

# the *Link*

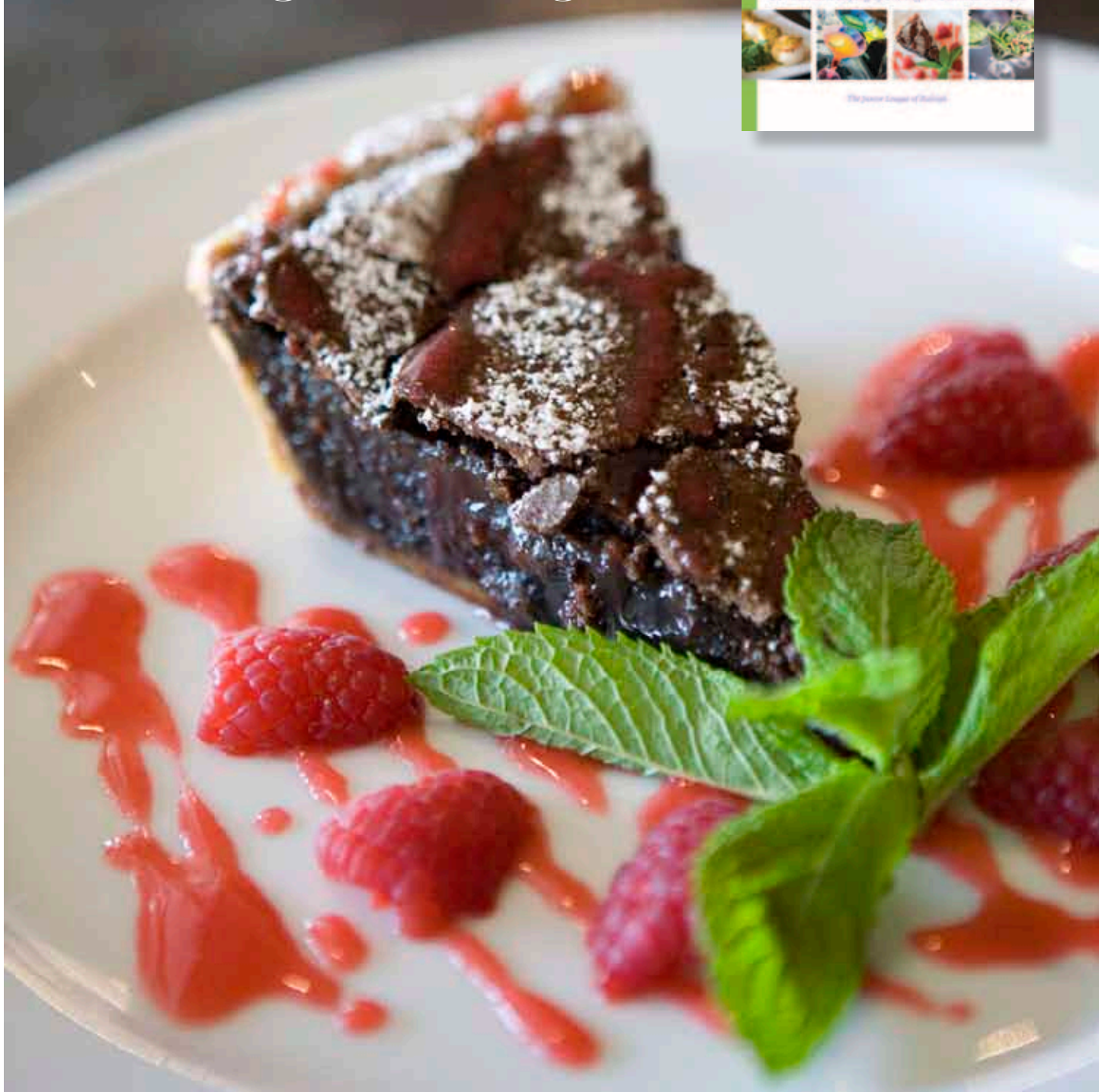
FEBRUARY 2010

A PUBLICATION OF THE JUNIOR LEAGUE OF RALEIGH



Presorted Standard  
U.S. Postage  
PAID  
Raleigh, NC  
Permit No. 315

*Cookbook sales are  
now underway.  
Order yours today!*





# February 2010

- 2 President's Message
- 6 Member Award Nominations
- 8 Shout Outs!
- 14 Women in Leadership
- 16 Money Saving Resources
- 28 A Dream Realized
- 32 The Value of a Network
- 34 Run Girls Run
- 39 Best of ....

## 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.*



711 Hillsborough Street  
Raleigh, NC 27603  
Phone: 919-787-7480  
Voice Mail: 919-787-1103  
Fax: 919-787-9615  
[www.jlraleigh.org](http://www.jlraleigh.org)  
Bargain Box  
Phone: 919-833-7587



## President's Message



MELISSA ROSS MATTON  
*President*

The Junior League of Raleigh began 2009 with a glamorous Governor's Inaugural Ball that we remember with pride. Our efforts garnered headlines and drew the glare of television cameras (and generated critical financial support for the League!), but the League's other important accomplishments of 2009 did not get quite the same attention. I would like to turn the spotlight on several of our members who exemplify the service that our members have provided to the children and families of Wake County for 80 years.

Heather Beiza, the Captain of our Boys and Girls Club Team, recently told our community advisors about her passion for the Boys and Girls Club. Under her leadership, the team tutors more than 60 children at the Brentwood Boys and Girls Club that help during Power Hour—a time for required homework and other enrichment that each child must complete before turning to other activities. Team members also have instituted Friday night crafts, and the children have completed an array of art projects, including a special collage to combat the pervasive media messages that prompt girls and young women to believe that everyone must look like Heidi Klum or Tyra Banks (although that helps if you are looking to host a talk show!). Heather and the Boys and Girls Club Team continue the League's tradition of service to the community.

Nina Argiry, a First-year Active, chairs Kids on the Block. Nina's leadership skills and passion for the League and Kids on the Block make this placement a blockbuster. Her team members have performed all around Wake County to take the message of acceptance and understanding to children. At a recent performance at Conn Elementary, where the audience included a hearing impaired child and children with other mental and physical disabilities, Nina, her team and their puppets had a rapt audience and raised hands after the performance. Nina and Kids on the Block make our community a better place—and a more tolerant and understanding one.

Julie Tew and her team at AventWest demonstrate that you don't have to have kids or a teaching background to make a dramatic impact in a child's life. Julie and her team started at AventWest with a room full of first through fourth-graders and a lot of great ideas. They provide tutoring and monthly special events. Recruited by Julie and her team, the Raleigh Fire Department taught the children about fire safety and gang prevention task force representatives visited to educate the AventWest children about the dangers of gangs. During the holidays, the AventWest Team helped the children make cards for patients in local children's hospitals. Julie reports that the AventWest children and our members have learned much from each other, including the importance of helping others.

Heather, Nina and Julie are only three shining examples from among the 250 women who serve in community placements in the League. These 250 women give an average of five and a half hours a month to their placements. They inspire me and remind me everyday how proud I am of the women with whom I work and serve in the League.

John F. Kennedy said, "One person can make a difference, and everyone should try." Our 250 members in community placements, as well as those of us serving through an in-League placement, make an extraordinary difference.

I hope that each of us will volunteer at one of our community placements during the spring. Spend some time at Heritage Park, be a part of the Helping Horse Show in April, give some time on a Tuesday night with StepUP, or volunteer with Quick Impact. You may find that the next placement you choose will be a community placement!

*Melissa R Matton*



# the Link

**CO-EDITORS:** Melissa Sowry, Blair Winter

**ASSISTANT CO-EDITORS:** Lindsay Beth Gunter, Courtney Phillips

**STAFF:** Mary Adeliade Bell, Jessica Kozma Proctor, Candice Combs, Alesia DiCosola, Kerry Hall, Julia Loughren, Grace McIntyre, Anita Walton, Wendy Webster, Kimberly Williams, Rachael Yelverton

**WEB COORDINATOR:** Julia McCullough

**FOR ADVERTISING INQUIRES:** Contact Tania McLeod at [tania@jlraleigh.org](mailto:tania@jlraleigh.org) or via phone at 919-787-7480.



## 2009-2010 BOARD OF DIRECTORS

Melissa Matton	President
Wendy Webster	President-elect
Rhonda Beatty	Communications & Strategies VP
Stacy Arch	Community VP
Helen Miller	Funding & Development VP
Lisa Vanderberry	Membership VP
Anna Baird Choi	Training VP
Whitney von Haam	Nominating Captain
Stacey Simpson	Secretary
Jenni Kinlaw	Treasurer
Susan McAllister	Sustaining Advisor

## COMMUNICATIONS & STRATEGIES COUNCIL

Beth Lowery	Bright Ideas
Jessica Hayes	GRAPA
Linda Brown Douglas	Sustaining Advisor
Melissa Sowry & Blair Winter	<i>the Link</i> Co-editors
Natasha Ben-Kamara	Project Guide
Kendall Barnes	Public Relations
Julia McCullough	Web Coordinator
Keri Eddins	Secretary

## COMMUNITY COUNCIL

Julie Tew	AventWest Children's Mentoring
Heather Beiza	Boys & Girls Club
Debbie Pappas & Holly Laird	Chorus
Lauren Stump	Community Connect
Catherine Rideout	Community Funding
Kelly Gold & Julianne Kuminski	Girls on the Run
Jennifer Dunn & Michele Jonczak	Heritage Park
Morgan Cates	Helping Horse
Nina Argiry	Kids on the Block
Julie Ploscyca	Placement Assistant
Ashley Parker & Ronda Bazley Moore	Quick Impact
Kate Watson	SAFEchild
Christy Knight & Anna Wilson	StepUp Ministry
Emily Funderburk	Secretary

## FUNDING & DEVELOPMENT COUNCIL

Julie Garrison	Annual Fund
Jeannie Poindexter & Kathryn Poole	Bargain Box
Pat Wilkins	Capital Campaign
Cindy Collett & Betsy Pittman	Cookbook
Hilary Allen & Meredith Keyes	Showcase of Kitchens
Gretchen Pietchottka &	
Christine Gornto	A Shopping SPREE!
Gayle Levinson	Treasurer-elect
Ashley Huffstetler Campbell	Secretary

## MEMBERSHIP COUNCIL

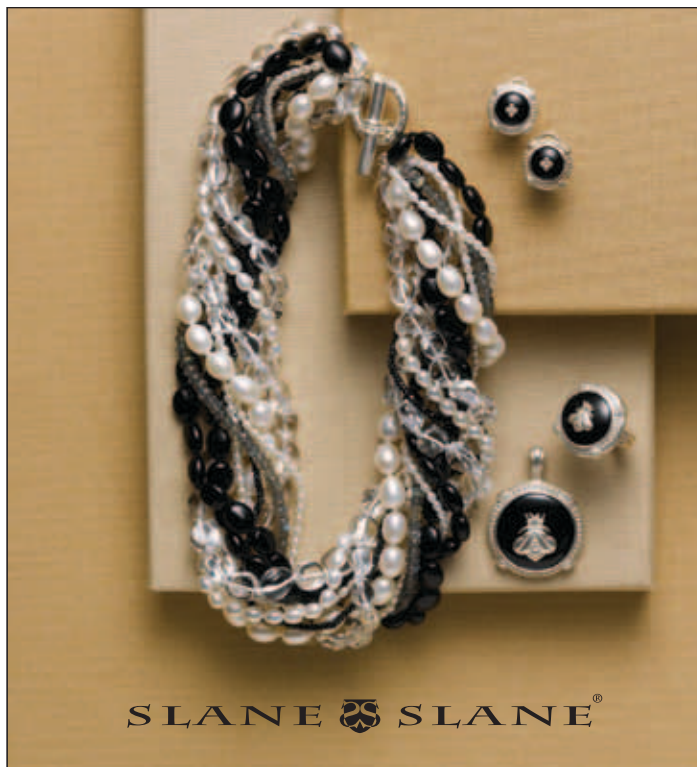
Martha Gehring & Melissa Hayes	Arrangements Assistants
Christina Coffey	Member At Large
Astra Barnes & Lizzie Graybill	Membership Development
	Committee, (MDC) Assistants
Jodie Bandholz	Placement
Candice Johnston	Taking Care of Members
Andrea Fox	Secretary
Kris Jackson	Transfer Captain
Suzanne Brooks & Caroline Stirling	Sustainer Co-chairs
Marla Turlington	Sustaining Advisor

## TRAINING COUNCIL

Katherine Anne Hamlin &	Arrangements
Shannon McDonald	Sustainer Advisor
Deb Smith	Center for Community Leadership
Christian Swain	Center for Community Leadership
Susan Bowers	Building Project
Mary Blake & Cameron Graham	Leadership Support
Maeve Goff & Millie Wooten	Membership Development
	Committee (MDC)
Virginia Yopp	Past President
Lisa Burnett & Jennifer Wells	Training
Liza Roney	Secretary

## SECOND YEAR NOMINATING

Selene Brent
Leslie Rand-Pickett
Jennifer Straw Olsen
Keri Eddins



SLANE  SLANE®

*Elaine Miller Collection*

The Lassiter at North Hills • 4421-109A Six Forks Road • Raleigh • 919-571-8888  
[www.elainemillerjewelrycollection.com](http://www.elainemillerjewelrycollection.com)





# Membership



LISA VANDERBERRY  
*Membership Vice President*

## The Greatest Reward

*By Lisa Vanderberry, Membership Vice President*

We all know the impact the League has made in Wake County for 80 years. We have heard about signature projects that have become thriving agencies. We see the success of our fundraisers as they fuel the Legacy grants to help an array of nonprofits. With the opening of the Center for Community Leadership, we will share another lasting gift with the community.

