who survived the flood at Barrett Drive with great teamwork even though everyone's shoes got wet!

Thanks to **Shelley Aldridge** who braved the flooded office to make sure that every artist who submitted for Carolina Color was part of the jury process!

Thanks to the wonderful **Bargain Box staff** who hosted the August Council meeting with four days notice. The Bargain Box looked great and the space was clean.

Kudos to **Jodie Bandholz** and **Team Placement** for keeping up with everyone and helping guide our members to great placement fits.

Applause to **Team the Link** for keeping us all informed with our beautiful and well-edited issues of *the Link*.

Thank you **Catherine Rideout** and the **Community Funding Team** for all of their hard work as they have begun the grant process to help the League meet community needs.

Thank you **Pat Wilkins** and the **Capital Campaign** for helping to bring everyone together in support of the Center for Community Leadership, the League's new home.

Shout out for **Team Cookbook** and all their efforts in getting sponsors for the cookbook and launching a great pre-sales campaign. "*You're Invited Back*" is going to be the book we all want to have on our cookbook shelves!

Great job **Kris Jackson** and the **Transfer Team** for their work organizing the Angel Tree project and making the holidays wonderful for 200 families at SAFEchild!

Hats off to **Stacy Arch** for extending her impact on our community through proactive thinking and throwing her hat in the ring for a Wake County School Board position.

Thanks to **Susan Bowers** for her passion and commitment to the Center for Community Leadership.

Thank you **Julie Tew** for creatively thinking of ways to train members on her team to get the most out of their Junior League experience.

Kudos to **Jennifer Dunn** and **Michele Jonczak** for reorganizing the Heritage Park Team and focusing its efforts to create a better experience for the children being served.

Our thanks to **Anna Baird Choi** for her dedication and looking out for the League's best interests.

Thanks to **Christy Knight** and **Anna Wilson** for stepping in and stepping up to lead a great team of volunteers for StepUP Ministry.



Member Spotlight: Natasha Ben-Kamara

By Mary Adelaide Bell, the Link

After Hurricane Katrina, North Carolina residents opened their arms to then New Orleans resident Natasha Ben-Kamara. At the time, Ben-Kamara was attending graduate school at Tulane University; however, the storm made finishing at Tulane impossible. When the University of North Carolina at Chapel Hill partnered with Tulane, it offered displaced students, like Ben-Kamara, a place to study. Ben-Kamara jumped at the opportunity to attend the University. Since then, Ben-Kamara has been giving back to the Triangle at every opportunity that has come her way.



Q: Where did you grow up?

A: I grew up as a military kid. I was born in Guantanamo Bay, Cuba. I lived in Virginia, California, Texas, Maryland, New Mexico and Louisiana.

Q: Where did you go to college?

A: I received my Bachelor of Arts in communication from the University of Maryland, College Park and Masters in Public Health from Tulane University.

Q: What do you do for a living?

A: Senior in-house clinical research associate at PRA International.

Q: Are you married? Do you have children or pets?

A: Yes, I'm married to Sgt. Sylvester Kamara, U.S. Marines. We celebrated our second wedding anniversary in early September! We have one Vizsla pup, Gunner Orleans.

Q: How did you initially become involved in Junior League?

A: I joined the Los Angeles Junior League in 2002 while working for the WNBA Sparks. In Los Angeles, I served as the administrative assistant to the Community Council Vice President.

Q: How long were you a member of the New Orleans League?

A: Two years (2003-2005).

Q: What placements did you have in New Orleans?

A: In New Orleans, I was Kid's Café Chair and a member of the Transfer Committee.

Q: Were you living in New Orleans when Hurricane Katrina hit?

A: Yes, my family and I evacuated to Galveston, Texas prior to the storm.

Q: What was that like for you and your family?

A: It was an amazing experience. It really changed my outlook on life. I thank God daily for bringing us through.

Q: How did you find your way to the Triangle?

A: UNC-Chapel Hill partnered with Tulane University. I moved to Chapel Hill to complete my degree.

Q: You originally started your master's degree at Tulane. Was transferring to UNC-Chapel Hill convenient?

A: Yes, it was extremely convenient. The staff and students were welcoming and made the transition seamless.

Q: How has being in Raleigh been for you and your husband?

A: Wonderful. We've purchased our first home and are settling into Raleigh well.

Q: Did you immediately transfer your league membership to JLR?

A: While at Carolina, I was contacted by the Chapel Hill/Durham League. I attended a few meetings and met some phenomenal women. However, once I decided to move to Raleigh, I contacted the JLR. At that time, Susan

Stanhope answered my call. She was awesome and swiftly handled my transfer paperwork.

Q: What placements have you had here in Raleigh?

A: I currently serve as Chair of Project Guide and sit on the Board for Club Horizon. I also was a member of Girls on the Run, Inaugural Ball Entertainment Chair, Co-chair of Heritage Park and on the Transfer Team.

Q: Do you have any special holiday traditions in which you partake?

A: My family always gets together during the holiday. I received a "pass" last year to handle Inaugural Ball duties. I'm looking forward to delicious meals and sharing stories. This year we plan to split our time visiting family and friends in Tennessee and Maryland.

Q: What is your favorite holiday treat?

A: My mother's homemade eggnog— love it!



Meet the Transfers

The Transfer Team has been hard at work this holiday season with Project Angel Tree. When the team is not helping make Christmas a little brighter for SAFEchild children and families, the Transfers are enjoying destination meetings at fun locations throughout Raleigh. One of their more recent gatherings was at Gena Chandler for a night of champagne and shopping at North Hills.

Please welcome the following Transfers to the Junior League of Raleigh!

Stephanie Brenton transferred from the Junior League of Indianapolis, Ind. A company transfer brought her to Raleigh. Stephanie enjoys taking her dog Ansley for walks, reading and spending time with family and friends.

Erin McCauley transferred from the Junior League of Milwaukee, Wis. Erin is a paralegal

who moved to Raleigh after having had her fill of snowstorms. Erin enjoys yoga, running, traveling and coming up with ways to spoil her niece.

Leslie Shinnick transferred from the Junior League of Greensboro, N.C. Leslie is an audiologist who moved to Raleigh for work. When she's not working, Leslie enjoys traveling, University of Georgia football and being a newlywed.

Lisa Southern transferred from the Junior League of York, Pa. Lisa is a realtor who has been married to her husband, Jim, for 25 years and has raised four children! Lisa enjoys traveling and volunteering at her children's schools.

KC Stage transferred from the Junior League of Schenectady, N.Y. Her fiancé's career brought her to Raleigh. KC enjoys theatre, travel, exploring the new area and volunteering.

Mary Evelyn Weaver transferred from the

Junior League of Cobb-Marietta, Ga. A native of Wilson, N.C., Mary Evelyn has also been a member of the Junior League of Charleston, S.C. and the Junior League of Raleigh. Mary Evelyn is married to David, whose job transfer brought them back to Raleigh. She enjoys cooking, reading and traveling.

Jennifer Williams transferred from the Junior League of Akron, Ohio. Jennifer is a marketing consultant and relocated to work from Madison, Wis. She loves the theatre and has been nationally recognized for her work in it!

Jennifer Lumpkin transferred from the Junior League of Charlotte, N.C. A native of Birmingham, Ala., Jennifer is a credit analyst who moved to the area with her husband, Tripp. Jennifer spends most of her time working and traveling and would love to travel even more!

Back row from left to right: Laura Kirby, Mary Evelyn Weaver, Kristy Littleton, Julie Sullivan, Alison Anderson, Ellen Mann. **Front row from left to right:** Amy Thomas, Leslie Shinnick, Kate Boes, Crystal Smith, Erin McCauley, Eve Petersen, Jennifer Williams.

