

NOVEMBER 2008

the Link

A PUBLICATION OF THE JUNIOR LEAGUE OF RALEIGH



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November 2008

- 2 President's Message
- 4 Nominating Q&A
- 5 *Member Recommendation Form*
- 15 Junior League of Raleigh through the years
- 18 Provisionals
- 24 Life Goals
- 26 Inaugural Ball Update and Weekend Schedule
- 29 Showcase of Kitchens Event Countdown
- 30 Pink Pages
- 31 Sustainer Spotlight on Britt Thomas
- 32 Community
- 33 Team Heritage Park
- 34 JLR Community Expo
- 38 May We Recommend
- 39 Holiday Party How-to
- 40 Staying Fit through the Holiday Season
- 42 Smart Women & Finances
- 44 JLR Survival Guide - Part III
- 49 *Willingness to Serve Form*

Our mission

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



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President's message



VIRGINIA YOPP
President

“The miracle is this—the more we give, the more we have”
—anonymous

As we begin to celebrate this holiday season, many of us will take time to reflect what we are thankful for in our lives. The holidays seem to bring this out in people. Maybe it is the planning for holiday gatherings with friends and family, the decorations or just the hustle and bustle involved in holiday activities. But one thing I have always struggled with during the holidays is *why does it take certain occasions for people to celebrate the things they treasure most? Shouldn't we recognize these treasures throughout the year?*

I have to admit, I am just as guilty as the next person. It is very easy to get caught up in everyday life and forget about what means most to us. Personally, I get caught up in the little things that life hands me daily rather than focus on what I have been blessed with. Don't get me wrong, I am not trying to be a scrooge. I am always thankful for my family and friends and all of the other important blessings in my life. *But shouldn't I recognize these blessings throughout the year?* I am really making a conscious effort to not take these blessings for granted and recognize them more often in a larger way.

One blessing that I have been reminded of every day since I began serving as your President is you, our membership, and the gifts of time and commitment that you share. Your unconditional kindness and concern for others and your community spirit inspires me in ways you cannot imagine. I may not have the opportunity to witness every act of kindness, but believe me, I hear about it.

Because of you, the children at Heritage Park community learning center will be able to shop at their own holiday mart for their family and friends. The items they purchase with their awarded gift certificates for good grades and good behavior were donated by you.

Because of you, the families that SAFEchild serves will have gifts to open on Christmas morning because of our Angel Tree project coordinated by Team Transfer. Children will know that Santa can find them wherever they are.

Because of you, the Junior League of Raleigh will be able to grant monetary donations to various community agencies this year through our Community Grants programs. We are able to do so because of the successful fundraisers that you work so hard to put on.

Because of you, the League is able to provide volunteer support to nonprofit agencies in our community throughout the year. By following our mission, we are able to help them reach theirs.

Because of you, we are making a difference in the lives of the promising youth we serve.

Erma Bombeck once said “volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience and just plain love for one another.” I agree wholeheartedly. *You* are a blessing to me, our League and the community we serve.

This holiday season, I *will* celebrate with my friends and family, decorate and get caught up in the hustle and bustle of holiday activities. Because this is a time to reflect and celebrate the blessings in our lives. And I hope you do the same. I hope you reflect on your gifts to others throughout the year and that it fills you with great joy. Because that truly is the miracle.

Happy Holidays!

Virginia



the Link

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Capital Campaign
Cookbook

Inaugural Ball

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Showcase of Kitchens
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Center for Community Leadership Task Force
Leadership Support
Membership Development Committee (MDC)

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SECOND YEAR NOMINATING

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Nominating

GENTRY HOFFMAN
Nominating Captain



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NOMINATING TEAM—ALL YOU NEED TO KNOW!



Who is on the Nominating Team, and what do they do?

Every year at the March General Membership Meeting (GMM) you elect four or five members to serve a two-year placement on the Nominating Team. The Nominating Team consists of nine voting members and two appointed, non-voting members.

The Nominating Team evaluates the leadership needs of our League, AJLI and the community and attempts to identify individual League members with the interests and skills to best meet those needs. For our League, the team slates all the Board positions, except the Nominating Captain, and selects the candidates for Member-at-Large (MAL) and the Nominating Team.

What does “slating” the Board mean?

Slating is the selection of individual members to specific leadership positions. The names of those recommend or “slated” to serve on the Board are presented to all Active members at the March GMM for approval.

How do I become a team captain or serve on the Board?

First, focus on your current placement, even if your long-term desire is to become the captain of a different team. You should successfully complete the requirements of your placement, help your team reach its goals, arrive to League meetings on time and prepared and fulfill your required obligations (Bargain Box quota, dues, placement form and SPREE! shift) to the League by each of the respective deadlines.

The next step is to assess your interests, skills, experiences (professional, educational and League-related) and match those to the available leadership positions. Then, complete your Willingness to Serve form and submit it to the Nominating Team no later than December 1.

What is the Willingness to Serve form?

The Willingness to Serve form is the official, written means of advising the Nominating Team, the President-elect (PE) and newly slated President-elect elect (PEE) that you are interested in a leadership position within the League.

Who sees my Willingness to Serve form?

Your form may be shared with members of the Nominating Team. Each member of the Nominating Team has signed an oath of confidentiality and understands the importance of keeping information confidential, respecting the privacy of our members and maintaining the integrity of the nominating process. The PE and PEE also may be given information from your form as a part of the process.

How does the process work?

The Nominating Team examines the needs of the League for the coming year. The goal is to provide a strong, knowledgeable and well-balanced leadership structure that supports the goals and objectives of our League. We use the information our members provide on their forms to create a pool of potential leaders.

The members of the Nominating Team slate all Board positions and the members who appear on the ballot for Member-at-Large and the Nominating Team in January. Once those positions are filled, the Nominating Captain and Assistant Captain make recommendations to the PE and the newly slated PEE to fill captain and assistant captain positions for each team. The PE and PEE work together to fill all positions during the spring (some assistant captain positions may not be filled until the fall). The PE and PEE are the only people who may ask a member to serve as a team captain or assistant captain.

Want to know more? If you have any questions, please contact Gentry Hoffman, Nominating Captain, at 360-2946 or ghoffman6@nc.rr.com.

Remember, this is Your League, and we are here to serve You! We strongly encourage you to fill out the Willingness to Serve form located at the end of this publication and the Membership Recommendation form located to your right. We look forward to hearing from you!

Member Recommendation Form

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

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

Your name _____

Your 08-09 placement _____

Your recommendations _____

Please return this form in a sealed envelope by December 1, 2008 to:

JLR, Attn: Nominating Captain, 4020 Barrett Dr., Suite 400, Raleigh, NC 27609.

Thank you for taking the time to recognize other League members!

If you have any questions about the JLR leadership process, please contact the Nominating Captain, Gentry Hoffman at ghoffman6@nc.rr.com.



You're Invited... to be a part of League history!