The common denominator among these accomplishments is that they could not happen without the dedication of our members. You give your time, energy and money to make our mission a reality, often with personal sacrifice. But you do it because you know what a strong organization can do to make the world a better place. Many times, you may not realize the impact as you are working a shift at SPREE! or attending a General Membership Meeting (GMM). You are truly doing more than meeting a requirement. You are learning how to run a successful fundraiser, stage a meaningful meeting and perhaps most importantly, the value of coming together for a common purpose.

When you expand your community service expertise into other nonprofits or even your child's PTA, you bring valuable skills and knowledge that make a difference. When you hear a SAFEchild commercial on the radio or drive by the Brentwood Boys and Girls Club, I hope you feel a sense of pride knowing the children of our community are helped because of you.

I challenge each of you to check out one of the community placements first hand to see the impact you have. All community team shifts and Bargain Box shifts are now listed in the "Service Opportunities" section of the Junior League of Raleigh's Web site. If you complete one of these optional shifts and return the community action form to me by May 1, your name will be entered into a drawing at the May GMM. The greatest reward for my volunteer service is always a hug from a smiling child. Get yours today!

# Food, Fun and Friendship

By Mary Adelaide Bell, the Link

On October 1, Team Placement hosted First-year Active members at the Capital City Club in downtown Raleigh's Progress Energy building. Team Placement hosts the annual event to congratulate new JLR members on their first year as an Active member. The social also affords an opportunity for First-year Actives to visit with their color groups and catch up with old friends.

"The social was a great chance to see many of the friends that I made during my Provisional year," said First-year Active, Quinn Etheridge. "Having so many experienced League members, including JLR President, Melissa Matton, welcome us was a great way to kick off being an Active member," Etheridge adds.

In addition to delicious food and wonderful company, Team Placement raffled off door prizes. A Shopping SPREE!, Team Taking Care of Members and President Melissa Matton donated items for the gift bags. The giveaways included tickets to SPREE!, beach mats, jump drives and stainless steel water bottles.

The Placement Team, which is comprised of 18 JLR members, serves as advisors to the First-year Actives. If a First-year Active is experiencing a problem with her placement, needs guidance on a new placement for the next year or has a question regarding League requirements, she is encouraged to speak with her placement committee advisor.

## FROM TOP TO BOTTOM

League President, Melissa Matton; Placement Team Chair, Jodie Bandholz; and Membership Vice President, Lisa Vanderberry; enjoy a quick chat as they wait to congratulate the First-year Actives.

The Placement Team poses for a picture at the end of the First-year Active social. All of their hard work paid off. The event was a great success!

Several First-year Actives catch up during the First-year Active social at the Capital City Club.

League members take a moment to pose for the camera.

 Developing the potential of women . . .





A close-up photograph of pink orchid flowers with green buds, serving as a decorative background for the page.

# Take a Moment to Recognize Outstanding JLR Members

Every spring, members are given an opportunity to recognize their League counterparts who inspire, persevere and fulfill the mission of the Junior League of Raleigh (JLR), “to promote voluntarism, develop the potential of women and improve the community through the effective action and leadership of trained volunteers.”

Please take a minute to reflect back on this year and whether or not you know someone who deserves to be recognized for her “above and beyond” service to our League and our community.

The award process is managed by the JLR Nominating Team, but your input is integral to the process! Please read the following award categories and submit names of qualifying League members as well as any helpful supporting information.

If you are not sure of the best category, simply nominate the member or team you admire with the supporting information about what makes her contributions of note, and the Nominating Team will consider all appropriate categories.

This form can also be found on the JLR Web site under the “Document & Form Downloads” section, as well as under the “Leadership Toolbox.”

Please submit this form to the “Nominating Team” at the JLR Headquarters, or e-mail

your nominations to Whitney von Haam, Nominating Captain, at [whitney@ncbar.org](mailto:whitney@ncbar.org). **All nominations must be received by Thursday, March 25, to be considered.** Awards will be announced and celebrated at the General Membership Meeting on May 11.

## AWARD CATEGORIES

**The Darlene Shelton Outstanding First-year Active Award**—An award recognizing a new member for dedicated service to our League (includes Active members who just completed their Provisional course in the JLR, or Active members who transferred to JLR and are currently serving their first year with the JLR).

**The Foundation Award**—An award recognizing an Active member and her dedicated work within an in-League placement.

**The Guardian Award**—An award recognizing an Active member and her dedicated work within a community placement.

**The Legacy Award**—An award recognizing an Active member for her dedicated service to the League in a fundraising placement.

**Lifelong Membership Award**—An award recognizing members who have been Active members for 10 or more years and continue to make significant contributions.

**Sustainer of the Year Award**—An award recognizing a Sustainer for her dedicated work

with our League and other volunteer and community organizations.

**Sustainer Legacy Award**—An award recognizing a Sustainer for her exemplary work on a League fundraiser.

**Team of the Year Award**—An award recognizing a JLR team, in-League or community, for exceptional results.

**Member of the Year Award**—An award recognizing an Active member for dedicated service to the League who has gone above and beyond the typical parameters of her JLR “job,” thereby serving as a role model and inspiration for other members. This is the only award that a Board member can receive.

 Promoting volunteerism . . .





## *Sustainer Member Profile:* *Linda Nunnallee*

*By Kate Watson, Team SAFEchild Captain*

When Linda Nunnallee talks, she occasionally says Junior League when she means to say SAFEchild, and vice versa. But the fact that the two organizations are somewhat intertwined for Nunnallee is to be expected. She has spent more than 15 years in their service.

After serving as SPREE! Chair in 1989 and League President from 1994 to 1995, Nunnallee spent seven years on SAFEchild's board of directors. And when SAFEchild's director asked her to become the organization's development director, Nunnallee accepted the job. "That was six years ago," remembers Nunnallee. "I have loved every minute of my time at SAFEchild."

If you want to know about the history of SAFEchild, she's your gal. During the recent bus tour, Nunnallee explained to Provisionals how a surplus of funds in the early 1990s led the League to establish a community agency, and how a League committee researched which needs were not being met in Wake County before deciding to focus on child safety and abuse prevention. Nunnallee also made sure each Provisional member left the room knowing that SAFEchild stands for "stop abuse for every child."

Nunnallee speaks about SAFEchild, which is now an independent agency, with the natural poise of a woman who understands where the organization has been and where it hopes to go. And she easily wins her audience's attention when she relays personal stories and describes how all children need love, empathy and patience from their parents and caregivers.

One of Nunnallee's favorite quotes is found hanging on the wall at SAFEchild, and she enjoys sharing it with visitors. It reads, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has," Margaret Mead.

"That is the Junior League," says Nunnallee with a glowing smile. "A very small group of League members, supported by community leaders, started SAFEchild. Since its founding in 1992, it has made a huge difference in the lives of more than 7,500 families in Wake County."

When she's not working, Nunnallee, a Florida native and graduate of Florida State University, likes to spend time with her daughter, Claire and son, Andy. She also enjoys live music, golf, movies and traveling.

# Transfer Spotlight

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

**Vivian Delgado-Johnson** transferred from the Junior League of Columbia, S.C. Vivian is an area sales manager for AT&T and is a proud mother of Christian, 9, and Gabrielle, 6. When she is not working, Vivian likes spending time with her children, reading and seeking good restaurants with great wine and music in Raleigh. Vivian is a native of Puerto Rico and has lived throughout the U.S. and Europe. Vivian's parents are the founders of the Latin Festival in Columbia, which this year attracted more than 10,000 people.

**Libby Foster** transferred from the Junior League of Washington, D.C. Libby is an adoption coordinator and social worker. When she is not working you can usually find her exercising, cooking or working on a project like sewing new curtains or organizing. Libby enjoys traveling and spending time outdoors and would one day like to work overseas with children and perhaps build an orphanage.

**Sybil Harrington** transferred from the Junior League of Worcester, Mass., where she was honored earlier this year as the Honorary Volunteer Provisional of 2009. Sybil is a nurse and case manager at Wake Med. She is married to Paddy, a software engineer. Sybil is also a certified etiquette consultant.

## Shout Outs!

Shout out to **Morgan Cates** for helping Team Placement secure a venue for the 2009 First-year Active social.

Thank you **Stacey Arch** for being an awesome Community Vice President and keeping the council "in the know" on all the League happenings!

Team Cookbook would like to recognize **Kristen Walker** for her outstanding work on presales of our new cookbook, *"You're Invited Back."*

A special thank you to **Annette Fisher** and **Ashley McMillan** for their help in getting the Heritage Park Girl Scouts successfully started. Great job!

Shout out to the **Helping Horse Community Chicks** for helping the kids and the Helping Horse Capital Campaign. These women make it happen!

Thank you, **Carolina Color Display** at SPREE!. Amazing art, amazing jurors and amazing volunteers!

A special thanks to **Team Chorus** for bringing beautiful music to SPREE! on Thursday morning.

Shout out to **Samantha Saxenmeyer** for her hard work on sponsorships and marketing.

**Kelly Huffstetler** and **Kathleen Brown**, thank you for your hard work with the volunteers at SPREE!.

A round of applause to all the **Active** and **Sustaining members** who strutted their stuff at the Saks Fashion Show at SPREE! Silver Belles. Lookin' good, ladies!

Thank you **Bethany Perkins** for working so hard on the Transfer Team's Angel Tree project.

A special thank you to **Suzanne Brooks** and **Caroline Stirling** for providing silver ribbons for all our Sustainers to show their special status in the JLR at SPREE!.

**To the husbands of every SPREE! Team member** for supporting their wives and the JLR during this year's event. Thank you, gentlemen!

High five to **DeShelia Spann** for her incredible work on the JLR slide show presentation. This fabulous PR tool is a great addition to our marketing arsenal and truly represents the very best of the Junior League of Raleigh. Bravo!

**Kelly Gold** and **Juliane Kuminski** would like to give a shout out to **Iris Stephenson** and **Wendy Webster** for their work on the Girls on the Run article for *the Link*. Thanks for helping us spread the word about how wonderful Girls on the Run is!

Thanks to **Liza Roney** for putting together the leadership position descriptions for the Web site. They are a helpful tool that members will use for years to come!

A shout out to **Lisa Bullock** for coming to

Helping Horse every Monday and bringing her husband JR with her! It is so helpful to have them both there, and it is greatly appreciated! Thanks!

Thank you so much to **Julie Ploscyca** for all of her hard work in planning the First-year Active social.

A special thank you to **Melissa Matton** for running the ship.

**Shannon McDonald** and **Katherine Anne Hamlin**, thank you for arranging fantastic meetings!

Thank you **Liza Roney**, **Ashley Huffstetler**, **Jennifer Olson** and **Keri Eddins** for writing nominations for AJLI awards!

Thanks to **Linda Nunnallee** for being a super Sustainer and representing JLR so well in our community.





# Thank You, "Santas!"

By Kris Jackson,  
Team Transfer Captain

On behalf of Team Transfer and SAFEchild, a sincere thank you to all volunteers for their help with the annual Angel Tree project. The following individuals and groups helped make Christmas special for SAFEchild families. Your generosity does more than you can imagine. Thank you!