Crystal Smith transferred from the Junior League of Richmond, Va. Crystal moved to Raleigh with her husband, Marcus, and three-year-old daughter, Kinsley. She enjoys exercising, going to the beach and playing with her daughter.

Brittney Forrister transferred from the Junior League of Charleston, S.C. A native of Murphy, N.C., Brittney spends most of her time working, reading, running and attending social events. Brittney is the oldest of four with a sister in the Provisional Class this year.

Julie Sullivan transferred from the Junior League of Tampa, Fla. Julie and her husband, Paul, have two children, five-year-old Cooper and two-year-old Sydney, and another on the way. Julie enjoys spending time with her kids, traveling, exercising and reading.

Alison Anderson transferred from the Junior League of Columbia, S.C. A native of Knoxville, Tenn., Alison moved to Raleigh for her husband's family business. She is a huge Tennessee football fan and her favorite place to travel is Italy.

Kate Boes transferred from the Junior League of San Francisco, Calif. Kate is a public relations practitioner who moved to the area because of her husband's job. Kate enjoys writing, traveling, being outside and spending time with family and friends.

Amy Thomas transferred from the Junior League of Toledo, Ohio. Amy is married to Chris and has two boys, four-year-old Carter and one-year-old Logan, whom she loves spending time with. Amy is excited to explore vacation spots along the east coast and wishes she could spend more time reading on the beach.

Eve Pedersen transferred from the Junior League of Durham/Orange Counties, N.C. Eve is a radiology supervisor at the University of North Carolina at Chapel Hill and a native of Wilmington, N.C. She is married to Dennis and spends most of her time working. Eve's personal highlights include traveling to Greece and Scandinavia, being active in the Greek Orthodox Church, enjoying the beach and running.

Katherine Fontenot-Gomez transferred from the Junior League of Richmond, Va.

Katherine is married to David and has a one-year-old son, Anthony. She taught eight-grade English for seven years before becoming a stay-at-home mom. A former triathlete, Katherine wishes she had time for a bike ride or a few laps in the pool.

Ellen Mann transferred from the New York Junior League. A native of Raleigh, Ellen spends most of her time at the beach and lake, running, and with friends and family. After seven years in New York City, Ellen is very excited to move back home to Raleigh!

Laura Kirby transferred from the Junior League of Atlanta, Ga. Laura moved to Raleigh with her husband, Matt, and sons, three-year-old Jack and 11-month-old Miles Daniel. A native of Williamston, N.C., Laura is thrilled to be back in North Carolina after living in four different cities in the last four years.

Kristy Littleton transferred from the Junior League of Knoxville, Tenn. A native of Atlanta and past elementary school teacher, Kristy comes to Raleigh with her husband Matt and children, five-year-old Isabella and four-year-old Cooper.

Kelly Doggett transferred from the Junior League of Winston Salem, N.C. A native of Southern Pines, N.C., Kelly moved to Raleigh with her husband, Eric, and children, five-year-old Jack and four-year-old Remington. Kelly enjoys spending time with her children, playing tennis and exercising.

Jessica Rosenfeld transferred from the New York Junior League. Jessica moved to the Raleigh area because of her fiancé's family. She is a director of marketing and enjoys wine, food and travel.

Brittany Erwin transferred from the Junior League of Atlanta, Ga. Brittany has a journalism degree from the University of North Carolina at Chapel Hill and came to the Raleigh area for her job and family. She enjoys photography as well as spending time with her family and friends, reading and traveling.

Diana Stiefel transferred from the Junior League of Miami, Fla. A native of Atlanta, Ga., Diana comes to Raleigh with her husband, Todd, and children, six-year-old Cole and four-year-old Amber. She enjoys watching movies, reading and traveling.



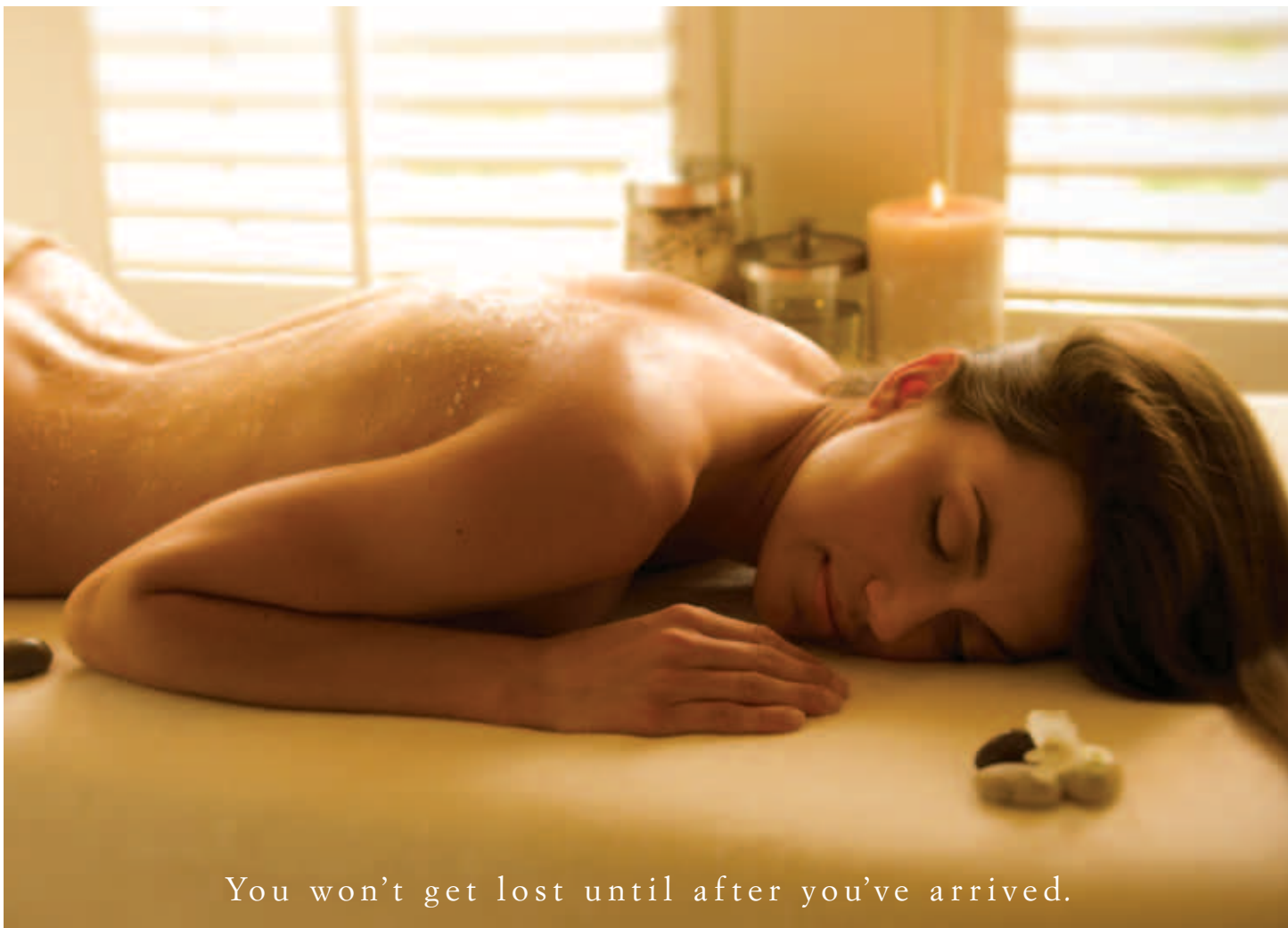



Scene and Heard

Grab your camera and your League girlfriends and let *the Link* paparazzi follow you around town. Whether you're out to dinner, gathered at a League event, tailgating at your favorite athletic event, on a trip or all dressed up for a gala, *the Link* wants to know where you and your League girlfriends have been. The Scene & Heard pages are a place where League A listers can be found brushing shoulders with other Leaguers around town. To be featured in this section, e-mail your pictures to jlraleighlink@gmail.com and in the subject line type Scene & Heard. In the body of your email be sure to include the names of everyone in the picture and the event details. We can't wait for you to be Scene & Heard in upcoming *Link* issues.