Do you like to cook and try out new recipes? Do you like to entertain friends? If so, then Team *You're Invited* needs you! The testing process for recipes that have been submitted for our new Junior League of Raleigh (JLR) cookbook began in October, and we need your help. There are opportunities for you to host a testing session in your home or to simply test single recipes on your own for your family.

If you would like to host a testing session, we will help you by providing the recipes, sample invitations, testing forms and comment cards. All you have to do is provide the food and the friends! We can help customize the recipes for any occasion. The options are endless. You could play hostess for a romantic dinner for two or a lavish cocktail party for 20! Are you hosting Bunco for your friends? We can provide you with a special cocktail recipe, appetizer and dessert. Are you in a supper club? We can put together a perfect menu for you and your friends to test at your next event. You can even submit the recipes to your friends, have them cook and then host a potluck event. If you would prefer to not host a testing session, we can use your help in testing individual recipes.

Sign-ups are available in the Event Sign Up section of the JLR Web site. Someone from Team *You're Invited* will contact you with more information. Please be sure to choose whether you would like to host a testing session or test single recipes.

Questions? Contact Meg Ergenzinger at mergenzi@aol.com or Sara Van Asch at sara.vanasch@sas.com.

Announcements

Best Wishes

Meredith (Little) and Dennis Littke who were married on May 10, 2008.

Teresa (Moore) and Scott Davies Jordan who also were married on May 10, 2008.

Megan (Champ) and Jeremy Morgan who were married on May 17, 2008.

Alicia (Wood) and Rob Lewis who were married on June 14, 2008.

Katherine (Duke) and William Jesse Teague, Jr. were married on June 21, 2008.

Debra Ann (Bard) and Gregory Thomas (Tommy) Fowler, Jr. who are engaged to marry on October 4, 2008.

We want to wish them all the happiness in their new life together!

Congratulations

Fenita & Michael Shepard whose daughter, Cameron Talore, was born on April 22, 2008.

Danielle & Ryan Shuirman whose son, Elijah Nicholas, was born on May 6, 2008.

Julie & Justin Whitlock whose daughter, Devon Barnhill, was born on July 15, 2008.

Josey & Todd Kasper whose daughter, Mary Louise Riddick, was born on August 22, 2008.

We send a big welcome to the new additions to these families. Enjoy your little ones!

Condolences

Our deepest sympathy goes out to the families of

Lucie Milner and Catherine Williamson, whose husband and father, respectively, John Milner, passed away on June 24, 2008.

Ginger Finley, whose mother-in-law, Elizabeth Finley, passed away on August 1, 2008.

Gail Scoggin, whose mother, Lea Coates, passed away on August 19, 2008.

Laura Ridgeway, whose mother-in-law, Hanna Ridgeway, passed away on August 26, 2008.

Laura Bromhal, whose mother-in-law, Virginia Bromhal, passed away on August 26, 2008.

Please keep these members and their families in your thoughts and prayers.



Membership

KELLY HUFFSTETLER
Membership Vice President



WHY VOLUNTEER? There are many ways to spend our time; so much to do and so little time. Yet, in addition to all the other things we juggle, we have committed to being members of the Junior League of Raleigh.

What does that mean exactly? At a very basic level, it means that we agree to attend at least three General Membership Meetings (GMMs) a year, purchase a minimum amount of SPREE! tickets, work a three-hour SPREE! shift, donate \$100 worth of goods to the Bargain Box, pay our dues on time and fulfill the obligations of our chosen placement.

Of course, many of you go above and beyond that basic level. You give more than is required because you want to give more. Some years, you may only have the time to do what is minimally required. In fact, circumstances may arise that make it difficult for you to even meet those minimum requirements. What can you do?

If you feel that the situation is temporary, you can take a leave of absence. To do this, you must go to the member area of our Web site, under the Documents and Forms download section: <http://www.jlraleigh.org/documents/PLLeave.doc>, fill out the formal request for leave and e-mail it to Terri Ferraro: terri@jlraleigh.org.

Maybe the other demands on your time don't show any hope of letting up. As much as you love the League, you just cannot fit it into your hectic schedule. You may need to resign. While more permanent than a leave, a resignation does not have to be forever. As long as you resign a member in good standing, you can request reinstatement at a later time if you choose. To formally resign, you must submit the resignation to Terri.

What do you do if you have to move, but you would like to be active in the League in your new town? Send Terri an e-mail to inform her of your desire to transfer. She'll handle the necessary paperwork to ensure a smooth transition to your new League.

For those of us who plan to remain Active members, we have some responsibilities. Now that we are half way through the year, we have only three opportunities left to get to those GMMs. You may have a plan to make it to all six meetings. Way to take advantage of every opportunity the League has to offer! However, if you have not been able to join us for one yet, make sure you don't miss any after the first of the year. We have just finished another successful SPREE! back at "home" at the Civic Center. Hopefully, you worked your three-hour shift and made at least one return visit for some great shopping. If you did not work your SPREE! shift, you will soon be contacted with a make up opportunity. Likewise, if you missed your ticket purchase, we will be in touch on that too. Finally, the Bargain Box really needs you to fulfill your quota by

your assigned month. If you do not have any clothes that you can part with (at least none that anyone else would want either) then you have the option of writing a check for \$100 to the Bargain Box in place of the donation.

As you can see, we try to be as flexible as possible to help you meet your minimum requirements. The one place it is difficult to be flexible is within your placement. Once you have been assigned to a team, the others are counting on you. In 1929, the Junior League of Raleigh was accepted into the Association of Junior Leagues of America with 87 members who volunteered 6,662 hours and donated \$2,744 to the community! Today, we are more than 1,750 members strong. Since 2000, we have donated more than \$1,162,167,000 and 175,000 hours to the community. We could not have done that without everyone doing their part. Committed volunteer involvement is necessary to continue the important work we do. Membership requires us to be more than onlookers. Rather, membership requires each of us to become a vital part of our community.

SO WHY VOLUNTEER? We are members of the Junior League of Raleigh because we care. We care about our community, and we want to do our part to make it better. We care about children, and we want to do our part to help them whenever we can. That is why we are here. Of course there are so many things that make it fun and interesting to be a League member. It is a great place for social and business networking. It's a great place to get training. Moreover, let's be honest, membership in the Junior League does not look to shabby on a resume! In addition to what we do for the community, there is so much to be gained personally by membership in the League. We easily get as much out of it as we put into it. So, whenever the requirements of membership begin to feel arbitrary, unimportant or difficult to meet, remember why we are here. Remember the community. Remember the children. Remember the commitment you gave as a Provisional when you signed the statement that you had an interest in voluntarism, a commitment to community service and an interest in developing your potential for voluntary community participation. Thank you for all you do!