- Amy Allen & Michelle Pilos •
- Leslie Allred-Fincher •
- Alison Anderson •
- Stacy Arch •
- Amy Baker & Neighbors •
- Jen Bardinelli & Camp Kanata •
- Lisa Barreca •
- Kate Boes •
- Shayla Bradshaw •
- Cathy Brawner & Raleigh Racquet Club Group •
- Stephanie Brenton •
- Jocelyn Brummett •
- Deb Bunn & Sunday School Class •
- Jenn Burnell •
- Melissa Callaway & The Wood Family •
- Ashley Campbell •
- Mandi Chappell •
- Sarah Clapp •
- Gwynne Cook •
- Nicole Connell •
- Anna Cox & Christina Floyd •
- Susan Diehl •
- Jennifer Durbin •
- Keri Eddins •
- Jill Ellison •
- Katie Feltey & Cassie Mozingo •
- Jocelyn Fina & Jennifer O'Conner •

- Michelle Finlayson •
- Annette Fisher •
- Britney & Jordan Forrister •
- Andrea Fox •
- Audrey Gastmeyer •
- Emily Goatcher •
- Anna Gould •
- Emily Grimes •
- Anne Grimm •
- Katherine Anne Hamlin •
- Anna Harper •
- Melissa Hemmingsen & Friends •
- Wendie Hill •
- Mandy Howard •
- Pam Howard •
- Kathryn Hubbard •
- Kelly Huffstetler •
- Kris Jackson •
- Sydney Jamison •
- Katie Johnson •
- Kelsie Johnson & Lindsey Kinnaird •
- Candice Johnston •
- Laura Kavanaugh •
- Caroline Kesler & Delta Ridge Bunco •
- Katie Lennon •
- Sharon Lewis & Family •
- Beth Lowery •
- Tiffany Lund •
- Robin Mangum •
- Jane Mann •
- Amy Marshburn •
- Melissa Matton •
- Susan May •
- Julia McCullough •
- Mary Ellen Heathcoat •
- Shannon McDonald •
- Kristi McKeown •
- Tracy Mitchell •
- Leslie Mize & Vachelle Willis •
- Meg Montgomery •
- Alicia Morris •
- Heather Nicholson •
- Jennifer Olson •
- Jill Ovsievsky & Friends •
- Ashley Parker •
- The Parsons, Youngs & Zarcones •
- Sara Perdue •
- Bethany Perkins •
- Kelly Perry Shoaff •

- Monica Piques •
- Gena Poulos •
- Lori Powell •
- The Pretzer Family •
- Leslie Rand Pickett •
- Lisa Roberts •
- Jessica Rosenfeld •
- Amanda Sadler •
- Katie Schottmiller •
- Danielle Shuirman •
- Stacy Simpson •
- Susan Sink •
- Jennifer Smith •
- Rika Spencer •
- The Stanleys •
- Dana Stiefel •
- Lauren Stump •
- Christian Swain •
- Meredith Taylor •
- Betsy Thomas •
- Kate Tillman Brown •
- The Parents of Kate Tillman Brown •
- Alyson Tuck •
- Jennifer Van Eron •
- Lisa Vanderberry •
- Lee Veit •
- Kim VonWeihe •
- Carol Wagoner •
- Kristen Walker •
- Wendy Webster •
- Jennifer Wells •
- Kimberly Wessell •
- Jennifer Wienke •
- Jennifer Williams •
- Millie Wooten •
- Parker Wright •
- Virginia Yopp •
- 2008 Purple Provisionals •
- 2008 Green Provisionals •
- Bailey's Fine Jewelry •
- Blue Provisionals •
- Brentwood Boys & Girls Club •
- Copper Provisionals •
- Coral Provisionals •
- Gold Provisionals •
- Green Provisionals •
- JLR Board of Directors •
- JLR Office Staff •
- Team Leadership Support •
- Lime Green Provisionals •

- Maroon Provisionals •
- Orange Provisionals •
- Pink Provisionals •
- Purple Provisionals •
- Red Provisionals •
- Silver Provisionals •
- Teal Provisionals •
- Team Arrangements •
- Team Bargain Box •
- Team Community Funding •
- Team Heritage Park •
- Team Kids on the Block •
- Team Overactive •
- Team Placement •
- Team Quick Impact •
- Team SAFEchild •
- Team Showcase of Kitchens •
- Team SPREE! •
- Team StepUP •
- Team Taking Care of Members (TCOM) •
- Team Transfer •
- Team Transfer—Team Green •
- Team Cookbook •
- Team the Link •
- Yellow Provisionals •

# Thank You, Team Transfer

for all of your hard work on this project. Special thanks also to Bethany Perkins and the Angel Tree team—it couldn't have happened without you! Finally, thank you to this year's Transfers for their dedication and support. We are thrilled to add such wonderful women to the Junior League of Raleigh!





## 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](mailto: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.



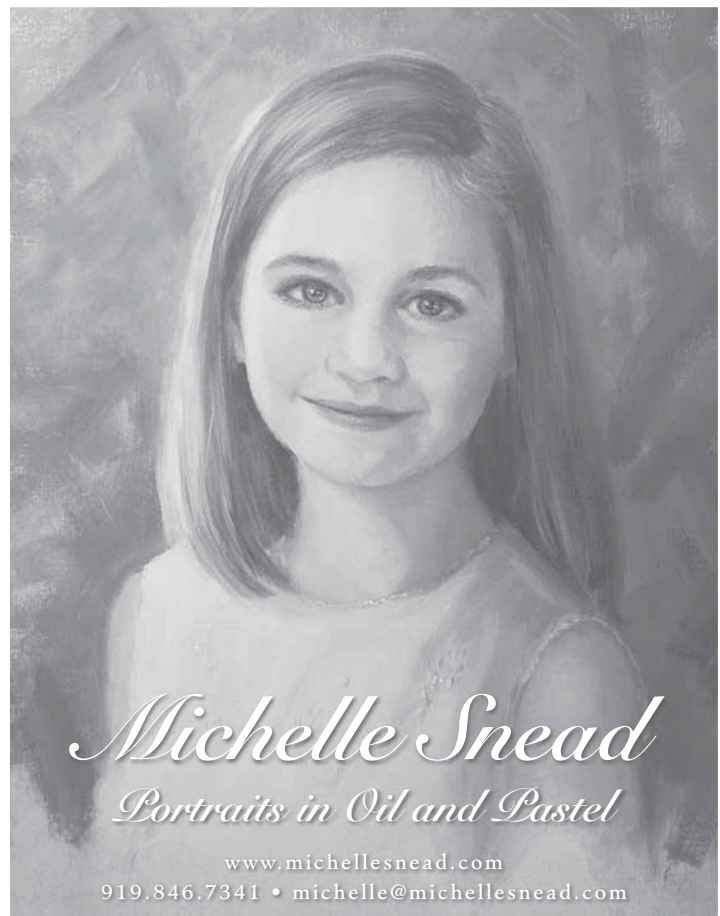
League members enjoyed a night out at the 234th Navy and Marine Corps Birthday Ball. League member Natasha Ben-Kamara was escorted by her husband, SSgt. Sylvester Kamara, and League member Jessica Ruhle was escorted by Lieutenant Jacob Joubert. The ball was held at the Embassy Suites Hotel in Cary. It was presented by the Naval Reserve Officers Training Corps of the University of North Carolina at Chapel Hill, North Carolina State University and Duke University.



It's more than a vacation. It's a break from the ordinary. And just what you need. Plan your next visit to North Carolina's magical island getaway. And see just how Wright some time here can feel.

VisitWrightsvilleToday.com  
1-800-650-8921

  
*Wrightsville Beach*  
It just feels *Wright*.



*Michelle Snead*  
*Portraits in Oil and Pastel*

[www.michellesnead.com](http://www.michellesnead.com)  
919.846.7341 • [michelle@michellesnead.com](mailto:michelle@michellesnead.com)



Room to Dream  
Room to Play Room to Be  
**Rosenberry Rooms®**

**10% off\***  
**+FREE SHIPPING**

APPLY PROMO CODE:

**T10032**

EXPIRES 5/31/10

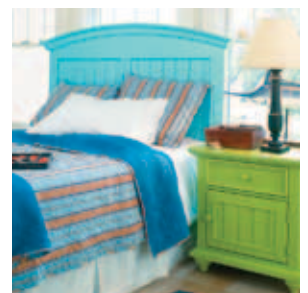
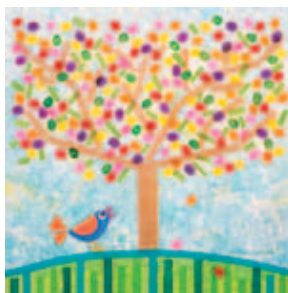
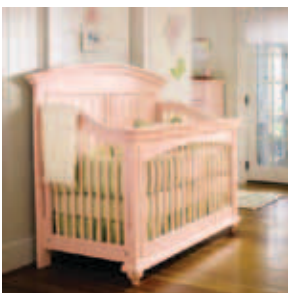
Visit us online  
[www.RosenberryRooms.com](http://www.RosenberryRooms.com)

or call, and schedule a  
**Free DESIGN CONSULTATION**  
1.877.214.6875

*Rosenberry Rooms offers exceptional  
children's furniture, beautiful  
bedding, room décor, stylish diaper  
bags, baby gifts and gear, featuring  
every theme, style and motif.*



**709 HILLSBOROUGH ST, RALEIGH**



\*Some exclusions may apply. Not all merchants participate in discount, or promotion programs. Discount will be calculated on merchandise total excluding shipping, handling, and sales tax.



# Training



ANNA BAIRD CHOI  
Training Vice President

## *I'm a Trained Leader . . . Now What? Version 2.0*

By Anna Baird Choi, Training Vice President

In the last issue of *the Link*, I suggested five ideas from Richard Carlson's book, "*Don't Sweat the Small Stuff*." His ideas seem quite simple at first, but they clearly would serve any leader well. All of us are leaders in one capacity or another, but we lead in many different places: work, home, community organizations, volunteer activities, houses of worship, etc. In order for us to lead successfully and set positive examples, we should always strive to improve ourselves so that we may reflect positively on others. Below are five more ideas from Carlson's book to achieve this goal:

### **Don't interrupt others or finish their sentences.**

This idea has my name written all over it! I am constantly working on trying to be better at keeping my mouth shut and allowing people to get their thoughts out. It's not because I want to appear rude, but I'm often so excited about a topic or I'm in such a hurry that I jump right in before the other person has finished his or her thoughts. I recall doing this recently during a phone conversation with another League Vice President, and

while she was extremely polite and never seemed frustrated, I can only imagine what she was thinking when she got off the phone. This is a destructive habit to the respect you receive from others. This tendency, which is extremely common in busy people, encourages both parties to speed up their speech and thinking. This, in turn, makes both people nervous, irritable and annoyed. Besides, how can you really listen to what someone is saying when you are speaking for them? If you can allow the other person to finish speaking before you take your turn, you'll notice right away how they will feel more relaxed around you when they feel heard and listened to.

### **Choose your battles wisely.**

One of my team members last year described this best as the "color of the cake icing" issue. Does it really matter if the icing on the cake is sky blue or dark blue? If you're taking the cake to a UNC tailgating party, then the answer is yes! However, if you're purchasing a cake to help children in a community organization celebrate their accomplishments,



then the answer is certainly no. Life is filled with opportunities to choose between making a big deal out of something or simply letting it go, realizing it doesn't really matter. Certainly, there will be times when you will want or need to argue or confront for something you believe in. However, there are always going to be people who disagree with you and who do things differently. If you fight against this principle, you'll spend most of your life fighting battles.

### **Practice humility.**

The less compelled you are to try to prove yourself to others, the easier it is to feel peaceful inside. Bragging about your accomplishments or trying to convince others of your worth dilutes the positive feelings you receive from an accomplishment, and the more you try to prove yourself, the more others will notice your insecure need to brag. There's nothing wrong in sharing a positive experience with others in the hopes that it will provide some guidance. However, successful leaders lead by encouraging others to follow along with them, not by mesmerizing them with prior glory. The League's mission is to improve the community with trained volunteers, and singing your own praises solely for the purpose of putting yourself up on a pedestal does nothing to train those along side you.

### **Every day, tell at least one person something you appreciate about them.**

There are several reasons why we don't vocally let others know about our positive feelings toward them. Some feel, "They don't need to hear me say that—they already know it," or "I'm too embarrassed." Telling someone you like, admire or appreciate about them takes almost no effort, yet pays enormous dividends. We all appreciate the kind thank

you note or even the simple gesture of someone telling us "thank you for your hard work." Team members do too. I once worked in job where, after about a year, I realized that the way I could tell that my bosses were happy with my work was when they weren't correcting me. Thus, if I did my job competently (which I usually did), my reward was silence. Note—this is not a good way to motivate a worker, volunteer or team member. I was positively miserable in this job. People like to be acknowledged for a job well done or praised as a valued team member. This doesn't mean a big to-do or constant, continual ego stroking; simple gestures are often the most sincere.

### **Breathe before you speak.**

This involves nothing more than pausing after the person to whom you are speaking is finished. Though the gap between your voices may seem like an eternity, you will come to appreciate the power of this short pause. If you observe conversations around you, you'll notice that often, many of us are simply waiting for our chance to speak and we're not really listening to the other person. This rushed form of communication encourages us to criticize points of view, overreact and misinterpret meaning. When those around you are offering their opinion, they want to be heard as much as you want to be heard. When team members are describing a problem, they may not be complaining but instead, seeking a solution. As a leader, if you don't pause to absorb what was just said, your response may not address the point and may even make things worse. Don't worry, you will get your turn to speak and it will be more rewarding if you pause before responding because the person to whom you are speaking will pick up on your respect and patience and will begin to do the same.

 Effective action and leadership of trained volunteers . . .