Bring Prospective Members to November GMM

Do you know someone who wants to join the Junior League of Raleigh? Bring your prospective members to the General Membership Meeting on Tuesday, Nov. 10, at the McKimmon Center on the North Carolina State University campus. The 2010-2011 Member Development Committee Co-captains will hold a brief pre-GMM session at 6:15 p.m. to review membership requirements and Provisional information. Prospective members are invited to stay for the General Membership Meeting and get a chance to see the League in action. Attendance is not required for membership, though strongly encouraged. Contact Astra Barnes (astra_barnes@ncsu.edu) or Lizzie Graybill (graybill@mindspring.com) with questions or to let them know you are bringing a friend.



You won't get lost until after you've arrived.



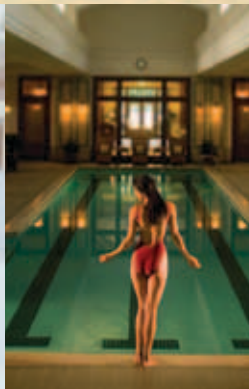
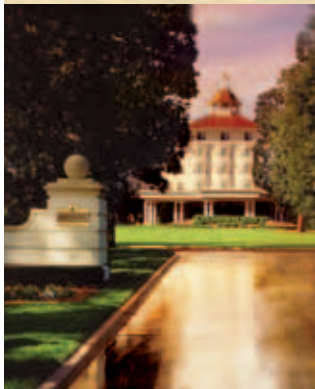
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BURNIE BACHELOR STUDIO, INC.

I'm a Trained Leader . . . Now What?

By Anna Baird Choi, Training Vice President

The League's mission doesn't stop at simply offering trained volunteers to the community. It goes one step further, encouraging League members to improve the community through effective action and leadership. The League doesn't want you to stop short of your potential; we want to offer you training so you can improve the community through your action and leadership. Many of you already serve as leaders, both inside the League and out, and training should never stop once you achieve a leadership role in anything you do. Instead, you should always look at ways to improve your skills and strive to achieve your fullest potential. In his book, *"Don't Sweat the Small Stuff . . . and it's all small stuff,"* Richard Carlson sets out a number of concepts to help people deal with the challenges of life. Below are five of Carlson's concepts that all of us can put to good use, especially those who serve in leadership roles:

Make Peace with Imperfection. Some people question and doubt every decision; some people are quick to tell others how great they are and describe all of their accomplishments in great detail. None of these people are perfect. Whether it's related to ourselves or to someone else's "imperfections," the very act of focusing on imperfection pulls us away from our goal of being kind and supportive. While there's always a better way to do something, this doesn't mean you can't enjoy and appreciate the way things already are. This doesn't mean you should settle for mediocrity from the people you lead. Instead, it means you should always remember that no one is perfect—including you.

Let Go of the Idea that Gentle, Relaxed People Can't be Super Achievers. Fearful, frantic thinking takes an enormous amount of energy and drains the creativity and motivation from our lives. When you are fearful or frantic, any success you have is despite your


fear, not because of it. Believe it or not, many leaders (including several team captains I know) lead not by loudly dragging their team members along, but by quietly nudging them forward. As a result, goals are accomplished with energy to spare.

Develop Your Compassion. Nothing helps build perspective more than developing compassion for others. Compassion is the willingness to put yourself in someone else's shoes, to take the focus off you and to imagine what it's like to be in someone else's predicament. Compassion is something you can develop with practice; it involves two things: intention and action. Intention means you remember to open your heart to others. Action is simply the "what you do about it."

Let Others Have the Glory. Ego is the part of us that wants to be seen, heard, respected and considered special, often at the expense of someone else. It's the part of us that interrupts someone else's story or impatiently waits our turn to speak so that we can bring the conversation and attention back to us. When you dive in and bring the conversation back toward you, you subtly minimize the joy that person has in sharing and in doing so, create distance between yourself and others. As a leader, this can be incredibly destructive to your team members and your goals. Do you often wonder why you **always** have to do things yourself if you want them done right? Perhaps it's because you won't take the time to let others accomplish a common goal and have their moment in the sun or perhaps it's because you think you're the only one who can perform the task correctly (see "Imperfection" above). Ironically, when you surrender your need to hog the glory, the attention you used to need from others is replaced by a quiet inner confidence that is derived from letting others have it.

Become More Patient. The more patient you are, the more accepting you will be of what

is, rather than insisting that life be exactly as you would like it to be. Without patience, life is extremely frustrating; you are easily annoyed, bothered, and irritated. Members in any organization bring a variety of personalities, moods and learning styles. As a leader, you must recognize that not all styles will be similar to yours—and that's a good thing! Patience is the key to allowing others to become involved in their own unique manner and in turn, allowing them to become effective in the achievements and successes of the group.

 Effective action and leadership
of trained volunteers . . .

**Make Peace with
Imperfection**

**Let Go of the Idea
that Gentle, Relaxed
People Can't be
Super Achievers**

**Develop Your
Compassion**

**Let Others Have
the Glory**

Become More Patient






Intensive Leadership Training Program coming to JLR in Fall 2010

By Noa Goren, Team Leadership Support



In an effort to help every woman see her potential and be a strong and effective leader, the Junior League of Raleigh is implementing a leadership development program for members in the JLR and other Leagues, and eventually for members of community organizations with whom the Junior League of Raleigh partners.

This exciting and new program will include monthly workshops at the Center for Community Leadership that will be led by some of North Carolina's most skilled leaders and organizational development professionals. The League's Team Leadership Support is developing the program for launch in fall 2010. Some of the topics that will be addressed include:


-  Determining your leadership style
-  Communicating effectively
-  Building a team and keeping them motivated
-  Managing conflict in a manner that strengthens relationships
-  Achieving a work-life balance

E. Marie McKee, chairman of Steuben Glass and president of the Corning Museum of Glass, provides this guidance as part of the Letters from Leaders initiative by LEADERS magazine founder Henry O. Dormann:

"Understand your strengths and give yourself permission and time to explore options for your future. As difficulties arise, be assured that as long as you try your best—truly your best—it is all that can be expected of you. Asking for help is not a sign of weakness but rather the action required to achieve a goal. And learn from your mistakes, incorporate the learning, and move forward."

You may have seen an opening for a leadership position at work, at school, in the League, at church or elsewhere in the community but have been unsure whether to apply or volunteer because there are so many components to being an effective leader. This program is an opportunity for you to develop your leadership potential and better understand the challenges we face as we strive to be effective agents of change and to make a difference in our community.

Stay tuned for more details and sign-ups coming this spring!

Team Leadership Support: Co-chairs: Mary Blake and Cameron Graham  **Members:** Carrie Barbee, Alison Board, Marisa Bryant, Toni Davis, Kelly Di Domenico and Noa Gore.

 Developing the potential of women . . .



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BURNE BACHELOR STUDIO, INC.

'Tis the Season for Giving

By Helen Miller, Funding & Development Vice President

What better place to start checking friends and family off of your gift list than the opportunities found right here with the Junior League of Raleigh (JLR). If you didn't find that perfect gift at the 25th annual A Shopping SPREE!, be sure to bring your checkbook to the Holiday Boutique at the November General Membership Meeting. This members-only shopping event will have a selection of the perfect stocking stuffers. Our own cookbook, *"You're Invited,"* will be there with an assortment of other Leagues' cookbooks for you to purchase. You will also be able to pre-order our newest book, *"You're Invited Back,"* available in spring 2010. Don't forget about the Annual Fund or Capital Campaign—you can make a gift in someone's honor to either of these great in-League causes. You can stop by the Bargain Box table and select from their wonderful wares.