Birthdays

DECEMBER 1

Katie Blackwell
Courtney Cloninger
Beth Hall
Amy Jo Horne
Toccoa Mayhew
Irene Still

DECEMBER 2

Trula Mitchell

DECEMBER 3

Laura Carter
Morgan Cates
Margaret Douglas
Allison Hajj
Buffa Powell
Jennifer Tollison
Sarah White

DECEMBER 4

Nancy Andrews
Bonnie Cerwin
Laura Neely
Diane Rodger
Vee Vee Vick
Pam Williams-Piehota

DECEMBER 5

Sheila Disbrow
Lauren Joyce
Dorsey Manning
Lisa Van Genderen

DECEMBER 6

Ashleigh Black
Martha Mathes
Elaine Wood

DECEMBER 7

Sandy Bridger
Sherleen Corne
Kelly Di Domenico
Beth Dixon
Amber Frasketi
Kris Jackson

DECEMBER 8

Catherine Cox
Holly Tehan

DECEMBER 9

Mary Ann Akin
Christy Council
Anne Grimm
Walker Mabe

DECEMBER 10

Cynthia Franken
Sarah Goodman
Emily Greene
Leslie McKay
Amber Myers

DECEMBER 11

Jennifer Hamrick
Katherine Teague
Lesley White

DECEMBER 12

Fairley Cook
Gina Cornick
Kristin Croissant
Ashleigh Edwards
Amy Hutchinson
Michele Jonczak
Polly Robertson
Eve Smith
Sue Turner
Stephanie Weatherspoon

DECEMBER 13

Sue Harley
Karen Johnson
Susan Mears

DECEMBER 14

Chris Brandt
Rebecca Bue
Annette Fisher
Amelia Hayes
Sara Hines
Elissa Keno
Jennifer Lucchese
Crystal Malpass
Mary Ann Poole
Marge Rutherford
Denise Stealey

DECEMBER 15

Peggy Haigler
Angela Hutton
Mollie Hodl
Holly Laird
Kathy Pretzer
Amy Rogers
Kate Tillman

DECEMBER 16

Martha Crampton
Jennifer Feinstein
Bettie Goodwin
Tammy Haywood
Anastasia Judge
Melanie Marshall-Park
Ashley Parker
Denise Parks
Sheila Sullivan
Betsy Tucker

DECEMBER 17

Lea Ann Baker
Gay Bray
Sara Mann
Kelly Miller
Hallie Miller
Connie Moore
Chem Pecze
Keeley Pollard
Anne Rajagopalan

DECEMBER 18

Freddy Cox
Liz Henderson
Jean Shuping
Marla Turlington

DECEMBER 19

Annie Chagachbanian
Holly Hill
Betty Parker
Kelly Shoaff

DECEMBER 20

Candis Cox
Leigh Smith
Cristi Thompson

DECEMBER 21

Selene Brent
Genevieve Francis
Anne Gerald
Dargan Williams
Whitney Zinner

DECEMBER 22

Arielle Dozier
Hennie Gregory
Jennifer Hairston
Donna Heffring
Becky Popillo
Eloise Robinson
Janice Treadway
Kate Wickers

DECEMBER 24

Melissa Barrentine
Patti Barry
Suzi Bevacqua
Jean Day
Susan Deyton
Linda Grew
Ann Mailly
Millie Wooten

DECEMBER 25

Brooke Cornelius
Schmidt
Barbara Jackson
Paula Johnson
Molly Logan
Julie Nau
Leigh Peplinski
Cecelia Winslow

DECEMBER 26

Rosemary D'Atri
Jessica Gammon
Susan Goodmon
Lynn Lowry
Anna Webb Wheelless

DECEMBER 27

Mary Lou Bell
Dorothea Bitler
Lee Hoffman
Angela Inman
Neely Kaydos-Daniels
Leah O'Donnell
Andree Stanford
Susan Vick

DECEMBER 28

Stephanie Blackwood
Virginia Parker
Jamie Parsons
Linda Turner

DECEMBER 29

Fran Buckley
Hettie Grisette
Sharon Hall
Mary Beth Parker
Lidah Saylor
Virginia Yopp

DECEMBER 30

Patti Benedict
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Rika Spencer

DECEMBER 31

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JANUARY 1

Charlotte Bridger
Megan Montgomery

JANUARY 2

Lynn Ashby
Alesia Dicosola
Jenny Harrell
Kathryn Miller
Iris Stephenson
Kathryn West
Nancy White

JANUARY 3

Alice Gillespie
Karen Green
Pam Jamison
Ann Matthews
Kay Williams
Gretchen Woodrick

JANUARY 4

Katie Felty
Erin Lane
Celia Poole
Jennifer Taylor
Heather Thompson

JANUARY 5

Mary Basnight
Elizabeth Converse
Peggy Meares
Holly Post
Elaine Stem
Gerald Thomas

JANUARY 6

Beth Marks
Dale Roane
Katie Wilson

JANUARY 7

Rosie Allen
Patsy Norman
Emily Walser

JANUARY 8

Erica Meyers
Susan Rouse

JANUARY 9

Anne Allen
Lauren Tally
Julie Wood

JANUARY 10

Susan Bowers

JANUARY 11

Susan Gaines
Kim Gottshall
Ryan Ramey

JANUARY 12

Shellie Edge

JANUARY 13

Tay Appleyard
Jean Boyles
Susan Brown
Amy Godwin
Elizabeth Propst

JANUARY 14

Mona Donald
Ann Hanley
Barbara McDonald
Sally Moore
Laura Pendleton

JANUARY 15

Carol Lewis
Kathy Teague
Valeska Wittek

JANUARY 16

Allison Nunnery
Graham Satsisky
Georgette Stone
Tammy Teer

JANUARY 17

Suzanne Babcock
Meredith Blanton
Michelle Cook
Mary Grace Holland
Gracie Howell
Carrie Lieb
Ashley May
Helen Russell
Lauren Stump

JANUARY 18

Lisa James
Maria Plentl
Marty Weathers

JANUARY 19

Shelley Aldridge
Amy Baker
Jean Maupin
Michelle Tanner
Wendy Webster
Sara Williamson

JANUARY 20

Carolyn Dickens
Martha Doane
Karen Johnson
Betsy King
Anne Lloyd
Anita Nicholls

JANUARY 21

Sherry Ball
Anna Brinkley
Kara Cooley
Kathy Dils
Amy Hadley
Judy Poe
Ronica VanGelder
Amy Watkins

JANUARY 22

Jodie Bandholz
Ellen Davis
Easter Maynard
Elizabeth Moore
Laura Orcutt
Yorke Sartorio

JANUARY 23

Paige Donnalld
Lou Garrabrant
Alisa Smith
Anne Wallwork

JANUARY 24

Linda Brown Douglas
Jennifer Godwin
Jennifer Pate

JANUARY 25

Sally Burlington
Meredith McBurney
Claire Poole

JANUARY 26

Marion Church
Sookia Staggers

JANUARY 27

Jennifer Doerfler
Elizabeth Gooding
Lindsey Kinnaird
Melissa Linn
Deanne Puryear
Jenna Thompson

JANUARY 28

Missy Boyd
Mitzi Levering
Shannon McDonald
Summer Rich
Liz Skvarla

JANUARY 29

Nancy Ange
Marisa Bryant
Kristen Janko
Jennifer O'Brien
Gail Scoggin

JANUARY 30

Jennifer Austin
Wendy Burkard
Erin Hinkle
Margie Johnson
Laura Ling
Annie Roberts
Anna Smith
Julie Tew

JANUARY 31

Janis Treiber
Jeanne Turlington

Fall Spotlight

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

Alison Barnes transferred from the Junior League of Roanoke, Virginia. Ali and her husband, Daniel, moved to Raleigh due to her job. This North Dakota native has a cat, Oakley, who walks on a leash and fetches. Wow!