## JLR Announces New Leadership Program Starting This Fall

*By Alesia DiCosola, the Link*

Training women to lead has always been part of the Junior League of Raleigh's mission. This fall the League kicks off its flagship leadership initiative designed to help members reach their potential as community leaders, whether through the League or other organizations.

This program will include monthly workshops from the fall of 2010 through the spring of 2011. Participants will learn about effective communication, team building, time management and other leadership skills from successful leaders in various industries in North Carolina.

The program is open to any League member. Applications and additional information will be available in May.

Be sure to join us at the March General Membership Meeting for more exciting details about this new initiative at the Center for Community Leadership.

# Women in Leadership

Community influencers  
share their perspectives on  
successful leadership



We sat down with three League members, all who are accomplished in their areas of expertise, to explore their perspective on leadership. We found out that five probing questions, plus three amazing women, yield some pretty thought-provoking responses.

## Meet the Leaders

**Linda Brown Douglas**, Director of Community Relations, University of North Carolina at Chapel Hill; Junior League of Raleigh Co-chair, Inaugural Ball, 2005; Junior League of Raleigh Sustainer and Past President.

**Virginia Parker**, Vice President and Business Development Officer, Paragon Commercial Bank; Junior League of Raleigh Sustainer of the Year, 2008–2009; Junior League of Raleigh Co-chair, Inaugural Ball, 2009.

**Laura C. Bingham**, President, Peace College; Junior League of Raleigh Sustainer; former Team Training Captain, Parliamentarian and Co-captain Junior League of Raleigh 60th Anniversary, 1990.

## What was the toughest obstacle you have had to overcome, and what did you learn from it?

**Douglas:** I think it's that feeling of knowing that sometimes, no matter what decision you make, someone will be hurt. Sometimes there just isn't a win-win ending. From those experiences you're reminded that sometimes things are going to break, and you won't be able to fix them. You learn to accept the broken pieces and do your best to clean them up, gently.

**Parker:** Believe it or not, the toughest obstacle I have ever had to overcome was myself. When I was first encouraged to get involved in community leadership, I questioned my ability to be an effective leader. There were at least 20

By Lisa Burnett, Team Training Co-captain; Julie Whitlock, Team Training; Erin Corbett, Team Training

reasons why I couldn't be a leader, including time, skill set, I didn't know the right people, I had not been involved long enough—the list went on and on. What it all boiled down to was that I didn't believe in myself. It took building my self-confidence to turn my attitude around. I did that in two ways. I first listened to those around me and believed what they had to say about me and my leadership potential. I humbled myself to accept their encouragement and turned that into energy to propel me forward. Once I started moving forward, I took small, successful steps that strengthened my belief in self and what I could accomplish as a leader.

Even today, I can be my worst critic. I think that is just a part of human nature, but I chose to look past my shortcomings, focus on my strengths and leverage those strengths for the benefit of others.

**Bingham:** I'm uncertain if obstacle is how I would characterize my tendency to be impatient. Over the years, I've accepted that I have an ability to rather quickly envision the possible, so my patience can wear thin if there is too much talking and too little doing about something for which I see answers! I've learned that providing people with context and being mindful of processes that seek quality input are helpful in giving me more patience to work through "the possible."

## What motivates you as a leader?

**Bingham:** Having a passion for a cause, a special interest or curiosity or knowing that my talents and experiences can make a difference is what motivates me. Steven Covey's guidance to "begin with the end in mind" is a terrific way to frame a leadership role as you take on a responsibility to accomplish a goal. Foremost is to continuously envision the responsibility you have accepted in the optimal way it can be fulfilled.

**Douglas:** The energy from the people around me. You see it in so many of the programs and events sponsored by the League. It may be something quiet, such as a Heritage Park volunteer who keeps coming back to share of herself with the young girls, knowing that sometimes kids don't understand why what we're doing is so important. It could be an Inaugural Ball volunteer who is stressing over every penny we spend because she knows that those extra pennies will mean we can do more for others. Or it may be a Board member who

wants to take a little more time to talk over a decision because she knows that what we do impacts our community. When I become tired, those are the people I think about, and that's how I build energy.

**Parker:** What motivates me as a leader is what Bill George calls your "True North." In his book, "*True North*," George describes leadership motivation as either extrinsic or intrinsic. Intrinsic motivation is derived from your sense of the meaning of your life, not how the world defines it for you (i.e. salaries, awards, titles, etc.). It's your framework and what is of value to you. For me personally, serving as a leader allows me to help and guide others toward their goals—something that gives me pleasure, as well as makes me feel as a part of the team. Leadership also allows me to use and further develop my own personal skills, strengthening my personal development. And lastly, as goals are realized and positive change occurs, I feel a strong sense of accomplishment—something that just makes me feel good all over.

## What is the one piece of advice you would give to those who are interested in taking on a leadership role for the first time?

**Parker:** This is an easy one: don't be afraid of failure. I recently went through an institute that focuses on the importance of women in public service and trains women how to run for political office. During a panel discussion, a judge was asked this exact same question and her response was one that I will never forget, "It's okay to lose." She went on to explain how failure can be the springboard to success—with the right attitude.

What a powerful statement. As soon as I heard it, it was like a huge weight was lifted from my shoulders. All of my fears, doubts and anxieties (well, almost all) about running a campaign and losing (or failing) were minimized and instead, I saw the opportunity of learning and growing. Failures allow us the opportunity to learn from our mistakes and force us to think about how to improve ourselves and our situation.

**Douglas:** Find a trusting, impartial person you can call when you're unsure of yourself, or just need an ear. No one gets anywhere alone.

**Bingham:** Be ready to trust your instincts, accept criticism for what you can learn from





Linda Brown Douglas



Laura Bingham



Virginia Parker

it and stay focused. I have a framed print of “wisdom of the soul” quotations hanging in my office powder room. One of my favorites says, “Doing your best drives away regret.” Amen.

**What activities did you participate in or what skills did you develop over the years to become the leader you are today?**

**Bingham:** I think resilience is one of the most powerful traits or talents that build leaders—personal, emotional, intellectual and physical resilience. It can be natural traits and talents, but the ability to find the positive, dig for extra energy and maintain a healthy appetite for learning - helps to fuel resilience. I believe it is what sets leaders apart.

Growing up, I was a well-rounded student, a Girl Scout, a swimmer and active in student government. In college, I took on leadership roles and stepped outside of my comfort zone. In my 20s, I worked for a former Governor and Lt. Governor, which exposed me to public policy and politics at a young age and helped me realize that issues are multi-dimensional and have way more than two sides. In my 30s, I worked for Duke University and Hollins College leading fundraising campaigns, bringing others to worthy causes and managing talented colleagues. I’ve been President of Peace College during my 40s and early 50s, and it’s really been a role that my experience, instincts and interests have made it feel I was born for. As I’ve recently announced my retirement after 12 years as president, I know it’s been the great privilege of my life thus far.

**Douglas:** I guess everything is a progression—Girl Scouts, church leadership roles from youth on up, sorority training opportunities and of course, Junior League leadership opportunities. I’ve always studied other people (some

people would probably think I was a stalker if they knew how much I studied them). Some of my longtime friends today are my friends because I just wanted to learn more about them and what made them so impressive. Also, I try to take advantage of training opportunities whenever I can. Organizational Development Institutes (ODI) or any of the training opportunities provided by the Association of Junior Leagues International (AJLI) are very good. I always believe I can learn more, so when I attend an annual meeting, I make sure I don’t miss anything. One of the sessions for President-elects at the AJLI annual meeting is on presenting speeches. You’re in a room with about 15 women and a speech expert. You’re given a card and told to get up in front of everyone and talk on that topic. Then you’re critiqued. It’s scary, yet non-threatening at the same time. You figure, “I don’t know these people and may never see them again, so I’m going all out.” Once you do that, you’re in a better position to see just how much you can do.

**Parker:** I have always attributed the development of my leadership to my volunteer work with the Junior League of Raleigh. Not only did the League provide me with the leadership opportunities that helped me build my portfolio of leadership skills, but it also opened the door for me to get involved in leadership roles with other nonprofits in the area.

I believe that the diversity of the different leadership opportunities that I engaged in—is what really allowed me to take my leadership to a new level. I learned how to work with volunteer-run organizations, staff-run organizations, start-up initiatives and well-established statewide nonprofits. They all presented their own unique set of challenges, which only broadened my experience and sharpened my skills.

Of all the leadership skills that I have developed, I feel that the one that has most molded my leadership style and me is the ability to connect. Best-selling author, Malcolm Gladwell, popularized the term “connector” in his book, *“The Tipping Point”* by defining connectors as individuals who know a large number of people and who are in the habit of making introductions. I use this skill every day, both professionally and personally.

**What criteria do you personally use to determine if you are being a good leader?**

**Douglas:** I need to see results. That could come in the form of a testimonial, the responses from people participating in an activity or a finished product. After working on a project, one of the best feelings is being able to find a spot off to the side to just sit and watch the results of your labor.

**Parker:** This is a difficult question for me. As I have pondered it, I would have to say that it really comes down to how I feel at the end of the day. Perhaps this relates back to what motivates me as a leader—my intrinsic values. If I can look back on what I have done and feel that my “tank is full”—that my intrinsic needs have been met through my work—then I am happy with what I have done and how I have done it.

**Bingham:** If, over time, my contributions are judged as productive and positive. Often leaders have to make decisions in a short-term horizon, but having an eye focused on the long-view while doing so—generally helps clarify decisions that work now and accrue to greater good in the long run.

Leaders should be judged on what they accomplish and how they accomplish it, and how that achievement sustains or strengthens a mission.

# Money Saving Resources

By Team Training

How can we do the same or more with less money? Mentioned below are several Web sites that will help you to do just that! The sites offer great resources to help reduce your overall outflow of cash, whether it be dining out, traveling, groceries or household items. After all, the more we save on daily living costs, the more we are able to give to others. And giving is our mission in the Junior League!

## Travel

- [travelzoo.com](http://travelzoo.com)
- [shermanstravel.com](http://shermanstravel.com)
- [sidestep.com](http://sidestep.com)
- [budgettravel.com/bt-dynsrch/realdeals/realdeals.html](http://budgettravel.com/bt-dynsrch/realdeals/realdeals.html)
- [yapta.com](http://yapta.com)
- [smartertravel.com](http://smartertravel.com)

## Coupons

- [couponmom.com](http://couponmom.com)
- [couponcabin.com](http://couponcabin.com)
- [thegrocerygame.com](http://thegrocerygame.com)
- [theintentionalhome.blogspot.com](http://theintentionalhome.blogspot.com)
- [forums.savvydollar.org](http://forums.savvydollar.org)

## Clothes

- [platocloset.com](http://platocloset.com)
- [ruelala.com](http://ruelala.com)
- Department store coupons in newspaper, or Google the department store of your choice.

## Dining out

- [entertainmentbook.com](http://entertainmentbook.com)
- [restaurant.com](http://restaurant.com)
- [cityrewardsnetwork.com/cityindex.php?city=Raleigh](http://cityrewardsnetwork.com/cityindex.php?city=Raleigh).

## Appliances

- Ask the store manager for a discount

## Other items

- [olliesbargainoutlet.com](http://olliesbargainoutlet.com)
- [raleigh.craigslist.org/](http://raleigh.craigslist.org/)
- [projects.newsobserver.com/taking\\_stock](http://projects.newsobserver.com/taking_stock)

## Fax to e-mail service—eliminate phone line

- [faxage.com](http://faxage.com)
- [efax.com](http://efax.com)
- [myfax.com](http://myfax.com)

## Energy

- Complete a home energy audit.  
Ask your electric or gas utility if they audit homes for free or for a reasonable charge. If they do not, ask them to refer you to a qualified professional.