The most important thing to remember is that when you purchase a present for or make a gift in honor of your friends, family or co-workers at the November GMM, you are also giving to the community. What a great way to impact more than one person with your gift. The children and programs that the JLR supports are thankful for your generosity in so many ways. Thank you for all that you do for the community and for your support of the JLR. Have a wonderful holiday season!

Dime a Day for the 10th Anniversary of the Annual Fund

By Julie Garrison, Annual Fund Captain

This year marks the 10th anniversary of the Junior League of Raleigh's Annual Fund. And we have a creative way that each Junior League member can commemorate the occasion—donate 10 cents per day for one year, or \$36.50 to the Annual Fund.

What is the Annual Fund?

The Annual Fund is additional money the Junior League of Raleigh can use to support our community placements like Helping Horse, Heritage Park and Girls on the Run. Money in the Annual Fund is strictly used for the League's efforts, involvement and activities in the community.

It is also a benchmark of support within our own organization that other agencies take into consideration when we request grant money from them for our various projects. The more League members participate in the Annual Fund, the greater the chance the League has to receive grant money.

If each Junior League Member contributes \$36.50 this year, the League will have \$62,050 additional dollars to advance our goals and complete our missions within the community.

\$36.50 can deliver: A sash and manual for each Girl Scout troop member in the Junior League of Raleigh's Heritage Park Girl Scout

Troop 1830. 🌿 Water bottles for a Girls on the Run team of 14 girls. 🌿 Pencils and construction paper to ensure children have the supplies to do homework at Brentwood Boys and Girls Club.

How to donate: Bring your check for \$36.50 to one of the four General Membership Meetings. The Annual Fund Team will be at each meeting to collect any donations. 🌿 Go online and log into the www.jlraleigh.org member area. Select purchase/donations from the menu on the left. 🌿 Round up your dues by \$36.50 when you receive your statement next spring.

Incentives to give: Annual Fund donations are 100 percent tax deductible. 🌿 It's a great opportunity to honor other members in the League for a job well done or on achieving a milestone. Your gift will be recognized in *the Link* and in a note sent to the honoree. 🌿 Each person who gives \$36.50 from July 1, 2009 to May 1, 2010 will qualify for a \$200 Visa gift card drawing at the May General Membership Meeting.

If you have already given to the Annual Fund, thank you! If not, please help us make history this year by giving a dime a day to create benefits that will last a lifetime for children in our community.

🌿 Effective action and leadership of trained volunteers . . .



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2010 Showcase of Kitchens

By Hilary Allen, Showcase of Kitchens Co-captain



Viking and Kohler and Wolf, oh my! All of those brands—and more—will be on display at the fourth annual Showcase of Kitchens, April 29 and May 1, 2010. This year's tour will showcase the latest trends and cutting edge styles in some of Raleigh's finest kitchens.

After weeks of working with area designers and builders, the Kitchen Selection Committee is now working to make this year's tour selection. Look for sneak peeks into this year's tour in the months to come!

Before the tour, you can eat, drink and dance the night away at the Toast to the Tour on April 28, 2010. Ferguson Enterprises is once again hosting this year's pre-tour party. As you've come to expect, the Toast to the Tour will dazzle you. It's an event you won't want to miss! It will feature great food and drinks,

cooking demonstrations by area chefs, live music and a silent auction.

Speaking of the silent auction, do you have something we could include? Can you give a weekend at your beach house, tickets to a football game or play, or even your time as a designer, photographer, or organizer? Remember that your silent auction gift is tax deductible and all funds raised from Showcase of Kitchens support the Center for Community Leadership, our new League headquarters. To submit items for inclusion in the silent auction, please contact Shayla Bradshaw at shaylabradshaw@yahoo.com.

Whether you are building a new home, remodeling your current home or planning for the home of your dreams, you will not want to miss this year's Showcase of Kitchens!



WWW.TAMMYWINGO.COM




Holiday

Thank you, Angels!

Angel Tree Project Brings Christmas to 200 Families

By Kris Jackson, Transfer Team Captain

 The holiday season is a special time of year. As a child, I remember delighting in the anticipation, the lights, the songs, the food and the excitement that surprises always bring. I remember sleeping in the same room with my sister, staying up as late as our eyelids would allow, chatting about our wishes and hoping to catch a glimpse of Santa.

Unfortunately, the holiday season looks very different for many families in our community who are struggling to make ends. In an effort to help, the Junior League of Raleigh (JLR) established the Angel Tree project which provides gifts for SAFEchild families. League members volunteer by donating Christmas presents for each member of the Angel Tree family.

SAFEchild believes that every child has the right to mature in an environment free from physical abuse and emotional neglect. The SAFEchild families are at a critical turning point in their lives. Some have seen and experienced violent behavior. Others are at risk. Some are mothers who have been involved in domestic altercations with their significant others. Others are men who are working through and making the connection between violence they experienced as a child and how they are exhibiting violence in their current families.

The SAFEchild program is designed to help these families make wise parenting decisions on ways to live their lives without violence, without harming their children and without putting their children in harmful situations. The Angel Tree project is one small way we give these children hope.

Thanks to the kindness and generosity of hundreds of JLR members, nearly 200 families are being showered with gifts this holiday season. As members of the League, you are a testament that this is truly a season of giving. Thank you for your generosity. Thank you for fulfilling the hope and anticipation for the SAFEchild children this holiday season.

You're Invited to Pre-Purchase "You're Invited Back" at a Discounted Price

By Katie Johnson, Cookbook Team





The Junior League of Raleigh's (JLR) new cookbook, "You're Invited Back" is almost here! In spring 2010, our League will publish a new cookbook for the first time in 10 years. The new book is focused on the city of Raleigh and includes some of the most delicious recipes from our members' kitchens. Complementing the recipes are beautiful photographs by Tammy Wingo, menu suggestions for every occasion and helpful culinary tips.

We are excited to announce that the new cookbook is available for pre-purchase at a significantly discounted price for JLR members. The discounted price is being offered until December 31. To pre-order your cookbook, please complete the order form and mail or fax it to Headquarters, or you can also stop by our table at the holiday sale at the November 10 General Membership Meeting. You may also fill out an order form at Headquarters any time

between November 1 and December 31.

Check out these great deals available to JLR members only. **All prices listed below include tax.** This is your cookbook, and we want you to have the first chance to own it!

 **Single Book:** \$28; Buy 5, get 1 free: \$160;
Buy 7, get 3 free: \$225.

 **Sustainer Special:** Buy a case (10) and get free delivery to your home (Wake County residents only) for \$225.

After December 31, the full price of the book will be \$32.27, including tax. Don't miss this great opportunity to pre-purchase your new cookbook, and be on the lookout for exciting events in 2010 to promote the sale of the new book to the public.

Thank you so much for helping make "You're Invited Back" a success!



"You're Invited Back" Presale Order Form

Invoice # _____ Date: _____ JLR member name: _____

Member address: _____

Member phone: (home) _____ (cell) _____ Member e-mail: _____

Single book	\$28	Qty:	Total \$
Buy 5, get 1 free	\$160	Qty:	Total \$
Buy 7, get 3 free	\$225	Qty:	Total \$
Sustainer Special (buy a case of 10, get free delivery to your home—Wake Co. residents only)	\$225	Qty:	Total \$
*Prices include tax			Total \$

Method of payment:

☐ Cash ☐ Check Check # _____

☐ Credit Card

Type of Card: ☐ Visa ☐ MasterCard

Card #: _____ Exp. date: ____ / ____

Name on card: _____

Signature: _____

Date picked up at HQ: _____ Member's initials: _____

Offers expire December 31, 2009

Fashion a Fabulous and Affordable Holiday Ensemble with Classics

By Alesia DiCosola, the Link



The pressure of dressing for all those holiday parties can certainly drain one's holiday spirit and bank account, but it doesn't have to. Skip the pricey, satin party dresses and look to versatile basics that will withstand the test of time. By pairing classic pieces (probably already in your closet) with affordable accessories, you can pull together a fabulous holiday look that will give you more bang for your buck and last beyond the yuletide season.