Amanda Cox transferred from the Junior League of Saginaw Valley (Saginaw, Michigan). This Raleigh native moved back to be closer to her family. She loves to cook and travel.

Elizabeth Cox transferred from the Junior League of Winston-Salem, North Carolina. Her career brought her to Raleigh. She is in the process of getting her PH D in Counselor Education and spends the majority of her time studying.

Vanessa Cox transferred from the Junior League of Dallas, Texas. Her work brought her to Raleigh. Her job is very demanding, but they have been supportive of the Junior League. She is looking forward to meeting new friends through the Junior League of Raleigh.

Jessica Davis transferred from the Junior League of Winston-Salem, North Carolina. She and her husband, Hunt, moved to Raleigh due to her husband's job. She enjoys spending her time reading, painting, volunteering and exercising.

Tori Denoncourt transferred from the Junior League of Charlotte, North Carolina. Tori has also been a member of the Junior League of Cobb-Marietta, Georgia. Her husband's job brought her to Raleigh. Tori and her husband, Paul, have two children, Matthew and Joshua.

Caroline Dickson transferred from the Junior League of New York, New York. She and her husband, Wyatt, moved to North Carolina due to her husband's career. She is a native of North Carolina and is a newlywed.

Kelly Di Domenico transferred from the Junior League of Greenwich, Connecticut. Kelly has been a member of Leagues in New York City and Washington, DC. Her husband's work brought her to Raleigh. This California native and her husband, Andrew, are the proud parents of twins, born in May.

Rachel Ferrara transferred from the Junior League of Charleston, South Carolina. Her upcoming marriage brought her to Raleigh. This Savannah, Georgia native spends most of her time working, renovating her home and with family and friends.

Vickie Gilbert transferred from the Junior League of Wilmington, North Carolina. Her husband's job brought her to Raleigh. This Goldsboro, North Carolina native and her husband, Kevin, have one child, Woodrow Oneal (Woody).

Erin Hinckle transferred from the Junior League of Birmingham, Michigan. Her husband's work brought her to Raleigh. This Philadelphia native and her husband, Dan, just had their third child in June. They have two older children, Riley and Dwyer.

Angela Inman transferred from the Junior League of Greenville, South Carolina. Her husband's work brought her to Raleigh. Angela is a native of Boone, North Carolina and loves to travel. She and her husband, Jonathan, have one son, Brayden.

Melinda Mehfar transferred from the Junior League of New York, New York. She and her husband, Alex, moved to Raleigh due to her husband's work. Angela is a native of Charlotte, North Carolina and loves to travel. She has been to Scotland, Thailand and Argentina ... just to name a few!

Mary Lyons Mitchell transferred from the Junior League of Memphis, Tennessee. This Martinsville, Virginia native moved to Raleigh due to her job and family. She loves to travel, snowboard and go to the beach.



Jill Ovsievsky transferred from the Junior League of Oranges and Short Hills, New Jersey. Her husband's job brought her to Raleigh. Jill, a New York native, and her husband, Michael, have one child, Katherine Lily.

Christine Osborne transferred from the Junior League of Plano, Texas. She has been a member of Leagues in Tulsa and Houston. Christine and her husband, Tim, moved to Raleigh due to job relocation. They have two children, Meredith and Allison.

Sarah Ronnenberg transferred from the Junior League of New York, New York. Her husband's job brought her to Raleigh. Sarah and her husband, Jim, love the beach, concerts and art.

Julie Siebert transferred from the Junior League of Pasadena, California. She moved to Raleigh to be closer to family. Julie is a native of Wheeling, West Virginia and loves to travel and write.

Connie Teague transferred from the Junior League of Vienna, Virginia. She is a native of Washington, DC. Connie and her husband, Bill, have four dogs: Tira, Abby, Winston and Vixen.

Meredith Trottier transferred from the Junior League of Winston-Salem, North Carolina. She moved to Raleigh due to work and her love of the Triangle. She has a passion for ancient Roman history and the Zumba.

Alyson Tuck transferred from the Junior League of Champaign-Urbana, Illinois. She and her husband, James, moved to Raleigh due to a job opportunity at NC State. Alyson is a native of Greenville, South Carolina.

Jennifer VanEron transferred from the Junior League of Wilmington, North Carolina. She moved to Raleigh due to work and to be closer to her boyfriend. She enjoys playing tennis, volunteering and spending time with family.

Cristen Vaughn transferred from the Junior League of Wilmington, North Carolina. Her career brought her to Raleigh. She owns and runs two networking groups: the Wilmington Professional Group and the Raleigh Professional Group.

Kaler Walker transferred from the Junior League of Greensboro, North Carolina. Her career brought her to Raleigh. Kaler likes to spend her time exercising, socializing with family and friends and working.

Anne Wein transferred from the Junior League of Charlottesville, Virginia. Her husband's job and desire to be close to family brought her back to Raleigh. Anne and her husband, Scott, have one child, Helen.



Nominating Drag Bingo: After playing bingo at the JLR Leadership Retreat in April, several members of the Leadership Council were inspired to attend the September Drag Bingo fundraising event benefitting the Alliance of AIDS Services—Carolinas. From left: Whitney von Haam, Mary Blake, bingo hostess Mary K. Mart, Ashley H. Campbell, Beth Lowery, Christian Swain, Virginia Yopp and Andrea Fox.

Reminder: The Angel Tree deadline is drawing near!

If you volunteered to be an “Angel” for a SAFEchild family, do not forget to bring your gift bag to the November General Membership Meeting (GMM). In addition, you can drop it off at Headquarters between now and November 14.

Also, we still have two more drawings for gift cards to the Urban Food Group restaurants. To qualify, you will need to either bring your gifts to the November GMM or meet the deadlines for the Headquarters drop-off.

Thanks so much for your support!

Team Transfer

Here's to our Mission Drivers

Kudos to **Team You're Invited** for the creative ways they worked to engage every member in the recipe submission process for the League's new cookbook.

Team SPREE! for making our League proud with an amazing five days of shopping, special events and more during A Shopping SPREE! Congratulations!

Thanks to **Jennifer Ingram**, **Beth Alley**, **Samantha Smith** and **Wendy Webster** for all their help in planning the successful JLR Community Expo.

Thanks to **Stacy Arch**, **Jennifer Olsen**, **Robin Mangum** and **Emily Goatcher** for taking time out of their busy schedules to present their team's information at the JLR Community Expo.