*Pam Shank  
Portrait Artist*

*Portraits  
in  
Oil and Watercolor*

*Please visit: [www.pamshankportraits.com](http://www.pamshankportraits.com)*

Healing through Organization  
transformation through organization

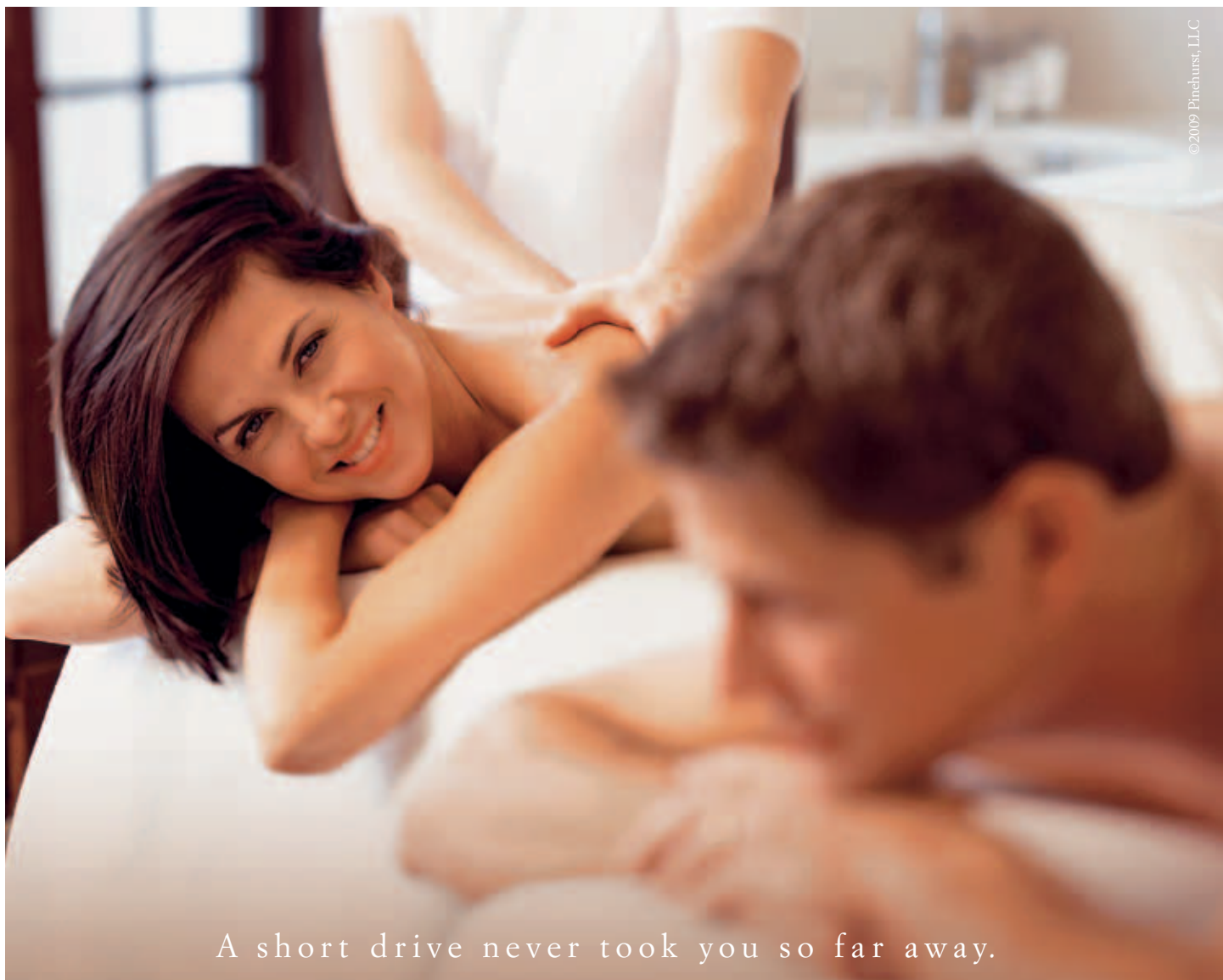
Julie Seibert  
Professional Organizing Services

Home/Office Organization  
Organizing for Children  
Downsizing for Seniors

919.559.3925  
[julie@healingorganization.com](mailto:julie@healingorganization.com)  
[www.healingorganization.com](http://www.healingorganization.com)







A short drive never took you so far away.



Right down the road you'll find an oasis of hydrating facials, soothing massage, exfoliating scrubs and cleansing body wraps. Call The Spa at Pinehurst at 800.487.4653 and see where our Mobil Four-Star-rated spa takes you.

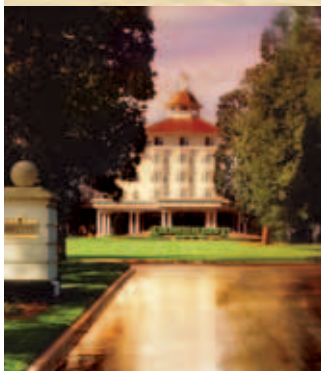
**Evergreen Escape \$255\***

Accommodations  
Breakfast and dinner  
One 50-minute spa treatment  
or round of golf

MOBIL ★★★★★ RATED

800.487.4653 • Village of Pinehurst, North Carolina • [pinehurst.com](http://pinehurst.com)

\*Rate is per person, per night based on double occupancy. Valid select dates from 11/8/09 - 3/6/10. Subject to tax and resort service fee. Upgrade to a round on No.2 for \$175. Some restrictions apply.







# Funding



BURNE BACHELOR STUDIO, INC.

**HELEN MILLER**  
*Funding & Development  
Vice President*

## *A Full Year in 2009 with Much More to Come in 2010*

*By Helen Miller, Funding Vice President*

What an exciting year we had in 2009! I know that 2010 will be just as exciting with all of the great things going on in our League. A big thank you to all of the A Shopping SPREE! Team members. It was a great week featuring many new exhibitors, as well as our old favorites; live entertainment, the popular Preview Gala and the new Friday night event featuring a fashion show presented by Saks Fifth Avenue. I'd like to thank the entire Junior League of Raleigh membership as well. It is because of your continued support that we were able to celebrate 25 years with a bang!

Another big thank you goes out to all those who participated in the Membership Market held at the November General Membership Meeting. We had a great selection of gifts and some very talented members showing off their products.

Looking at 2010, we still have a lot to look forward to in this busy League year. The Showcase of Kitchens Team is in the final stages of

planning to make this year's tour even bigger and better. Be sure to tell all of your friends and neighbors about this great weekend event, which will feature some of Raleigh's most innovative kitchens. Team Bargain Box continues to think "outside of the box" to market themselves and serve the community. The Annual Fund and Capital Campaign are in full swing, and we are thankful for your continued support of these year round fundraisers.

I feel very fortunate to be a part of a dedicated membership that is making a difference in our community. Our efforts and members, through fundraising and volunteer hours, are reaching all corners of Wake County by making an impact on the lives of our youth. The new programming at the Center for Community Leadership will continue those efforts, reaching out across our state.

Thank you for your generous support to help make our community a better place.

# *Effective Immediately: New Reimbursement Policy for JLR*

*By Jenni Kinlaw, Treasurer*

Auditors for the Junior League of Raleigh (JLR) have requested that the JLR institute a more stringent reimbursement policy. The JLR now requires that invoices and reimbursement requests be submitted with 15 days of the end of the month in which expenses were incurred. There will be no exceptions to this policy since it is at the request of our auditors.

Example: Sally has an event in March for which she purchases \$400 of ribbon. She needs to turn in her reimbursement form by April 15 to be reimbursed \$400. Prior to turning the request into the Finance Director, Sally must have the reimbursement request approved by her team captain. Sally will bring the reimbursement form to Headquarters and leave it in her captain's box. She also needs to let the captain know that she has a reimbursement request to be approved.

The team captain will approve the request and turn it in to the Finance Director for payment. This entire process should occur within 15 days of the end of the month. If

you are running close to the cut off in placing the reimbursement request in your captain's box, you should stop by Headquarters during the day and have the request date stamped by Lori Woods. Another option is to scan the receipt and reimbursement request and e-mail it to your captain and the Finance Director.

Please remember that you can always use the Junior League credit card for large purchases, such as \$400 of ribbon. This is available for checkout at Headquarters during business hours. Your team captain still must approve this expense, however you will not have to wait for reimbursement.

By having expenses recorded in a timely manner, the JLR will have better financial information, which will allow us to better serve the community. Again, there will be no exceptions to this new policy.

Questions? Feel free to contact Jenni Kinlaw, JLR Treasurer at [jennikinlaw@yahoo.com](mailto:jennikinlaw@yahoo.com).

## Tax Organization Tips

*By Jenni Kinlaw, Treasurer*

It's tax time again. The holidays are over and those important looking documents, like W-2s and 1099s will start arriving in the mail soon.

All of these forms should be kept along with your tax returns for at least three years. A great way to keep everything organized is to start a folder or accordion file so all these items are in one place. When a tax-related document comes in the mail, you can simply drop it in the folder. After your return is finished, place it in the folder with all the backup information, and store it in a safe place.

A new file for each year will help to keep all the paperwork under control as well as to give you a way to make sure you aren't missing any documents. Before starting your return or taking it to your tax preparer, look through the previous year's folder to make sure all the forms you need have been delivered.

If you itemize your deductions instead of taking the standard deduction, there are a number of other documents you will need to support the deductions claimed on Schedule A of Form 1040. Any charitable deductions must be substantiated by receipts or statements from the organization. Credit card statements or images of cashed checks will work as well. As long as the date of the donation is in the current tax year, you can claim it on your return. Keep in mind that contributions of more than

\$250 must also have written acknowledgment from the organization.

One great thing about the Junior League is the year-end tax acknowledgement sent to all members. This details all gifts made to the League each calendar year that can be claimed as charitable donations. Items like SPREE! tickets are not deductible because you are receiving something of value in exchange for your contribution. The value of your Bargain Box quota is listed on this sheet. All of this information in one place makes life so much easier for you or your tax preparer.

Other information you will want to gather and keep in your tax records includes receipts for large items purchased, such as a car, to take the sales tax deduction; receipts for medical expenses; statements for property taxes paid; information on the purchase of real estate or improvements to your home; and any receipts for un-reimbursed job expenses. For more information on recordkeeping, please refer to Publication 552: Recordkeeping for Individuals, available at [www.irs.gov](http://www.irs.gov).

*Jenni Kinlaw is a Certified Public Accountant and member of the Junior League of Raleigh. The material above is intended to be accurate; however, consultation with appropriate legal or accounting professionals for assistance is recommended.*



Junior League  
of Raleigh  
members enjoy  
A Shopping  
SPREE!  
festivities:  
Preview Party,  
Silver Bells at  
SPREE!, Saks  
fashion show  
and Weekend  
Wake-up.









*You're Invited . . .  
to celebrate the publication of  
"You're Invited Back"*

*By Katie Johnson, Cookbook Team*

After over two years of effort, it's finally here—the Junior League of Raleigh's new cookbook, *"You're Invited Back."* The new book is focused on the city of Raleigh and is full of the best recipes from our members' kitchens. Complimenting the recipes are beautiful photographs by Sustainer Tammy Wingo, menu suggestions for every occasion and helpful culinary tips.

Be among the very first to purchase, *"You're Invited Back,"* The Junior League of Raleigh's first new cookbook in 10 years. It is hot off the presses!





---

## *Carolina Crab Bisque*

---

Recipe from "You're Invited Back"

**Serves 6-8 people**

1/2 cup (1 stick) butter  
2 cups sliced mushrooms  
2 scallions, chopped  
1/2 cup onion, chopped  
1/2 cup green bell pepper, chopped  
1/4 cup parsley, chopped  
1/4 cup (1/2 stick) butter  
1/4 cup all-purpose flour  
4 cups milk  
2 chicken bouillon cubes  
1/2 teaspoon nutmeg  
Tabasco sauce to taste  
2 teaspoons salt  
1/2 teaspoon pepper  
2 cups half-and-half  
2 cups crab meat  
6 to 8 tablespoons sherry

Melt 1/2 cup butter in a medium skillet. Add the mushrooms, scallions, onion, bell pepper and parsley. Sauté until tender but not brown. Melt 1/4 cup butter in a stockpot and remove from the heat. Stir in the flour. Return to the heat. Add the milk gradually and cook until the mixture thickens, stirring constantly. Stir in the bouillon cubes, nutmeg, Tabasco sauce, salt and pepper. Add the sautéed vegetables and half-and-half. Bring to a boil. Reduce the heat and add the crab meat. Simmer for 5 minutes, ladle into bowls and top each serving with 1 tablespoon sherry.

---

## *Pink Pear*

---

Recipe from "You're Invited Back"

**Servings: 4**

10 Ounce(s) Pear Vodka  
10 Ounce(s) Pink Lemonade  
4 Slice(s) Lemon  
Ice

In a pitcher, combine the lemonade and vodka. Stir. Pour over ice in cocktail glasses. Add a slice of lemon to garnish.



[www.tammywingo.com](http://www.tammywingo.com)





# *The Pink Pages*



CAROLINE STIRLING  
*Sustainer Co-chair*

## *A Message From Your Sustainer Co-chairs*

*By Suzanne Brooks & Caroline Stirling*

### *Nominate a Sustainer!*

There are so many Sustainers who do wonderful things for the League. It is time to submit your nominations for the Sustainer of the Year award and the Sustainer Legacy award, both given to a Sustainer who has helped with the League's fundraising efforts.

Look for the award nomination form on the JLR Web site under both **Leadership Toolbox** and **Document & Form Downloads**.

We appreciate your submissions. Thank you!



# *Sustainer Jane Gilchrist: Busy in Raleigh and Loving Every Minute*

*By Caroline Stirling, Sustainer Co-captain*

Jane Gilchrist knows how to take care of business. Whether it's at work with the N.C. Department of Justice, family time or community activities, she's efficient, committed and her enthusiasm is contagious.