Little black dress and black pant

Local stylist and fashion consultant, Wendy Bryant Gow, says that the little black dress or black trousers should be your go-to pieces for building fabulous, yet reasonable holiday ensembles. Not only are they universally flattering, but either item will work for almost any holiday event—the infamous office party, a holiday dinner at a friend's house or a New Year's night out on the town.

“Investing in timeless pieces will help women spend dollars more wisely,” explains Gow. “You can never go wrong with a black dress or black trousers. They withstand the test

of time, can be dressed up or down and are easily updated from year to year.”

Most women have a black dress or black trousers in their closets, and if not, they should. They are the perfect investment pieces. Look for classic and streamlined styles. Avoid overly trendy necklines and embellishments that wind up looking dated.

“As women mature it should be less and less about trends, and more about finding classic pieces that have longevity and look great,” she says.

Just add accessories

Once you have the classic pieces, it's time to accessorize. If you're not sure where to start, Gow recommends metallic heels as the perfect go-to holiday footwear for all ages. And as an added bonus, says Gow, bronze and gold heels will help elongate your shape. A neutral bone patent pump is also really versatile, and the patent adds a bit of holiday flair. Think of nude patent and metallic as neutrals that will work well with almost anything, and allow you to do something more colorful up top with jewelry or a sweater or blouse.

Gow also loves shawls as a simple way to add inexpensive color to your black basics. “Pashminas have become a very classic accessory, and there are lots of different price points for every budget,” she offers.

For holiday gatherings and parties, leave your oversized “it” bag at home and opt for a clutch or envelope that won't weight an outfit down. Gow recommends a metallic woven clutch by Michael Kors that is appropriate for all ages.

Don't overlook the importance of jewelry for the holiday season. It's amazing what a difference the right accessories can make. Beautiful, bold statement pieces like chandelier earrings or jeweled bib necklaces will dress up a simple sheath.

Beware of jewelry overload. Just because it's the holidays doesn't mean piling on all your best bling. And matchy, matchy jewelry is another no. “It actually looks more expensive if you wear only a few pieces,” says Gow.

Great costume jewelry is readily available at many department stores. Pearls are always a perfect staple, but if you're looking for something more fashion-forward, mixed media and chunky necklaces are all the rage this season. And with leading designers creating lines for stores like Target, it's easy to find really beautiful pieces that don't cost a ton.

Gow also encourages woman to think outside the box. Dressing for the holidays doesn't have to mean all glitz and shimmer. A splash of animal print can be a fun way to add flair to that little black dress or pants. Animal prints come back in style year after year, Gow points out. But don't overdo the animal prints she cautions. “I like to see a little splash of it—on a belt, shoes, or gloves,” she explains. “Wear the animal print; don't let it wear you.”

You're not alone if you have trouble deciphering vague dress codes on an invitation. Gow tells her clients it's always better to be understated, rather than to be overdressed. Don't take it too casual, though. Black trousers are probably the most casual you should go for a holiday party, Gow advises.



Holiday Style Cheat Sheet

Say no to Christmas colors and embellishments.

Think timeless, not trendy.

Black will always work.

Build from black trousers or a little black dress.

Stick to solids.

Update with affordable accessories.

Metallic heels work for all ages.

Stash the oversized "it" bags; carry a clutch.

Beware of jewelry overload.

Understated trumps overdressed.



What not to wear

Black will always work. But if black won't cut it for a particular occasion, look for a simple sheath dress in a fabulous solid. But avoid embellishments or prints. "People tend to grow weary of them," explains Gow. "You'll get much more bang for your buck with solids."

One of the biggest fashion faux pas Gow sees is mature woman mimicking fashion magazines. "Those fashions are only really appropriate for women in their twenties, and when older woman attempt to pull off those overly trendy outfits, it only ends up making them appear older." For instance, biker boots and satin leggings are really big right now, but unless you were born after the '70s, resist the urge.

Stay away from Christmas colors and embellishments. "You'll end up looking childish and immature," says Gow. "Instead, women should be striving for a classic, sophisticated and elegant holiday look."

Pull the little black dress or your black pants out of the closet, shop for a fun, chunky necklace, a sleek clutch and a metallic pump, and you'll be off to a great start.

Wendy Bryant Gow is a Chapel Hill-based image consultant, wardrobe stylist and professional organizer with more than 25 years of experience in the beauty and fashion industry. Her experience includes sales and public relations with the Lauder Corporation in New York, runway modeling and featured stylist with *The News & Observer's Style* and *Living In Style* magazines. Gow is a graduate of the University of North Carolina at Chapel Hill, and she resides in Chapel Hill with her two daughters, Winston and Lily. Visit her Web site at www.wendybyrantgow.com.



Pictured left page, bottom: Mixed metallic jewelry and clutches add a sophisticated punch to that little black dress. Accessories from Handpicked in Cameron Village.

Pictured right top and middle: Metallic heels in variety of styles are the go-to holiday shoe. Shoes from Main & Taylor Shoe Salon.

Pictured right bottom: Wendy Bryant Gow, Chapel Hill-based image consultant, wardrobe stylist and professional organizer offers her insights into easy, chic holiday attire. Photo courtesy of Ray Barbour Photography.



The JLR "Best of" List: Holiday Gifts Edition

By Kerry Hall, the Link



It's the holiday shopping season, and you've probably got a few more items to check off your list. We asked JLR members about their favorite places to shop and where to get inspiration for those last-minute gifts.

Best place to find something different 🌿 Want to find a gift that's unique? Try a boutique. The Triangle has plenty of small specialty gift shops to explore to surprise that hard-to-shop-for relative or friend who has everything. Here are some of your fellow League members' suggestions:

Zest Café in Raleigh has a variety of choices, according to Melissa Hemmingsen of Team Helping Horse. Bernadette Arai, also from Helping Horse, suggests **Swagger Gifts** in Cary. Jocelyn Fina, Team Community Connect, recommends the fun, personalized items at **Charlotte's** at North Hills. Adrienne Bohannon from the Membership Development Committee likes **Harvest Moon** in Wake Forest, and Bargain Box team member Ronica VanGelder likes **Polka Dotted Flamingo** in Wendell.

May we also recommend 🌿 Support the Junior League of Raleigh! Start your shopping early next year at **A Shopping SPREE! 2010**. And all year long, you never know what you might find at the Bargain Box.

Treasurer-elect, Gayle Levinson, reminds us that the **Bargain Box** sells prime and unique items on eBay.

Best stocking stuffers 🌿 A few things JLR members use to stuff in their stockings include candy, notepads, flip flops, books, socks, framed photographs, kitchen items, lip gloss, cards, pocket games, travel-sized toiletries and scented lotions.

May we also recommend 🌿 For adults, throw in some mini-bottles of liquor to mix a holiday cocktail. Then try your luck with some lottery tickets.

Best teacher gifts 🌿 We all know teachers are often overworked and underpaid, so the holidays are a great time to remind them that they are appreciated.

The most common response we received was a **gift card** from **Target**. It's not terribly creative, but you can be sure he or she will be able to find something they like or need. How many times have you gone into that store for one item and left with 20? A gift card is also easy for your child to bring with them to school along with a card or a thoughtful note.