Selene Brent and **Mary Blake** for all of their hard work coordinating the ODI trainings for this year!

Thanks to **Jennifer Olson** and **Molly Nichols** for their efforts in placing members on community boards.

Thanks to **Whitney von Haam** and **Julia McCullough** for their hard work in writing the AJLI award submissions. Great job!

Thanks to **Leslie Rand-Pickett** and **Keri Eddins** for really getting the word out about the Nominating team to the membership.

Adrienne Hunt of the Inaugural Ball team for her tireless work to secure a location for the Governor's Circle Reception

Inaugural Ball Co-captain **Rhonda Beatty** who has done a great job keeping her team motivated and excited to serve on the team. She is always willing to lend a helping hand!

Melanie Turner did an amazing job creating unity among her small Provisional group for 2007-08. She led by example and made her group's transition to the League very smooth. She organized socials, car pools and all around unity for the group. Her 2007-08 group continues to appreciate her efforts!

Bold applause to **Carshia Craven** for all of her hard work helping create the recipe submission information cards for **Team You're Invited!**

Suefan Johnson for her dedication to mentoring. She has worked with the same child all the way from kindergarten to middle school!

Shannon McDonald for great communication on Team Arrangements.

Lisa Vanderberry for new ideas for Team Taking Care of Members and for taking such good care of our members

Gwynne Cook and the **Transfer team** for the fabulous job recruiting of volunteers for the Angel Tree.

Big thank you to **Katherine Anne Hamlin** for handling two big placements... being in charge of decorations for the Inaugural Ball and for being an Assistant Co-captain for Arrangements.

Kathy Pretzer and **Patti Benedict** for making Arrangements a great placement and keeping everyone so motivated.

Thanks for the wonderful assistance from Helping Horse Team Member, **Anna Schumann**, with the SPREE! Community Booths... without her talents we would not have been able to showcase our community teams in such a manner!

Thanks to **Robin Mangum** and **Team Quick Impact** for their assistance with the JLR Expo and Sixth Grade Saturday Dtap Clinic! Both were successful events due to the "WOMAN POWER" from Quick Impact!

Thanks to **Cady Thomas** of Team GRAPA for co-sponsoring the candidates forum for the Wake County Commissioner candidates on September 17. Voter education is so important!

Congratulations to Past Presidents **Linda Brown Douglas** and **Jill Gammon** for their induction into the YWCA Academy of Women. You make us proud!





Hard Work Recognized

Training Co-captain Ashley Huffstetler Campbell awarded for her work with victims of domestic violence.

By: Courtney Phillips

Winston Churchill once described the impact of volunteering by saying, "We make a living by what we do, but we make a life by what we give." Only select individuals find the special intersection of the two by contributing to society by giving away the very thing that creates their livelihood. Ashley H. Campbell is one of those select few.

Ashley Campbell is a Junior League Active member, wife and a private practice attorney making a big difference in our community by sharing her time and expertise with the Legal Aid of North Carolina. For more than two and a half years, Campbell has been helping Legal Aid fulfill their mission of providing free legal services in civil matters to low-income individuals to ensure equal access to justice and to remove legal barriers to economic opportunity. Campbell's focus, Project Together, helps victims of domestic violence obtain a domestic violence protective order. Campbell is instrumental in securing restraining orders and custody of children to victims.

Campbell's volunteer service with Legal Aid was recently recognized by the North Carolina Bar Association and *Business Leader* magazine and was the proud recipient of the 2008 Triangle Power of Justice Impact Pro-Bono Award.

While honored to receive the award, Campbell is the first to admit that this is just a mile marker and not the end of the road to her commitment to the organization. "It is an honor to volunteer for Legal Aid," says Campbell. "It is my mission to help educate people on the important role that Legal Aid plays in the community".

Campbell also is passionate about recruiting new attorneys to join the cause. "Legal Aid is a great way for new attorneys to get frequent time and experience in court—that is just something you are not going to get when you start out at a large practice," she adds.

Ashley is an associate attorney at Ragsdale Liggett PLLC where she practices civil litigation and legislative and executive representation. In addition to the Junior League and Legal Aid, she is active in a variety of community organizations including the North Carolina Association of Defense Attorneys, the North Carolina Association of Women Attorneys and the North Carolina Professional Lobbyists Association. Campbell also is a member of the board of directors for the Women's Center of Wake County, which provides shelter and services for homeless women and children.

Issues,
Concerns,
Ideas?

Sarah Shelton, your
2008-2009 Member At
Large is here for you!



srivesshelton@yahoo.com • (919) 368-6551



Making a Difference in Raleigh... Year After Year

In the 1920s, the Junior League of Raleigh (JLR), then called the Junior Guild, started with the vision of 53 women who wanted to make a difference in their community. They joined together to “unite in one body the young women of Raleigh to promote fellowship within the group, to foster interest among its members in social, economic, educational and civic conditions of their community, to make efficient their volunteer service,”—Constitution of the Junior Guild. By the 1930s, there were 87 members who volunteered 6,663 hours and total disbursements to the community were \$2,744.

Fast forward to today. Since its inception, the League’s contribution to the community has totaled more than 1,000,000 volunteer hours and more than \$4,694,000 to community projects and programs focused on education, health, women and children’s services. The JLR is more than 1,750 members strong and has donated more than \$1,162,000 and 175,000 hours to the community since 2000. The Center for Community Leadership, a gift representing \$8.5 million, is undergoing renovations and the League will move in and open its doors to share with the community in spring 2009.

Through the years, the Junior League of Raleigh has changed and grown in extraordinary ways. Following is a timeline that highlights those changes and advancements to enhance the quality of life in the Raleigh area:

TIMELINE

- 1930** The Junior Guild of Raleigh is accepted into the Junior Leagues of America.
- 1933** This year marked the first Inaugural Ball that the Junior League of Raleigh (JLR) hosts honoring Governor Joseph Christoph Blucher Ehringhaus.
- 1940** The JLR sponsors a well baby clinic at the Wake County Health Department and collects war relief funds through “Dimes for Ambulances.”
- 1945** The “Books Bring Adventure” program is created to provide an alternative to children’s radio programming.
- 1947** “Books Bring Adventure” wins a Peabody citation.
- 1947–1948** JLR members sell cold drinks, cigarettes and snacks to the N.C. General Assembly.