She was a Junior League Provisional in Fayetteville in 1993 and transferred to the Junior League of Raleigh in 1994. Since then, she's made friends and many memories along the way.

"My favorite placement has been the Inaugural Ball," Gilchrist shared. "The League does an amazing job putting all the pieces together for this fabulous event. There's no other organization that could stage an event of such magnitude with that level of style and class."

Gilchrist has volunteered at three consecutive Inaugural Balls. She's served on the Program Committee and Entertainment Committee, and she was a hostess at the Gala Presentation at the most recent event. Some of her favorite League memories were created at the Ball.

"The year I helped with entertainment was a lot of work, but it was a lot of fun, too," she said. "Four of us worked with the bands, and we had a great time. One of my favorite memories was waiting with the bands as

they prepared to perform. There was one band—Right On—they played '80s music. The band members were so funny, plus they gave us their CD. It was a lot of fun!"


In addition to the Inaugural Ball and numerous other projects undertaken by the League, Gilchrist said friendships are some of the most important elements she's cultivated from her experience in the League.

Gilchrist is on the alumni board at Peace College and says former League president Megg Rader recommended her for the post. On the recreational side, she's in a bunco group that several of her League friends asked her to join.

"My best friends are ladies I've met through the League," she said. "It's a wonderful way to meet people and create relationships that last a life time."

In addition to her involvement with the League, Gilchrist is actively involved at her church, Edenton Street United Methodist Church, where she is a "shepherd" for the second-graders this year. "A shepherd is someone who helps maintain order while they learn and listen to the lesson," she explains.

Gilchrist and her husband, Mike, have two children: William, 11, and Elizabeth, 8.





# Community



**STACY ARCH**  
*Community Vice President*

## Foundations of Support

*By Stacy Arch, Community Vice President*

Did you know that the Junior League of Raleigh has played a part in the growth of many long-established charities and service organizations in our area?

Fifty years ago, the Junior League of Raleigh established Hilltop Home, a private, nonprofit residential center that to this day serves children with severe developmental and medical disabilities.

Between 1958 and 1963, we spent \$38,000 to help these pre-school age children once classified as "untrainable."

In 1959, we broke ground to build the home. In just a few months after its opening in July 1960, the home was filled to capacity.

From 1967 to 1969, we spent \$30,000 to help the Boys' Club open its first club in an old church in the Historic Oakwood neighborhood. We also provided volunteers to help with programming.

Since 1973, we have helped the Tammy Lynn Center with more than \$75,000 of monetary support and volunteer efforts as well.

In 1980, we funded the Parent-Teacher Resource Center at Project Enlightenment in honor of our 50th birthday.

These are just a few of the projects we've tackled in the past 80 years. The Junior League of Raleigh has been the backbone and support of

many nonprofits in Wake County, leading the way with volunteers and resources. From our beginning with a free well-baby clinic to our community placements today serving our target area of promising youth, we continue to give of our hearts and our time. We find a community need and try to fill it. We find something broken and we try to fix it. We initiate projects, administering them until they become self-sufficient, then move on to explore other community needs.

With the opening of the Center for Community Leadership, the Junior League of Raleigh is focusing its efforts on leadership training, networking and partnerships, and helping all nonprofits across Wake County and the state succeed in their missions. It's an exciting time for us as we expand our reach and our horizons.

We are an organization of more than 1,900 women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers. Over the last 80 years we have consistently worked toward improving lives around us by providing lasting contributions to the Raleigh area, and with the help of each and every one of you involved with the League today, we are carrying that legacy into the new century.



# Team Community Funding Hosts Annual Open House

*By Samantha Hatem, Team Community Funding*

Nonprofit agencies from around Wake County received a quick primer about the Junior League of Raleigh and all it offers local organizations during the Community Funding Team's annual expo in September.

More than 40 organizations sent representatives from around Wake County to the event, which was held at White Memorial Presbyterian Church. The expo was designed to show nonprofits how to use the League to strengthen their agencies by applying for financial grants or accessing the League's volunteers and programs.

JLR President, Melissa Matton, kicked off the expo with an introduction of what the League does and provided an update on the new Center for Community Leadership, which will be a resource for community groups.

Team Quick Impact Co-captain, Ronda Bazley Moore, explained how Team Quick Impact works and how agencies can take advantage of the League's dynamic volunteer power on small projects. Community Vice

President, Stacy Arch, outlined how agencies can look to the League to find members willing to sit on their nonprofit boards. She also showed the agencies how they can use Team Community Connect, where League members help local agencies in their strategic planning and marketing. And Team Kids on the Block, led by Nina Argiry, performed a short skit to show how the group's stage talents can entertain and enlighten children.

Much of the expo, however, focused on helping agencies become familiar with the League's grant application process. Each spring, the Community Funding Team grants money to local agencies that help our promising youth in Wake County through various health and human services and education services programs.

To help the groups navigate the process, Catherine Rideout, Community Funding Team Captain, outlined who can apply for grants, how best to prepare the application and what to expect in the grant process.



TOM EDGERTON  
P O R T R A I T S



336.286.9228 • [www.tomedgerton.com](http://www.tomedgerton.com)  
Member, Portrait Society of America

# A Dream Realized, a New Home for the Community

By Alesia DiCosola, the Link

The walls are painted, the carpet laid and the furnishings have arrived at 711 Hillsborough Street. It's official — the Junior League of Raleigh has moved!

Next month, in conjunction with its 80th anniversary, the League will celebrate the opening of the Center for Community Leadership, a 14,000 square-foot gift to the community. As early as this spring the League will begin to welcome community friends into their new home. "It's been out on the horizon for so long, and now it's finally here," gushed Pat Wilkins, Capital Campaign Captain.

The Center is more than League offices; it's a home for the community. By providing accessible, low-cost meeting space for training volunteers, tackling problems and improving the community, the Center is a testament to the League's mission and an investment in the future.

The Center is a dream more than eight years in the making. In 2001, the League asked what its community partners needed and the resounding answer was accessible meeting space. The following year the membership voted to pursue a new space that would become the League's new home, as well a community crossroads where League members and community advocates could come together to spark change.

After many years searching, in 2007, the League found the perfect place and purchased the 28,000-square-foot building leased by the Capitol Broadcasting Company at 711 Hillsborough Street. Centrally located on the bus line and in the heart of the ever-growing downtown Raleigh, the new location was close to the community partners and the agencies that need these training facilities the most.

In 2009, the League began extensive interior renovations to the building, reconfiguring it to suit the needs of a training facility and headquarters. In December, the renovations to the building were complete, and in 2010, the Center is opening its doors!

The League will occupy the building's ground floor, providing four times more space than the Barrett Drive headquarters. The Center boasts a 150-person capacity training room, boardroom, numerous meeting rooms, volunteer workrooms, a living room, catering kitchen, children's playroom and JLR administrative offices in addition to ample parking. The second floor is available for lease.

The Center truly is a gift to the community, providing much-needed low cost space and services to the many organizations that are making a difference in the community.

Welcome home ... the best is yet to come.



Photography provided by  
DeShelia A. Spann Photography  
and Alesia DiCosola





# Make Your Mark on the Center for Community Leadership

## Building Without Boundaries Campaign

By Alesia DiCosola, the Link

What's a \$1 to you? A pack of gum, or maybe your morning cup of McDonalds coffee?

What's \$2.4 million to the League? It's the amount of money the League must raise to pay for the renovations to the new Center for Community Leadership. In March, the League will officially open its new home at 711 Hillsborough Street and begin to provide a vibrant and accessible training facility for its agency friends and partners.

For just a \$1 a day for three years, Junior League of Raleigh members can leave a lasting footprint on the new Center for Community Leadership through the Legacy Wall, which recognizes individuals, corporations or foundations that give at least \$1,050 to the building campaign. The Legacy Wall will be prominently displayed in the spacious foyer of the new Center. If every League member made a pledge for \$1,050 (that's about a \$1 a day for three years), the goal of \$2.4 million would be exceeded.

Pledges to the Building Without Boundaries campaign can be made as a one-time gift or spread out over three to five years. It's easy. Either complete the online pledge card and mail it to the League headquarters, or pay on-line by credit card through the League Web site. For more information, visit <http://www.jlraleigh.org/capitalcampaign.shtml> or call the Development Office at 919-787-7480 ext. 36.

### 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: \_\_\_\_\_



# Meet Kids on the Block Renaldo and Mark

By Nina Argiry, Team Kids on the Block Captain

The room is quiet, and the children are anxiously awaiting the performance. Out struts Renaldo with his white cane. Renaldo is a 9-year-old boy with dark brown hair and a great sense of humor. Although Renaldo is blind, he is quick to explain that he can do the same things sighted people do, but sometimes he does them in a different way. He loves to play baseball (with a beeping baseball, of course) and beat his brother in checkers. Renaldo says, "I'm really proud to be me. I'm a really good person, and being blind is no big deal."

The children in the audience are immediately drawn to Renaldo and his outgoing, confident personality. Although he is a three-foot puppet, operated by a "plainly visible" Kid on the Block puppeteer from the Junior League of Raleigh, he is real and believable to them. They can ask him anything.

Mark rolls onto the stage a few minutes later, performing wheelies in his wheelchair. Mark is an 11-year-old boy with cerebral palsy. He has bright orange hair, a great sense of humor and is very outgoing. He likes to try new



things and approaches new challenges with a courageous attitude. He uses his "cruiser," or wheelchair, to get around and loves the freedom it gives him. As Mark says, "I'm a regular kid, and I like it when people treat me like one."

Renaldo and Mark are part of the Kids on the Block troupe of educational puppets designed to teach children about disabilities and differences. Through candid, honest and often entertaining dialogue, the puppets impart the message that children with differences or disabilities are regular kids.

Team Kids on the Block, comprised of 15 League members, is sharing this message

with children through its puppet shows at elementary schools, local churches and other youth organizations throughout Wake County.

"The children in the audience are mesmerized and really connect with the puppets," explains team member Allison Nunnery, who has volunteered on this placement for the past five years. "It is incredible to be part of something that has such an immediate and lasting impact on the youth in this community," she adds.

Team member and First-year Active Missy Boyd says, "We are teaching children to be more open minded and understanding about differences . . . that truly is a gift."

## SAFEchild: Stop Abuse for Every Child

By Kate Watson, Team SAFEchild Captain

When Jane\* first entered SAFEchild's Nurturing Program, she felt that there was no reason for her to be there. But her outlook soon changed. "I believe this class was needed," wrote Jane, a mother who learned how to replace corporal punishment with positive discipline techniques and develop appropriate expectations for her children based on their developmental stages.

In a letter to the Nurturing Program's coordinator, Jane described what life with her children was like before taking the class with SAFEchild. "It was the same ole' thing day after day—wake up, go to work, come home, make dinner, bath then bed. No questions. I needed that quiet time. I just wanted

them out of my hair," she wrote. "But now, it is like a whole new light has turned on for me. For the first time, I am happy. I feel like I can do anything."

Because of her participation in the program, Jane has a home filled with laughter, play and activity. "This class has opened my mind," Jane added. "I don't want to settle. I want my children and I to value our lives and not take them for granted." And stress? It's still there, but now she knows how to manage it better.

While he belonged to a different program than Jane, John\* was able to gain skills, information and support from SAFEchild. As a single dad, he felt the pressure of providing the love of two parents.

"Before coming to Circle of Parents, I was unsure of the best ways to be a good role model," wrote John. "[Since coming to the group] I have been able to create a very positive and healthy relationship with my son in that he is not afraid to talk to me about anything."

"Jane" and "John" are only two of more than 7,500 parents who have worked with SAFEchild

since the Junior League of Raleigh founded the organization in 1992. Now an independent agency, SAFEchild utilizes League volunteers for six of its nine programs, which include "Welcome Baby" and "Funny Tummy Feelings." League members play a variety of roles, including caring for children while their parents attend classes, mentoring new mothers (volunteers must be a mother themselves) and presenting a program to first-grade students that empowers them to protect themselves from physical and sexual abuse.

For more information, please visit [www.safechildnc.org](http://www.safechildnc.org)

*\*Names were changed for confidentiality.*



# One Girl, Many Gifts

How the Brentwood Boys & Girls Club is impacting our community one child at a time.

By Anita Walton, the Link

To some, the words "alumnus of the University of Chapel Hill" or "Pediatrician" represent a label dotting a past achievement or a career milestone. But to Rosie Maldonado, those two short descriptions represent her dream. A dream that she comes closer to realizing each day.

Rosie is a senior at Leesville Road High School in Raleigh and is a veteran member of the Brentwood Boys and Girls Club. The activities she enjoys run the gamut of typical teenage girl fun, like playing soccer and catching up with her friends on Facebook, to serious-minded civic contributions such as advancing the causes of El Pueblo, a North Carolina nonprofit advocacy and public policy organization dedicated to strengthening the Latino community.