May we also recommend 🌿 Find out if your child's teacher could use any school supplies for the classroom. With schools struggling from massive budget cuts, many teachers

are dipping into their own pockets for basic supplies. Simple things like construction paper, glue and crayons can be put to good use.

Best hostess gifts 🌿 Show your gratitude to the hard-working hostess of your holiday get-togethers.

League members we talked to said a good **bottle of wine** is their go-to hostess gift. And just like every outfit stands out with the right accessories, why not pair a bottle of wine with something a little special? Try a decorative wine **stopper**, a set of **wine glasses**, a unique **corkscrew**, a **decanter** or a set of **wine charms**. Dress it up with a bow, or put it in a festive wine bag or box.

If you need a little help picking the right wine, we recommend **Seaboard Wine Warehouse** in Raleigh. The staff is very knowledgeable and can find something in just about every price range. You can also get cases at discounted prices—perfect for a busy holiday party season.

May we also recommend 🌿 Amelia Hayes from Team Taking Care of Members suggests treating your hostess to a **spa gift certificate** so that she can unwind after the party or dinner.

The Chef's Table: Holiday Cooking Tips from Bloomsbury Bistro's John Toler

By Candice Combs, the Link



Local Chef, John Toler, of Bloomsbury Bistro shares his experience in making holiday food preparation a success.

Q: Tell us about your background. What made you want to be a chef? How long have you been at Bloomsbury Bistro?

A: I grew up in rural West Virginia with three older brothers and one older sister. I attended West Virginia University in the early 1980s. I have enjoyed cooking ever since I was old enough to be in the kitchen. When I was five, my older sister bought me an Easy Bake Oven and my first cookbook, *"Look I can Cook."*

I receive a lot of satisfaction from knowing I can make people smile and add some enjoyment to their day by cooking for them. I have been cooking professionally for about 20 years and opened Bloomsbury Bistro in March 1995.

Q: What are your thoughts on the holiday season? Is it typically hectic for you?

A: Winter is our busiest season. About 65 percent of our business takes place between November and February. We host a lot of private banquets throughout the year, but

typically have two to three holiday parties per day throughout the month of December.

Q: For many people, cooking for large groups can be daunting. Any tips you can share for preparing successful holiday meals?

A: The main thing to keep in mind is to prepare something you are already are familiar with. Try to keep it simple. It's not a good idea to experiment for the first time with elaborate dishes that you are unfamiliar with when you have a house full of friends and family. I like to enjoy my dinner guests' company when I entertain at home and don't want to be stuck in front of the stove the entire evening.

Q: What is holiday dinner like at your house?

A: Pretty traditional. I might add an interesting twist here and there, but for the most part I cook "honest straight at it" dishes during those special occasions.

Q: Do you have any favorite recipes? Any unique holiday meals you have prepared before that may be non-traditional?

A: Occasionally, I make an interesting dessert with traditional flavors presented in an untraditional way. I also make a butternut squash or sweet potato cobbler or a crisp with a streusel topping. I use brown sugar, orange zest, cinnamon and nutmeg, so it still has that pumpkin pie flavor.

Q: What tips do you have for someone who may be interested in learning to cook, whether for the family or professionally?

A: If you want to learn how to cook, there is no better way than to spend time in the kitchen with a good cook. For me, that was my granny and my mom.

There is no reason why a four-year-old can't crack eggs and stir cake batter. If someone is considering becoming a chef, my first suggestion is to work in a restaurant kitchen for a while; even a stint as a dishwasher is an invaluable experience. It is also very

important that anyone considering a food service career work in a professional kitchen before they spend a fortune on culinary school.

Q: Anything else you would like to add?

A: Yes, Champagne goes with everything!

The Recipe Corner

Orange Coconut Balls bring 1950's elegance to a modern yuletide table

By Jessica Kozma Proctor, the Link

Don't you just love a recipe that tastes delicious, looks unique and isn't time consuming to make? If the answer is yes, we have the perfect recipe for you to make this holiday season. Orange Coconut Balls are a delicious treat that are sure to be a hit at your holiday party. Their vibrant color and refreshing taste will leave your guests wanting more, while hardly putting a dent in your hectic holiday schedule.

Orange Coconut Balls

Servings: 35-40 balls (depending on size)

Ingredients:

1 12-ounce can frozen orange juice
1 16-ounce package powdered sugar
1 stick butter
1 12-ounce package vanilla wafers
1 14-ounce package angel flake coconut

Directions: Leave orange juice in refrigerator overnight to thaw. Cream sugar and butter. Crush vanilla wafers to fine and add to sugar mixture. Blend in orange juice, mixing well. Form mixture into small balls and roll in coconut. Place balls on parchment paper and place in refrigerator for one hour prior to serving.


The Pink Pages



Letter from Sustainer Co-chair



Dear Friends,

 e are off to a fabulous year. SPREE! has come and gone, and we have all have made a good dent in our Christmas shopping list. Our Sustainer tea is right around the corner, so you should be receiving your invitation in the mail very soon.

We are planning a Sustainer social in mid-January to help ward off the January blues, and we are already talking with the Governor's Mansion on possible dates for our annual spring luncheon. Dates for these events will be provided to you in the next issue of *the Link*.

Our Book Club and the Lunch Bunch has started, so please let us know if you are interested. We would love to have you join us.

As most of you know, the Junior League of Raleigh will celebrate

another milestone this coming year. As Sustainers, many of us remember how exciting it was back in the '80s, when we moved into our present headquarters on Barrett Drive. Now our new home, the Center for Community Leadership, is almost complete, and our scheduled move is fast approaching.

Both Suzanne Brooks and I welcome suggestions or ideas for Sustainer events or get-togethers for this year. From weekly coffee chats at Starbucks to organizing a group to go to the theater or ballet, just let us know and we will plan it.

We want to provide the Sustainers with a great League experience this year. Please give us a call or send us an e-mail if there is anything we can do for you. You can reach Caroline Sterling by telephone at 919-876-4081 or by e-mail at stirlingnc@earthlink.net. You may also contact Suzanne Brooks by telephone at 919-832-7393 or by e-mail at sbgwyn@yahoo.com.

Thank you,
Caroline Stirling



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Sustainer Spotlight: Sue Ramsay

By Caroline Stirling, Sustainer Captain



Sue Ramsay is a woman truly dedicated to volunteering for our community and the Junior League of Raleigh (JLR). Sue joined the League in 1984. With 25 years of service under her belt, Sue has served on MissPrints, Community Research and Project Development CRPD, A Shopping SPREE! and Inaugural Ball. She has served our community through efforts with the City of Raleigh Board of Adjustments, Raleigh Chamber of Commerce, Greater Raleigh Merchants Association and the Raleigh Professional Women's Forum. Sue is currently focusing her volunteer time with Learning Together, Inc.

Learning Together, Inc. and the Junior League of Raleigh have had a long-standing relationship in serving the children of Wake County. In 1975, the JLR awarded a Community Funding grant that allowed Learning Together to grow from a shared vision to an incorporated nonprofit agency. The JLR has continued its' support through financial grants, training opportunities, meeting locations and providing trained volunteers. At the September 2009 General Membership Meeting, the JLR presented Learning Together with a Legacy Award.

Sue is a perfect example of bringing knowledge from her JLR training and experiences to the community. She has a comprehensive understanding of what it takes to be effective in the community, as both an agency and an individual, by raising funds and awareness for community needs and resources. Sue also brings a very personal commitment to the mission of Learning Together.