- 1949 JLR hosts Inaugural Ball honoring Governor and Mrs. W. Kerr Scott. Fifty percent of the proceeds of the Ball were used to begin building a premature baby ward at Rex Hospital. The ward opened in 1950.
- 1951 The JLR's "Bargain Box" thrift shop opens (and it is still going strong today)!
- 1952–1953 The JLR contributes more than \$21,000 to a cerebral palsy center at Christ Church and assists the YWCA on the opening of a youth center.
- 1960 Initiated by the JLR, ground is broken for the Hill Top Homes.
- 1965 JLR opens a kindergarten for four year-olds in Halifax Court for children who did not traditionally attend preschool.
- 1967 The JLR publishes the first edition of *North Carolina's Capital Raleigh*.
- 1966–1967 The JLR presents its first Follies: "Paint the Town Pink."
- 1967–1969 The JLR helps fund a Boys & Girls Club of Wake County.
- 1969–1970 The JLR co-sponsors the restoration of Mordecai House.
- 1971–1976 Several projects are sponsored and supported through JLR funds and resources, including Haven House for girls, Theater in the Park, Mordecai Square Garden, the Tammy Lynn Center, Drug Action of Wake County and Learning Together.
- 1977–1978 Members vote to adopt the first of many vital position statements. The JLR has continually made public stands in the area of child advocacy.
- 1980–1981 The 50th Anniversary celebration benefits Project Enlightenment's Parent/Teacher Resource Center and Child Abuse Protection Services.
- 1981–1982 Raleigh restoration efforts are given a national award. Also this year, the JLR awards its largest grant to a single agency—Wake Teen Medical Center.
- 1985 The JLR presents the first "Shopping Mart" at the Mission Valley Inn, which later becomes *A Shopping SPREE!*
- 1985–1986 The Children's Festival begins and brings youth agencies together to promote their services to the public.





1989–1990 More than 550 League volunteers serve in 37 agencies, with 289 members serving on 205 community boards.

1992 After much research, the JLR creates SAFEchild as a signature project. This non-profit agency continues today to work towards eradicating child abuse in Wake County.

1998 *You're Invited*, the JLR's first cookbook, is published. The book annually raises approximately \$14,000 net proceeds for JLR programs benefiting at-risk youth.

2000 The League adopts the target area of "Promising Youth."

2001 Following record-breaking net profits of \$694,000 from the 2001 Inaugural Ball honoring Governor and Mrs. Michael Easley, the JLR adopts Heritage Park Community Learning Center and begins programs with young residents, works with First Lady Mary Easley to promote Communities in Schools throughout N.C. and celebrates the 50th anniversary of the Bargain Box.

2003 JLR wins the Association of Junior Leagues International/Anheuser-Busch Foundation Fund for the Future award of \$10,000 for its creation and implementation of the "team" approach to community placements.

2004–2005 The JLR celebrates 75 years of training volunteers and serving the community! During this historic year, the JLR launches its largest capital campaign ever, to raise funds for a Center for Community Leadership. Also, the JLR hosts the Inaugural Ball, creates and markets a new calendar filled with art by North Carolina artists and recipes of current and former governors and first ladies of North Carolina, partners with Saks Fifth Avenue for a charity shopping event in connection with Sak's grand opening in North Carolina and holds the 20th annual A Shopping SPREE!

2006 Junior League of Raleigh completes the Natural Learning Initiative (NLI) at Heritage Park and inducted into the Raleigh Hall of Fame.

2007 Junior League of Raleigh establishes Wake County's sixth center in the Brentwood community. The Brentwood Boys and Girls Club primarily serves an Hispanic Community. The inaugural Showcase of Kitchens is held as a new signature fundraiser. The League purchases the historic IBM building in downtown Raleigh for its new Center for Community Leadership.

2007–2008 Junior League of Raleigh inducted into the Boys & Girls Club of Wake County Hall of Fame and awarded the first Commitment Award from SAFEchild.



Annual Pizza Social Kicks off Provisional Year

By: Amber Myers, MDC Co-chair

On August 22, the Provisional class kicked off their flip flops and dug their heels into the start of their Provisional year. The Membership Development Committee hosted the annual Pizza Social at North Hills Club for the entire 125 member class. This was the first time all 12 color groups met in one place.

Virginia Yopp, Junior League of Raleigh (JLR) President, welcomed the class and introduced other members of the Board. The group also was greeted by members of the Cookbook and SPREE! teams. Meg Ergenzinger of the Cookbook team reminded the group to purchase one of the remaining copies of *"You're Invited"* before it becomes a collector's item. She also filled them in on the exciting news of the upcoming cookbook to be published in 2010. Provisional members were encouraged to submit recipes to be included as well as to participate in the recipe testing process.

Emily Funderburk and Katie Schottmiller gave the class an overview of SPREE!. The class was informed about available ticket packages and special events scheduled for SPREE! this year. They also were trained on what to expect when they work their required 3-hour shift.

"All in all, it was a very informative meeting and a lot of fun," said Katie McCollum, Provisional class member. "It was amazing to see all of the women excited to join such a wonderful organization committed to serving the youth of our community."

The Provisional class will meet at least once a month for the next nine months to gain an introduction to the Junior League of Raleigh and obtain training on how to be an effective volunteer. Topics to be covered in future meetings include the history of Raleigh and JLR, community funding and the agencies served by JLR, including, SAFEchild, StepUP, Heritage Park and others. Provisional class members also will be required to complete fall, winter and spring projects and work a shift for Showcase of Kitchens.

A relaxing pizza social was just the way to end summer and kick off the Provisional year. Now the Provisional course picks up the pace. Better get out the running shoes next stop Fall projects, SPREE! and Passport to JLR!

Raspberry Group

Top Row (L to R):

Natalie McGowan,
Erica Meyers,
Ann-Stewart Patterson,
Ginny Jenkins,
Sarah Clapp,

Seated Row (L to R)

Chem Pecze,
Jennifer Durbin,
Conita Benson,
Stephanie Williams,
Katie Hartzog.



Teal Group

Top Row (L to R):

Mary Adelaide Bell,
Elizabeth Strickland,
Quinn Etheridge,
Kristen Anderson,
Lexi Webster,

Seated Row (L to R):

Katherine Anderson,
Anna Vinson,
Katie McCollum,
Jane Smith,

Not pictured:
Christina Floyd.



Blue Group

Top row (L to R):

Katie Hubbard,
Rebecca Ayers,
Liz Riley-Young,
Jamie Parsons,
Annette Fisher,
Ashley Miils,

Seated Row(L to R):

Shannon Jones,
Julia Loughren,
Kristy Bessette,
Summer Rich,
Nora Zarccone,

Not pictured:
Victoria Russell.



Yellow Group
 Top row (L to R):
 Pam Burr,
 Heather Frantz,
 Stewart Bradshaw,
 Liz Coward,
 Kimberly Watkins,
 Seated row (L to R):
 Jen Baldinelli,
 Amelia Hayes,
 Catherine Boykin,
 Casey Pike.



Purple Group
 Top row L to R:
 Emily Doyle,
 Beth Farrell,
 Quinn McFall,
 Michelle Emrath,
 Danielle Grant,
 seated row L to R:
 Janet Brownlee,
 Lauren Trojan,
 Cheryl Dell'Osso,
 Utauwa Allen,
 Donna Perry,
 Not Pictured:
 Ashley McMillan.