Described by Club director Pepe Caudillo as kind and confident, Rosie models the values the Boys and Girls Club teaches. From mentoring and tutoring the program's younger participants to sharing her Thanksgiving Day with those in need, Rosie exemplifies all that the Boys and Girls Club strives to teach its participants.

The Club selected Rosie as the Brentwood Boys and Girls Club Youth of the Year. The Youth of the Year program is "the Oscars" of the Boys and Girls Club and recognizes youth that show premier character and leadership initiative. The elite group of award winners has made outstanding contributions to their family, school, community and the Boys and Girls Club, in addition to overcoming personal challenges and obstacles. Competing against 17 area Club members, Rosie was chosen as one of seven finalists by community judges.

"We couldn't be more proud of the Brentwood Boys and Girls Club," commented Boys and Girls Club Co-captain, Heather Beiza. "Rosie's story is representative of the stories of many youth that benefit from this program."

Serving 100 young people this academic year, the Brentwood Boys and Girls Club enjoys support from League members who volunteer their time to help children develop their reading and math skills, assist with homework and host special activities, like the career exploration fair.

Proud to be a Sustaining Member of the  
Junior League of Raleigh!



Laura's Team of professionals is  
ready to assist you in  
buying or selling  
residential properties!

To view all listings in the Triangle area  
or to get more information on the Bromhal Team, visit



York Simpson  
Underwood Realty

**www.LauraBromhal.com**

919-601-1616 Cellular

Call me now for a free market analysis on your home!

## GMM

The next General  
Membership Meeting  
will be held on  
March 9 at the  
McKimmon Center.

Social time begins  
at 6:15 p.m. and the  
meeting starts at 7 p.m.

Hope to see you there!



CYNTHIA HARTZELL, ZELL PHOTOGRAPHY

CYNTHIA HARTZELL, ZELL PHOTOGRAPHY

# Breaking A Family Tradition

*InterAct's mission to stop the  
cycle of family violence*

*By Damita Chambers*

Bobby gets scared when he remembers that night. He was falling asleep while his mother was reading him a bedtime story, when his father burst into the room in a drunken rage. The 6-year-old hugged his mother in fear, as he watched his father threaten her at gun point. Recognizing the severity of the situation, Bobby's mother sought out help for the family at one of the League's 2009 Legacy Fund community agencies, InterAct. Bobby began counseling sessions and over time became more comfortable talking about that frightening evening.

And one day he declared to the counselor, in a tone too grown up for his age, "I'm not going to treat my wife like that."

InterAct's mission is to help children like Bobby learn how to make healthy choices in relationships and break the cycle of violence

in their families. In keeping with this mission, InterAct recently opened the doors of a new Family Safety & Empowerment Center, which connects the thousands of families served by InterAct with the additional resources they need to maintain violence-free lives over the long-term. In addition to the Center, InterAct provides two 24-hour crisis lines, individual and group counseling, bilingual counseling, specialized children's counseling, case management, court and hospital advocacy, a residential counseling program, professional training and a violence prevention curriculum in the Wake County schools.

InterAct's on-site partner agencies include the Inter-Faith Food Shuttle, Legal Aid of North Carolina, the domestic violence unit of the Raleigh Police Department, YWCA of the Greater Triangle, Wake Health Services and YMCA of the Triangle. In addition, Easter Seals UCP coordinates mental health services, Kiran serves South Asian immigrants experiencing domestic violence and SouthLight provides substance abuse counseling services—all under one roof.

"On an average day, 10 to 15 new families arrive at InterAct's doors to begin rebuilding their lives," says Adam Hartzell, InterAct's executive director. "Last year, InterAct served nearly 36,000 people—and the addition of the Family Safety & Empowerment Center will



**InterAct would like to thank the Junior League of Raleigh for supporting thousands of families and children through volunteer hours and donations, including over \$22,500 in contributions to InterAct since 2004.** The Junior League most recently presented InterAct with a Legacy Fund Award for \$5,000 to recognize its longstanding involvement. For more information about InterAct and ways to support families in need, call 919-828-7501 or visit [www.interactofwake.org](http://www.interactofwake.org).

**InterAct's 24-hour crisis lines**  
919-828-7740 (domestic violence)  
919-828-3005 (sexual assault)

allow us to serve thousands more. More than ever before, we need our community's help to continue providing high quality services to families in crisis," concludes Hartzell.



# *The Value of a Network*

*Making connections,  
sharing experiences*

*By Lauren Stump, Team  
Community Connect Captain*

We make connections with people every day. These connections create a network of support that enriches and educates us and helps us to grow. Team Community Connect strives to help leaders of nonprofit organizations in our community make similar connections, build their network of support and learn from the experiences of other leaders. We organize panel discussions and training seminars covering a wide variety of topics, including strategic planning, volunteer retention, board development, fundraising, public relations and program expansion. Each Community Connect event focuses on knowledge sharing, but also includes a networking component so that our nonprofit partners can make connections with their peers in the community.

As we and our nonprofit partners prepared for 2010, Community Connect hosted

a panel discussion on the topic, "Financial Management and Creative Funding in Today's Economy." Linda Nunnallee, Development Director for SAFEchild; John Stump, Board Member for Big Brothers Big Sisters of the Triangle and Band Together; and Alan Winstead, Executive Director for Meals on Wheels of Wake County, shared advice on how to build sustainable funding sources and sound financial management principles with a group of nonprofit leaders and League volunteers. The event took place at the Cherokee Investment Partners headquarters in downtown Raleigh.

All three panelists talked about the changes they have made in light of today's economic climate and the opportunity they have seen to update their strategic plan and approach for the future. Two key themes emerged from the discussion. First, today's economic environment has exposed some of the operational and service challenges for community agencies, and the best organizations will use this time to address those challenges and improve operational excellence.

Second, the key to long-term success in fundraising is building closer relationships with donors at all levels. Nunnallee mentioned that a recent survey showed that more than 40 percent of people are willing to give more in today's economy if asked by someone they

know. The ability to make long-lasting connections will increase the value of each organization's network, creating a strategic competitive advantage and raising the ability to serve our community.

The Center for Community Leadership will provide a new platform for making connections and sharing knowledge with a wide variety of people and organizations in our community. Through the new center, Team Community Connect hopes to continue to engage our nonprofit partners in deep and meaningful relationships and to support them in fulfilling their missions of serving great areas of need in our community. Please join us in building a stronger community. Attend upcoming seminars and events, and tell us your ideas for Community Connect topics or speakers. Contact Lauren Stump at [laurenastump@yahoo.com](mailto:laurenastump@yahoo.com) with any questions or suggestions.

---

Pictured Below: Lauren Stump (left) presents John Stump and Linda Nunnallee with speaker gifts of a donation in their honor to the nonprofits they serve during Team Community Connect's panel discussion on October 30.



# Run, Girls, Run!

*By Iris Stephenson, Team Girls  
on the Run, and Wendy Webster,  
the Link and President-elect*

On your mark, get ready, set — GROW UP! That's the theme running through the minds of adolescent girls these days. Many of the advertisements and media campaigns that are run today focus on the influential minds of these girls. Ready to be molded into the young women they are destined to become, young girls reach out for all signs of feminine leadership.

As a coach this season for the Girls on the Run program, I want to ensure positive and encouraging messages are being delivered to these malleable minds. Girls on the Run (GOTR) of the Triangle is a chapter of Girls on the Run International, which was established in 1996 by Molly Barker, a marathon runner and Ironman tri-athlete. Today there are more than 150 locations across the U.S. and Canada, with several new locations added yearly.

The GOTR-Triangle chapter was founded in 2000 by Mandy Beard, a native of Durham, N.C. Girls on the Run-Triangle has grown from serving 20 girls in 2001 to more than 600 girls in 2009. We currently have programs throughout the Triangle in Durham, Wake and Orange counties.

The GOTR organization supports adolescent girls and emphasizes the importance of healthy bodies, minds and spirits. Barker built the curriculum around the principle that girls benefit from regular exercise and activity. The program is designed for girls ages eight through 12 years old and serves as a forum for them to express their ideas and opinions amongst their peers.



During the course of the program young girls build character and confidence by learning about themselves while working on improving their physical strength and well-being. At the culmination of the program, the girls put everything they learned to good use as they run a 5K race.

The program focuses on all areas of personal development including helping the girls to think about two things: who they are and what their values are. The curriculum also teaches the girls about teamwork, cooperation and ways to recognize others feelings. Bullying and gossip are two important topics discussed. The girls are also introduced to community involvement through a community project of

their choice.

This is not my first experience with GOTR. I was fortunate to volunteer last year at two races and experienced the level of enthusiasm from the girls firsthand. It is absolutely contagious! Our group of girls from Brier Creek Elementary is no different. My fellow coaches: Lisa Brockman, Jennifer Burdette and Quinn Welch (also a member of the JLR), share in my sentiments. The excitement they bring with them to each session is extremely rewarding.

One of my most rewarding GOTR moments I experienced came from an interview I had with Camryn Brockman, a student involved in the program. A bubbly personality and inquisitive mind make Camryn a joy to coach. She said that she loves coming to GOTR because after she leaves she feels healthier and is excited to share what she has learned with her family. One of her teachers even told us that she is so excited to come to GOTR that she often asks throughout the day if she can change into her running clothes.

The end of the season is always rewarding for me as I share in the excitement and sense of accomplishment my girls feel after running their 5K race. It is also a joy to see how their lives have been changed from the lessons that GOTR has helped to teach them.







## Partnership between Girls on the Run and Junior League of Raleigh

*An interview with Kelly Hurter, Executive Director, Girls on the Run of the Triangle*

### What's new with GOTR?

In 2010, Girls on the Run (GOTR) will celebrate its 10th Anniversary in the Triangle! This past fall, GOTR added new locations in Durham, Orange and Wake County. Those new locations include Duke School, Carrboro Elementary, Wake Forest Elementary, Ballentine Elementary, Sycamore Creek Elementary and Lacy Elementary. Girls on the Run has experienced a high demand for the program over the years and is proud of work all staff, board members and volunteers do daily to support our mission.

On December 5, 2009, GOTR and many community members participated in the 4th Annual New Balance Reindeer Romp 5K benefiting GOTR. The event took place at the Wake

Med Soccer Park in Cary. For more information on the run/walk, visit [gotrtriangle.org](http://gotrtriangle.org).

The 8th Annual Girls on the Run 5K and Fun Run will take place on April 17. Please save the date! The race will take place in downtown Durham. More information will be coming soon!

### Could you describe the initiative at Brentwood Boys and Girls Club?

Girls on the Run of the Triangle has been fortunate to partner with the Brentwood Boys & Girls Club for the past two years. This partnership has expanded into the Latina community which has allowed for additional girls to participate in the program. Recently, GOTR, in partnership with New Balance Raleigh Durham, provided each girl in the program with new running shoes. New Balance made an on-site visit to the program to fit and award each girl with her very own pair. These girls were so excited to have new shoes and were prepared to participate in the New Balance Reindeer Romp 5K at the end of the season!

### How can JLR members help?

Consider volunteering with GOTR as a volunteer coach. You don't have to be a runner; just believe in our mission and have a passion for working with girls to better their opportunities and outlook on a healthy life. Learn more about this opportunity by visiting

[gotrtriangle.org](http://gotrtriangle.org). Can't volunteer your time to coach? Consider helping us out at an upcoming event or become a running buddy at an upcoming 5K.

Girls on the Run is also in need of supplies and materials to keep the program running smoothly. Consider helping to gather and donate supplies for our coaches' kits and programming materials.







Nicole the toddler finding a fish.

## League Funding in Action

*Learn how one Legacy Fund  
recipient is helping the  
community to “learn together”*

*By Sue Ramsay, Sustainer and  
Learning Together Board Member*

Learning Together is a five-star, nationally accredited developmental day center in downtown Raleigh. For more than 34 years, Learning Together has been providing services to the families of young children—typically developing children as well as children with an identified developing delay.

Our daughter attended 20 years ago as a “typically developing” toddler. One of her favorite playmates could not see; one friend was in a wheel chair; one had Down syndrome;

and another was from a different neighborhood. Elizabeth learned early that each of her friends was special, no matter the difference. When it was time for her to go to kindergarten at Aldert Root, she made friends easily.

Today, parents are still sharing wonderful stories of their children’s experience at Learning Together. I spoke with Mike Zlotnicki, the parent of a young toddler attending Learning Together and former outdoors editor for *The News & Observer*, and asked if we could share his family’s story with League members (featured right). His story appeared in *The News & Observer* in 2008.

“Since this column was published in June of 2008, Nicole has transitioned to a regular education, first-grade classroom at Vandora Springs Elementary in Garner,” Zlotnicki commented. “She is performing at grade level, as well as receiving some special education support. It is our whole-hearted opinion that the special education services she received at Learning Together are a huge part of her current success. The Zlotnicki family owes a debt of gratitude to the staff of Learning Together.”