Sue's daughter, Elizabeth, attended Learning Together as a toddler and stayed in the developmental day center until she began kindergarten. The Learning Together developmental day center integrates "typically developing" children with a variety of special needs children, allowing for both to learn from each other socially and developmentally. Elizabeth was integral to Learning Together's "model of inclusion" and continues to be a very bright, talented and energetic woman, much like her mother. "I lucked into the opportunity to send our toddler to Learning Together as a "typical" child. Our childcare fell through, and my neighbor told me about the developmental day care center, of which she was the executive director. I had no idea what developmental day care meant. I learned that the differences were not just race or economic. Differences also meant disabilities. Some of my daughter's little friends had Down syndrome, one had an artificial leg and one was blind. There were a lot of differences. The joy was that the children played and worked side by side. They understood differences, but more importantly they understood the value that every child is special, no matter what differences might be between them," says Ramsay.

The Learning Together Board requires two parents of Learning Together graduates to sit on the board. One parent must represent a child who attended the program as a typically developing child and the other of a child who attended with a developmental disability. Sue joined the board as the parent of a typically developing child. "The invitation to work with Learning Together has been an invitation to not only pay back, but to teach a message of inclusiveness and the importance that every person is special - no matter how different," says Ramsay. Parents of current students participate in a parent teacher association and have opportunities to give input into their child's services through many

vehicles, but they depend on former parents to help set policy and oversee the operation of the organization.

Sue incorporated her talents as owner of WITTY! and Associates, a design and marketing consulting firm, and took on the challenge of reinvigorating the major gifts committee as its chair, as well as working with the communications committee to help raise the visibility of Learning Together. Sue firmly believes that Learning Together is "the best kept secret in Raleigh," and has been working vigorously at promoting it to ensure its viability, especially in the midst of the economic challenges we are currently facing. "I am enjoying spreading the word about Learning Together. It's a treat to take my 30 years as a professional and share this treasure with Raleigh," says Ramsay.

From big events to small tasks, Sue has boundless energy that is fired by her passion for what Learning Together brings to the lives of every child and family it touches. The JLR and Learning Together are fortunate to have found such a treasure in Sue Ramsay.

To learn more about Learning Together and its service to the community, please visit www.learningtogether.org.



Effective action and leadership of trained volunteers . . .



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BURRNE BACHELOR STUDIO, INC.

SAFEchild Sees Safe Harbor in New Center for Community Leadership

By Jessica Kozma Proctor, the Link



For SAFEchild Executive Director Marjorie Menestres, a little help to make SAFEchild's already successful mission better is, literally, right around the corner.

SAFEchild is just one of the many community partners that will use space at the new Center for Community Leadership, which is scheduled to open in Spring 2010. As the Center prepares to open, SAFEchild's presence, like other area nonprofits, will begin to fulfill a large part of the Center's mission: helping strengthen area nonprofits by offering space for everything from volunteer training to issue forums.

Located downtown at 864 West Morgan Street, just three blocks from the Center, is SAFEchild's home. The circa 1914 house may be cozy, but the small rooms (typical for a home of its age), make it difficult to accommodate more than 12-15 people at a time. "The Center will fill needs for us because we have no large meeting

space," Menestres said. "Right now most of our programs have to meet off site."

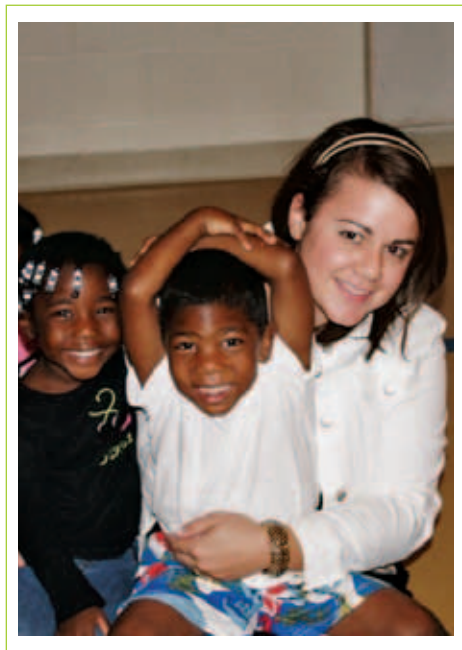
As SAFEchild waits for the Center to open, volunteer training, board meetings and other events are held at local churches. The Center will give SAFEchild a consistent meeting place. More importantly, SAFEchild's presence at the Center continues a long, healthy relationship between the Junior League of Raleigh and SAFEchild. "We already have a relationship," Menestres said. "The Center and SAFEchild can help each other."

Menestres became executive director of SAFEchild in 1992, the year SAFEchild was incorporated by the Junior League which developed SAFEchild as a signature project to address the need to prevent family violence and child abuse. Since then, SAFEchild has served Wake County with an ultimate vision of eliminating child abuse throughout the county. In

its 17 years, SAFEchild has touched the lives of more than 7,500 parents and 70,000 children.

According to Menestres, the Center will not just benefit community partners like SAFEchild. Rather, the Center will touch the entire community. "Its location could not be better," she explained. "When volunteers are trained at the Center, they will learn about the League. More and more people will be exposed to the League, and that exposure will show what a gift the League is to the whole community. People will have more exposure to all the good the League does," Menestres adds.

Bottom left: Anna Wilson and children at StepUP kickoff party. **Middle:** Katie Walker and child at StepUP kickoff party. **Right:** Jessica Sutton and child at StepUP kickoff party.



Improving the community . . .

Team Heritage Park is making S.T.R.I.D.E.S.

By Jennifer Dunn and Michele Jonczak, Heritage Park Co-captains



Team Heritage Park is busy providing educational and cultural activities for children attending our after school programs. Our League volunteers lead by example as we help teach and mentor the kids of this community. We strive to make an impact on Team Heritage Park!

For the 2009-2010 League year, Team Heritage Park is divided into four committees: S.T.R.I.D.E.S. (formerly B.U.G. Club), Girl Scout Troop 1830, Reading Buddies (formerly Homework Helpers) and Career/Teen Club. All 16 League members of Team Heritage Park are also involved in the planning and execution of the Heritage Park Holiday Shopping Spree.

Each committee has its own schedule, while the entire team meets monthly. Team members are given the opportunity to choose which committee to volunteer for, much like the JLR placement process. Team members have the tough task of choosing from the committees below:


S.T.R.I.D.E.S. stands for self-esteem construction, taking initiative, respect others with respect, improving grades, development of a future leader, empowering their mind over matter and success. S.T.R.I.D.E.S. plans four events each year to educate and reward children in kindergarten through 12th grade who have brought up their grades from the prior reporting period. The events take place once a quarter and are scheduled after report cards have gone home.

Girl Scouts Troop 1830 is led by Annette Fisher and Ashley McMillan. Volunteers in this committee assist with typical scout activities while focusing on earning three to five badges. They also mentor and help the Girl Scout members develop positive self-esteem and academic/life skills, while discovering fun and friendships. The troop also sells Girl Scout cookies at the March General Membership Meeting. Proceeds from the cookie sales help send several Troop members to summer camp. Meetings are held every other Monday from 5:30 p.m. to 6:30 p.m.

Reading Buddies helps children with their homework and to improve reading skills. Members provide support during one-hour tutoring sessions every other Monday from 5:30 p.m. to 6:30 p.m.

Career/Teen Club plans programs for middle and high school students on topics like goal setting, college, money management, resume building, enrichment (arts, fitness, etc.), career choices and life skills. Topics are limited only by volunteer creativity and student interest. Career/Teen Club's members hold events twice a month from 5:30 p.m. to 6:30 p.m. on Mondays.

 Improving the community . . .



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Heritage Park Holiday Shopping Spree

Join us at 9 a.m. on Saturday, Dec. 12 at Heritage Park Learning Center for Holiday Shopping Spree, our signature event! Throughout the first half of the school year, the students at Heritage Park have the opportunity to earn faux money, which is put in an account just for them. Students spend their earned money at the Holiday Shopping Spree to buy gifts for family, friends and teachers. Team Heritage Park needs every League member to help make this a huge success. Please consider donating new and/or very gently used gifts to the November GMM or drop off items at Headquarters. Please make sure items are marked for Heritage Park.