Silver Group
 Top (L to R):
 Lauren Feldman,
 Jessie Bennett,
 Sarah Walston,
 Sara Thomas,
 Katie Monaghan,
 Seated (L to R):
 Jane Smothers,
 Jennifer O'Connor,
 Jocelyn Fina,
 Jessica Ruhle.





Green Group

Top row (L to R):
Nicole Jarvis-Miller,
Diane Schabinger,
Maggie Spivey,
Jill Ellison,

Seated row (L to R):
Kerry Hall,
Amber Frasketi,
Iris Stephenson,
Jeannie Rhyne-Hendrix.



Red Group

Top Row (L to R):
Stacy Carothers,
Kimberly Williams,
Melissa Calaway,
Leigh Forehand,
Katy Waugh,

Seated Row (L to R):
Andria Hornaday,
Jill Evans,
Carrie Lieb,
Lorna Butters,

Not Pictured:
Elisabeth Strickland.



Gold Group

Top Row(L to R):
Sara Hines,
Kelsie Johnson,
Sherri Britt,
Anna Brinkley,
Sarah Weidaw,
Amy Davis,

Seated Row (L to R):
Kelly Kopp,
Allison Olive,
Elizabeth Parker,
Ana Catherine Dickens.

Lavender Group

Top row (L to R):
 Marlet Edwards,
 Amanda Guillois,
 Donna Wynn,
 Emily Wade,
 Leslie Scheve,
 Paula Murray,
 Alyssa Hockaday,

Seated Row (L to R):
 Jacqueline Capasso,
 Nina Argiry,
 and Missy Boyd.



Orange Group

Top row, (L to R):
 Natasha Johnson,
 Emily Greene,
 Kelly Perry Shoaf,
 Elisabeth McMahon,

Seated row, (L to R):
 Tamma Hill,
 Amy Valerio,
 Suzanne Barnhart.



Salmon Group

Top (L to R):
 Joanna Hugo,
 Alesia Dicosola,
 Candice Combs,
 Summey Savage,

Bottom (L to R):
 Lisa Bullock,
 Kim Sieredzki,
 Cathy Jordan,
 Melissa Linn,

Not pictured:
 Nora Duran,
 Carrie Horton.





YWCA Academy of Women—Linda Brown Douglas, Jill Gammon

JLR Past Presidents inducted into prestigious Academy

According to the Young Woman's Christian Association (YWCA) of the Greater Triangle, "In 1983, the YWCA of the Greater Triangle created an event to recognize outstanding women in our region. Twenty-five years later, 222 women of extraordinary accomplishment have been inducted into the prestigious YWCA Academy of Women." On November 12, 2008, two of our own Junior League of Raleigh members will join this esteemed group.

We are honored to announce that Linda Brown Douglas, JLR's Immediate Past President, is being inducted into the YWCA's 2008 Academy of Women along with one of the Sustainers who served as her advisor during her year as president, Past President Jill Gammon. Linda is being recognized for business and Jill for community service. This honor is in recognition of the remarkable efforts these ladies have put forth in supporting the YWCA's mission: the elimination of racism and the empowerment of women.

Congratulations Linda and Jill on your well deserved awards!



BURNIE BACHELOR STUDIO, INC.

Life Goals'

Seriously, is it really the holidays in 2008? Can the year be gone? Time is flying by at breakneck speed, and I find I need to conduct barometer checks on my life every now and again. The holiday season seems to bring on the most frequent checking. You know am I achieving my goals... do I need to re-evaluate my goals' sometimes I ask myself what ARE my goals... have you ever been there? Once defined, are they helping me get to where I want to be in the next three, five, ten years and beyond? Actually, where do I want to be in the next three, five, ten years and beyond?

I am very fortunate that I have great girlfriends. I would even call them superior. One of my best is a personal wealth manager (I am hoping to be a client one day). On a girl's trip to Chicago, she was extremely helpful in helping me ask the questions to determine our family goals. She then proceeded to help with the action items so we could put the wheels into motion. This kick-start was exactly what we needed. We go through these motions at the beginning of every quarter but conduct a deep dive at the beginning of every year. In an effort to help those of you who might have the same

needs, I have shared a possible agenda with points and definitions. I hope you find it as useful as we do.

Family Meeting and Mission Statement—Family Meetings are a time to set aside to promote meaningful communication and to provide for family discussion, decision making, problem solving, encouragement and cooperation.

The Importance of the Family Mission Statement—One of the most significant components of effective and rewarding family meetings is the Family Mission Statement. This is a clearly articulated statement of a family's vision, purpose and who it wants to be as a collection of individuals. Mission Statements generally begin as brief works that are developed during initial family meetings and are refined over time. For some, Family Mission Statements evolve to actual signed Family Constitutions with specific rules and responsibilities.

The following are suggested components for a Family Meeting agenda:



GMM Centerpiece Creations

It was an evening of "community training" at the September (General Membership Meeting) GMM at the McKimmon Center. Each team captain in the League was charged with creating a centerpiece for a table that depicted her team's purpose and role in our League. 58 round tables were graced with the creative output of our fabulous leaders, with everything from running shoes, gift boxes, dolls, toys and even a miniature puppet theatre! During the "ice breaker" time, the leaders introduced themselves to the members seated at the table and educated the members on what their team is doing in the League. Members had a chance to meet some new people, visit with leaders and enjoy learning more about our League and the fantastic things we're ALL helping to do in the community.

Review of Last Meeting

Family Mission Statements

- Create a working version that is refined over time.

Family Financial Matters

- Family finances in general, non-specific terms. Many parents do not share specific dollar amounts but do discuss reasoning and implications of financial decisions.
- Development and review of family financial action plans.

Family Projects

- Primary home and vacation home tasks.
- Family activities, shared sports, avocations and interests.
- Development and review of family projects action plans.

Family Heritage

- Family history project.
- Family trip related to heritage research, planning and chronicle.

Family Web site

- Allows family to prepare for Family Meetings by sharing background material and agenda.
- Connects family members in various locations in a wide variety of ways—photos, postings, heritage.

Family Philanthropy

- Collective family support of causes through discussion of intention, charities and frameworks for giving.

Family Wealth Education

- Establishes a pattern of financial learning and behavior.

Upbeat Closing Activities

- Recognition of accomplishments.
- Participation in a favorite family event.

Meeting Follow-Up

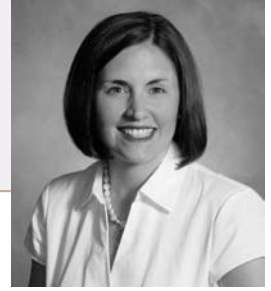
- Exchange notes on meeting.
- Post primary accomplishments, agreements, next steps from meeting on family Web site.

It is important to note that successful family meetings are also based on:

- Short time frames.
- Frequency depending on the family structure; weekly or monthly for families with youth or young adults and quarterly meetings for families with adult children.
- Rotating the role of meeting director among appropriate family members.
- Including existing family traditions or creating new ones for the meetings.
- Meeting notes.
- Possibly developing and utilizing a family Web site.