*Published June 19, 2008;  
The News & Observer*

## Learning to be happy

*Mike Zlotnicki,  
The News & Observer Staff Writer*

I never thought I’d have three daughters. Seven years of playing football; 20 years of dirt bikes, judo, golf, hunting, and fishing — I just figured I harbored some genetic imperative for maleness.

But God has a sense of humor and blessed us with three girls who doted on me last Sunday: Caroline, 8, the socialite drama queen; Olivia, 6, the happy-go-lucky goofball; and Nicole, 5, who shares many traits with her sisters except one.

Nicole has autism.

Autism makes for stiff conversation. When I say Nicole is autistic, some folks react like you’ve had a flat tire. (“Bummer, dude. You watch the Lakers last night?”) Others may



Nicole Zlotnicki age 6.

bring up “Rain Man,” because that’s all they know about it. (“Does she have any special talents?”) I don’t blame them, because I knew nothing about autism before Nicole.

Thanks to an incredible mother, great support from Wake County and a wonderful staff at Learning Together preschool in Raleigh, Nicole has made great strides.

Nicole caught her first fish in May. Wearing her fishing hat (a fedora she spotted at Agri Supply), she landed a hand-sized bream at Harris Lake County Park. A bit intimidated at first, she stroked the fish before her mother released it.

Nicole also danced in her first ballet recital last week—a fairly mundane event for some kids, but a milestone for a child we couldn’t keep dressed two years ago. She was first diagnosed around three and a half years ago. Arm flapping and delays in walking and speech were red flags that my wife, Renee, noticed, and we started the early intervention process with Children’s Developmental Services Agency.

The early years were tough. There were fits and tantrums, long nights and early mornings.

Trips to the store were always difficult, and we picked our spots to attempt family outings. Sometimes you didn’t know if she was being autistic or being a 3-year-old or both. You just knew you had to be patient, firm and strong.

There was a statistic quoted on “The Oprah Winfrey Show” (but unsubstantiated by the National Autism Association) that 80 percent of marriages with autistic children end in divorce. That’s staggering if true, and I can see some truth in it. God bless the parents of children with more severe tendencies.

Nicole has the label of “high functioning” (I hate labels), and she is a little imp, full of mischief with bright eyes and a quick smile. She loves her grandparents and ignores the dog. She loves to sing (and got her voice from her mother). She’s also a lot like her father: She obsesses on some things and discounts others. She’s small in stature but strong for her size. She can be as stubborn as a bird dog one minute and then passive as a lamb the next. There’s never a dull moment, and early on there were often tears all around as we tried to live and grow.

In “I’d Have To Be Crazy,” Willie Nelson sang “I may not be normal, but nobody is...” and that rings true. Having been labeled an “acquired taste” by one female former housemate and a “freak of nature” by another, I’ve always kind of reveled in my quirkiness, exploited it even. Nicole doesn’t have that luxury. While autism is not a barrier for her, it is an obstacle to work around and maybe one day to conquer. Right now there isn’t a pill for it, and we don’t have a magic wand.

But I see good things ahead for my little girl. She’s come so far, and though her path may wind more, she’s got a lot of support for the journey. I don’t care if she never catches another fish or dances another recital. I don’t want her to be normal, whatever that is, just happy. And I think she is.

And she’s taught me a lot. I used to glare at the parents of the crying baby in the restaurant, shake my head at the toddler pitching a fit at the grocery store. Never again.

That kid could be Nicole.



# Making an Impact One Day at a Time

By Rika Spencer, Team Quick Impact

Quick Impact offers “flexible volunteerism” to Junior League of Raleigh (JLR) members who have unusual or restricted schedules. The placement provides an opportunity for members to participate in a community placement when her schedule allows. From stuffing and addressing mailers to volunteering for black tie events, Quick Impact offers a wide variety of activities that benefit other in-League and community agencies.

When the IronKids Triathlon needed timers, course marshals and volunteers to help set up and tear down, Quick Impact provided people to help meet their needs. When Communities in Schools needed assistance in soliciting and collecting school supplies, Quick Impact provided volunteers to assist in collecting supplies at local Staples stores. Led by

Team Co-captains, Ronda Bazley-Moore and Ashley Parker, Quick Impact provided volunteer assistance to more than 10 different community groups in the first few months of the 2009-2010 placement year.

With a focus on short-term projects, Quick Impact serves not only as a way for members with difficult schedules to remain Active in the League, but also as a bridge for members looking to explore other possible in-League or community placements. Others can still fulfill their desire to provide critical support to a wide variety of community agencies that require immediate assistance in order to meet their goals.

The benefits to joining Quick Impact extend far beyond its team members’ individual needs and reach far into the local community. As Sarah Dalonzo-Baker, an Active member who has volunteered with Quick Impact since its inception stated, “I think the greatest benefit Quick Impact offers the community is two-fold. First, community agencies have the benefit of a large pool of last minute volunteers. Second, they are able to experience first-hand the efficiency and motivation that JLR members have in every commitment they make.” She adds, “Team Quick Impact also enhances our community agencies’ perspective on what the League can offer, how hard our members work and how committed we (as a League) are to volunteering in our community.”

True to its name, Quick Impact allows the JLR to make an immediate impact when agencies need it the most. Regardless of the size or scope of the opportunity, Quick Impact provides an invaluable service to the communities in which we live—volunteers willing to fill a need, whether big or small, to ensure agencies seeking to improve our communities are able to do so each and every day.







## Best of... Places of Luxury

There comes a time in every woman's life when a little pampering is necessary. Whether it's a simple haircut, an afternoon at the spa, a personal training session or a manicure at your favorite nail salon, Raleigh offers many options for you to choose from. To make your decision a little easier, *the Link* surveyed Junior League of Raleigh (JLR) members to find out where their favorite spots are to be primped and pampered.

**BEST HAIR SALON**—Primp Salonbar lives up to its name according to Provisional, Lori Osgood, and Nominating Team member, Ashley Huffstetler Campbell. "They have great cocktails, pedicures and hairstylists. It's the hippest salon in town," says Campbell. Bess Creech, Team Transfer, says she often receives compliments after having her hair done at Beauty Ethics, where the stylists are willing to work around her busy schedule as a working mom. We also learned that Loxxe on Jones is also a member favorite. The salon is up-to-date on the latest hairstyles and trends and offers a wonderful atmosphere.

May We Also Recommend: Alter Ego, Salon Blu, Fly Salon, Studio New York, Tanas, 180 Salon, Blo, LUX.

**BEST DAY SPA**—A day spent unwinding at Skin Sense is a true indulgence to many of our fellow Leaguers. MDC Team member, Blair Coppedge, highly recommends Skin Sense. "The amenities and steam room are fabulous and the staff treats you like a queen," says Coppedge. Member At Large, Christina Coffey, recommends the chocolate body wrap and scrub.

May We Also Recommend: Epona & Oak, The Umstead Spa, Blue Water Spa, Jolie Day Spa.

**BEST EXERCISE FACILITY**—Whether you're looking to tone up, slim down or just "work out" your stress after a long day at the office, there are plenty of gyms and health clubs in Raleigh to choose from. Our members suggested the trainers at Gold's Gym in North Hills, the pool at Healthtrax, which offers a low-key atmosphere and Triangle Pilates for yoga and Pilates classes. Planet Fitness offers very affordable gym memberships and great equipment.

May We Also Recommend: StepUP team member, Erika Stinson, recommends skipping the membership fees and avoid waiting for machines by exercising at home. Membership Vice President, Lisa Vanderberry, says the Wii

Fit in her basement "Rocks!" President-elect, Wendy Webster, likes to hit the cross-country trail around the Washington Duke golf course.

**BEST NAIL SALON**—The best pedicures in town can be found at Lee Spa Nails, says Katherine Meyer from Team Showcase of Kitchens. Other fans say their manicures last longer than most and that they are flexible with appointment scheduling. Raleigh Nails has also received good reviews from fellow members. Donna Hovis, of Team A Shopping SPREE! and MDC, recommends the paraffin wax and the "deluxe pedicure."

May We Also Recommend: A Natural Nail, Nail Time, CNP Nails, Top Nails.

**BE THE BEST CLIENT**—It's easy to become fiercely loyal to your stylist, trainer, massage therapist, manicurist or esthetician who pampers you and helps you to feel and look your best, so make sure you take the time to show your appreciation. Show up for your appointments on time, tip and refer your friends!



# Communications & Strategies



RHONDA BEATTY  
Communications  
& Strategies VP

## *Celebrate the Community, Celebrate Your Part*

*By Rhonda Beatty, Communications & Strategies Vice President*

When you look at each part of the Junior League of Raleigh's mission statement, it is easy to see where our passion lies. But what may not be so evident is how everything we do impacts the community. As we highlight our various community placements and agencies in this issue, I hope that you will also see how every little thing you do, every time you do something for the League, impacts our community.

Consider those on Quick Impact who have taken time to stuff invitation envelopes. While this simple act alone may not seem like much, look at what this actually accomplishes. By stuffing envelopes, a community agency is able to get invitations to an important fundraiser in the mail. This, in turn, hits the target audience for that organization. Guests will RSVP, attend and help raise money for a very worthy cause. In short, *improving the community*, just by stuffing envelopes.

Look at what team members at Heritage Park do. By spending a few hours each week tutoring a child, they are directly *improving the community* and impacting promising youth.

As Team Showcase of Kitchens asks for volunteers to help with their annual tour, they are *promoting voluntarism*.

Team training does no less than *develop the potential of women* at each Council meeting, leading to better *leadership of our trained volunteers*.

As you can see, our in-League placements and our community placements are both very vital to the success of the JLR. From time to time, however, teams may feel they are disconnected from what is happening

in other parts of the League. Community teams may feel as though the movers and shakers are on in-League placements. In-League teams may feel that their work does not directly affect the community. The truth is that every team, when pulled together to make the whole of the Junior League of Raleigh, is vital to our mission.

Without the Funding & Development Teams, we would not have as much money to share with the community or to build our awesome Center for Community Leadership. Without the Communications & Strategies Teams, no one in the League or the community would know about the awesome things we are doing. Without the Community Teams, well, we simply would not be doing nearly as much in the community impacting promising youth. Without the Membership Teams, we could not effectively organize our membership so each woman feels as though she is wanted and needed. Without the Training Teams, our membership would not be equipped to do all that we do.

Every team does its job. Every member plays her part. This is what an organization of women committed to promoting voluntarism, developing the potential of women and improving the community through the effective action and leadership of trained volunteers looks like. Very simply, no one else can do what the Junior League of Raleigh does.

As we celebrate our community and our new Center for Community Leadership, also celebrate the part each of you plays in the impact we make in our community every day.



PHOTOGRAPHS PROVIDED BY TAMMY WINGO PHOTOGRAPHY



### Mark your calendar for the Junior League of Raleigh's Fourth Annual Showcase of Kitchens.

April 29–May 1 will be your chance to see some of the areas finest kitchens. Eight fabulous homes have been selected with kitchen designs ranging from contemporary to chic and French provincial. All conveniently located within the beltline, each kitchen highlights the latest trends in kitchen design and redesign. You won't want to miss out on this exciting event!

5TH ANNUAL

*A Springtime Shopping Extravaganza!*

# The Market

AT RAVENSCROFT

A.E. Finley Activity Center • Ravenscroft School • 7409 Falls of Neuse

## March 18-20

**SILENT AUCTION AND SHOPPING HOURS:**  
 Thursday & Friday: 10am - 6pm  
 Saturday: 9am - 4pm

*Lunch served daily*  
 at The WakeMed Market Café

**Stroller Friendly!**



[www.ravenscroft.org/market](http://www.ravenscroft.org/market) • <http://kids.wakemed.org>



# Academic Excellence



**Since 1958: Strengths are valued,  
Traditions are honored,  
Successes are celebrated**

## Teaching Tomorrow's Leaders

St. Timothy's School is the leading kindergarten through eighth grade institution in the greater Raleigh area. With an Episcopal tradition of encouraging critical thinking and reasoning skills, St. Timothy's prepares students for extraordinary success in secondary school, college and life. Acclaimed for academic excellence and an outstanding liberal arts curriculum, St. Timothy's fosters the development of the whole child by educating the mind, nurturing the spirit and developing the talents of children so they may reach their full potential. By receiving personal, caring instruction, children experience the joy of learning and grow to become responsible citizens.

**Introducing Junior Kindergarten in Fall 2010!**

**For more information, please call (919) 781-0531**

Mrs. Cathy Clement, Director of Admissions, email: [cclement@sttimothys.org](mailto:cclement@sttimothys.org)



## ST. TIMOTHY'S SCHOOL

COEDUCATIONAL EPISCOPAL DAY SCHOOL

*Jr. Kindergarten – Eighth Grade*



4523 Six Forks Road, Raleigh, NC 27609

[www.sttimothys.org](http://www.sttimothys.org) • (919) 781-0531

St. Timothy's School does not discriminate on the basis of race, color, religion, gender, national or ethnic origin with regard to admissions.