- Examples of men's items: Shaving kits, belts, gloves, hats, shirts, playing cards, DVDs, cologne/aftershave and miniature toolsets.
- Examples women's items: Books, house wares, figurines, holiday decorations, jewelry, purses, scarves, body lotions and wash accessories.
- Examples of children's items: Toy cars and trucks, baby dolls, books, puzzles, crayons, coloring books, games, hats and gloves.
- Electronics are welcome but must be new.

Thank you for your support of this program and making the holidays a brighter time for each child at Heritage Park!

Contact Heritage Park Co-captains for more information on how you can help! Michele can be reached at mjonczak@wakemed.org or 919-844-3383. Jennifer can be reached at jenjets1@aol.com or 919-604-5566.



Building a Legacy

*By Susan Bowers, Past President and CCL Construction Liaison,
and Pat Wilkins, Capital Campaign Captain*



7 11 Hillsborough Street is in full swing! With renovations moving forward at a rapid pace and move-in scheduled for early in 2010, the drive to complete our commitment to our members and the community is upon us.

Centrally located on the bus line and in the heart of the ever growing downtown Raleigh, the Center for Community Leadership is close to our community partners and the agencies that need these training facilities the most. The possibilities are endless.

This is truly a building without boundaries! There is no better way to celebrate 80 years of support for the community than by cutting the ribbon on this state-of-the-art training facility. From our first feasibility

study to finding our new building, the process has come a long way.

We need your help to complete this campaign. Please make your gift to the Capital Campaign today. Your gift will enable our League to successfully renovate 711 Hillsborough Street.

Gifts may be pledged over three to five years. Donations of \$1,050 and above will be recognized on our Legacy Wall, which will be prominently displayed in the foyer of our new home. If every member of the Junior League of Raleigh pledged \$1.29 a day for three years—we would exceed our goal of \$2.4 million dollars. Let's do this!

Top: Hallway to meeting rooms framed in.

**Yes! I want to be part of the Center
for Community Leadership**



Name: _____

Address: _____

City & Zip: _____

Phone: _____ E-mail: _____

☐ \$25,000 ☐ \$15,000 ☐ \$10,000 ☐ \$5,000 ☐ \$2,500 ☐ \$1,050 ☐ \$ Other*

*All gifts will be acknowledged permanently on the Legacy Wall, starting with gifts at \$1,050 and above.

All pledges can be paid in one to five years. I would like to make pledge payments
of \$ _____ beginning in _____ (year).

☐ Annually ☐ Semi-annually ☐ Quarterly ☐ Monthly

Payment options (select one): ☐ Check enclosed

☐ Visa/MasterCard ☐ Please invoice me

Credit card number: _____ Exp. date: ____/____/____

Name on card: _____

Signature: _____



Top right: Large Training Room. Pictured above: Board members Anna Baird Choi and Lisa Vanderberry tour CCL with President Melissa Matton.

Giving Thanks

By Stacy Arch, Community Vice President



Giving thanks and counting our blessings are wonderful themes this time of year. I am incredibly thankful for the friendships and leaders the Junior League of Raleigh provides for not only me, but also our entire community. We are truly blessed to be part of such a dynamic organization, which continually strives to serve the most vulnerable members of our community—children.

We touch more than half a million people—that's right, more than 500,000 people every year in our community (and I think that might be a conservative figure). Through our grants, trainings, volunteer efforts and community partnerships, we are making a huge difference in how our neighborhoods grow and thrive. With the opening of our new home, the Center for Community Leadership, we will be able to expand our mission of trained leaders and

volunteers, and our touch will truly have no boundaries.

We are building on an 80-year foundation of solid community service and effective leadership, and our future opportunities are endless. I am very proud of our community chicks and all of their hard work to make our community placements so successful. I am thankful for the opportunity to serve as your Community Vice President. I wish you all a happy holiday season and blessings for the New Year. I look forward to living our mission with each of you in our new home in 2010!

Top—from left to right: Community Funding team members Samantha Hatem, Monica Piques, Blakely Kiefer, Courtney Bolen, JLR president Melissa Matton, Community Funding Team

Captain Catherine Rideout, InterAct Director of Development Linda Turner, InterAct Development officer Allison Strickland, Community VP Stacy Arch.

Middle—from left to right: Community Funding Team members Monica Piques, Blakely Kiefer, Samantha Hatem, Courtney Bolen, JLR president Melissa Matton, Learning Together Director Nell Barnes, Learning Together Board member and JLR sustainer Sue Ramsay, Community Funding Captain Catherine Rideout, Community VP Stacy Arch.

Bottom—from left to right: Community Funding Team members Samantha Hatem, Monica Piques, Blakely Kiefer, Courtney Bolen, Community Funding Captain Catherine Rideout, Aventura Children's Mentoring (AWCM) site coordinator Eveline Muela, AWCM Executive Director Susan Bell, AWCM Advisory Committee chair Jill Hovis, JLR president Melissa Matton, Community VP Stacy Arch.



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JUNIOR LEAGUE OF RALEIGH





BUNNIE BATCHELOR STUDIO, INC.

You Bring the JLR Mission to Life

By Rhonda Beatty, Communications & Strategies Vice President

As the holiday season quickly approaches, I am reminded that I have so very much to be thankful for and that I have a lot to celebrate. First, I am blessed to have the love of my wonderful family, who so generously allows me to share my time with the Junior League of Raleigh. Second, as one raised with the expectation that you should always give back to your community, I am thankful for the many ways my League has provided for me to do just that. Third, I appreciate the opportunity to share this journey with so many women who feel the same way I do.

With that in mind, I know I am preaching to the choir when I say, "If we all have this incredible feeling of thankfulness, why not share it?"

Knowing that gifts come in many forms, why not give the gift of your time this holiday season? While we all are very busy in our current placements, not to mention all of the various holiday activities we look forward to, we also are blessed to have the ability to fulfill that placement and make it to each of these celebrations. So many others are not as fortunate. Consider sharing a few hours of your time with a child in desperate need of tutoring at the Boys and Girls Club, or with a parent in need of encouragement through the parenting maze at SAFEchild. Read a book with a group of children at Heritage Park or guide a horse around a path for a disabled child at Helping Horse.

As individuals, we do so much. As a team, we can do even more! Consider what your team has done to develop the potential of women. What projects have you been involved in that improve the community? How have you seen the effective action and leadership of trained volunteers make a difference right here in our backyard? Now take it just one step farther and share just one more hour.

As you think about these questions—what you have already done and what more you may be able to do—I hope you will share your experience with all of us! *The Link* and the *eLink* are great places to showcase the great things your teams are doing. We are delighted to share your stories and your successes.

Along the way, maybe you have discovered a new way the League can make a difference in our community. Team Bright Ideas would love to know about that. Or maybe you have come across the perfect community partner for the League to work

with. Team Project Guide is the place to go with those ideas. Or maybe there is an issue on which our members can make an impact. Team GRAPA can help inform and educate our members.

Over the next few weeks, think about everything that you do. Think about the difference you make, the impact your team makes and the potential good we can do if we look a little bit farther into our community. Through your commitment to voluntarism, you bring the JLR mission to life by impacting the lives of promising youth and improving the community—all while developing your own potential.

Now, tell us all about it!

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The kitchen selection team is currently working to identify new and renovated kitchens that highlight trends in kitchen design. Throughout the Showcase weekend, you will have the opportunity to view new designs, appliances and decorations.

Be on the lookout for additional information about this year's Showcase of Kitchens!



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