See if this can help you. In kicking off 2009, we will be going through these motions. The process is fun and truly gets you and your family on the same page. That is the best gift! Happy Holidays!!!





BURNIE BATCHLOR STUDIO, INC.

Be part of the history and the fun: Inaugural Ball volunteer opportunities await

By: Nancy Bromhal



The clock is ticking—the 2009 Inaugural Ball is a mere two months away! On January 9-10, 2009, the Junior League of Raleigh (JLR) will once again host the Governor's Inaugural Ball. With a full weekend of exciting events, the Inaugural Ball team is counting on the support of volunteers like you to make the weekend a success. This is your chance to be part of the League's rich legacy of being the only Junior League to host an Inaugural Ball, an honor dating back to 1933!

That idea appealed to Anna Griffin at the last Ball in 2005. "I immediately knew I wanted to volunteer when I first learned of the opportunity," Anna commented. "The intrigue of the Ball, the attendees, the production around it was just too tempting to miss. My husband and I both volunteered as greeters and had an incredible evening."

In addition to joining the League tradition of hosting the Inaugural Ball, helping with the event may help you to choose a future placement, just like it did for Anna. "I was so impressed watching the orchestration, the finely planned details, the sheer size of the undertaking that I knew instantly I wanted it as my placement in the coming years," Anna continued. Did Anna have a special background to serve in her role? "We simply used our eastern NC, God-given talent of hospitality!" Anna said with a laugh.

Volunteer needs include pre-Ball tasks like addressing invitations, stuffing envelopes and working on decorations. There are also many exciting volunteer opportunities during the Inaugural Ball weekend. Help will be needed at the Governor's Reception, the Gala Presentation and the Ball itself, with a need for ushers and greeters like Anna.

Shift sign-ups for Inaugural Ball volunteers will be available to Active and Provisional members at www.jlraleigh.org in mid-November. Non-League members (like husbands) also may volunteer but must be signed up by a League member through www.jlraleigh.org. Specifics about the wide variety of volunteer opportunities will soon be complete, so please watch for e-mails and the monthly e-Link for reminders and details.

And remember, formal attire is required for all Saturday events leading up to the Ball, even for volunteers, so get your full-length evening dress ready!

The historical 2009 Inaugural Ball is coming soon, and the Inaugural Ball team wants and needs you to be part of it. Please contact Angela Hatton, Volunteer Chair, with any questions at nottah36@yahoo.com or by telephone at 919-871-6366.



2009 Inaugural Ball Weekend Festivities

Friday, January 9, 2009

First Spouse's event

12 noon–2 p.m.

Council of State Reception

6:30 p.m.–8:30 p.m.

Rock the Ball concert

Lincoln Theatre

9 p.m.–2 a.m.

Saturday, January 10, 2009

Governor's Reception

5 p.m.–7 p.m.

Raleigh City Marriott

Gala Presentation

8 p.m.

Raleigh Convention Center

Inaugural Ball

9 p.m.–midnight

Raleigh Convention Center

Rock the Ball concert added to Inaugural Ball lineup

The 2009 Inaugural Ball has gone rock and roll. More people than ever before are registering to vote, and that trend is most visible in the number of young people getting involved in the political process. What better way to celebrate this phenomenon than with a concert! Our new Inaugural Ball event, Rock the Ball, will take place Friday, January 9 at Lincoln Theatre and will feature college bands from yesterday and today.

“There are many college students and recent graduates who are keenly interested in the election and our elected officials,” said Inaugural Ball Co-captain Rhonda Beatty. “We wanted to plan an event they could easily attend and get excited about.”

Stay tuned for announcements revealing our featured bands, and be sure to get your tickets early. Tickets are available at jlraleigh.org, and doors open at Lincoln Theatre at 9 p.m. Join us as we rock the ball!



Exceptional Eggnog

Yield: 10 servings.

Ingredients

6 whole eggs
3 eggs, separated
1 cup sugar
2 cups heavy cream
1 teaspoon vanilla extract
3 cups whole milk
1 cup dark rum (optional)
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cinnamon
1/8 teaspoon ground cardamom
Additional nutmeg for garnish

Directions

In a large bowl, using an electric mixer set on high speed, beat the whole eggs, yolks and sugar until frothy and light, about five minutes.

Add the heavy cream and vanilla, and beat until thick, another five minutes. Beat in the milk. Set aside.

In a medium bowl, using an electric mixer or whisk, beat the egg whites until stiff.

Stir the nutmeg, cinnamon and cardamom into the rum. Pour the spiced rum into the egg-cream mixture, stir and then fold in half the egg whites.

Pour the mixture into a large serving bowl. Dollop the remaining beaten egg whites on top, and sprinkle with nutmeg.



You're Invited to get your cookbooks while supplies last!

By: Team *You're Invited*

The holidays are just around the corner, and Team *You're Invited* is quickly selling out of our League's current cookbook. Our inventory has been drastically reduced due to tornado damage at our storage facility in Memphis, Tennessee. Almost 1,000 cookbooks were destroyed, and currently, there are no plans to reprint, so this may be your last opportunity to purchase a copy of *You're Invited*.

You're Invited is the current cookbook created by our members and makes a wonderful gift for the culinary enthusiasts in your life. The book is full of delicious recipes and menu suggestions for every occasion. The recipe featured to the left comes from our fabulous Christmas Cocktails menu on page 23, recipe on page 54. A bowl of Exceptional Eggnog is sure to liven up any holiday gathering.

As you no doubt are aware, the new Junior League of Raleigh (JLR) cookbook is in the works! Team *You're Invited* is very excited about the fantastic recipe submissions we have received, but we still need help testing them! Please sign up to be a recipe tester in the member section of the JLR Web site under the event sign-up link.

If you have any questions, please contact Meg Ergenzinger at mergenzi@aol.com or Sara Van Asch at sara.vanasch@sas.com. Thank you for your continued support in the effort to create your Junior League of Raleigh cookbook.

Enjoy and Happy Holidays!

Showcase of Kitchens

Celebration countdown

You'll be sure to have kitchen envy by the end of the third Annual Showcase of Kitchens in April!

After weeks of working with the area's top designers and builders, the Showcase of Kitchens selection committee has narrowed the list to eight spectacular kitchens. You will not want to miss the homes they've picked.

The tour, April 17 and 18, will take you through new and remodeled kitchens in neighborhoods throughout the Raleigh area. Inside, you'll get to see some of the area's best in custom cabinetry, high-end appliances and diverse designs including transitional, traditional, universal, "green" and contemporary.

The April 16 kick-off celebration is a must! This year's pre-tour party, sponsored by Ferguson Bath, Kitchen and Lighting on Yonkers Road, promises to be an unforgettable evening filled with divine food, beverages and a silent auction. You can expect cooking demonstrations, a raffle and live music.

Organizers are looking for items to be auctioned during the silent auction event. Items do not have to be kitchen-related to be part of the auction. League members interested in contributing may contact Angie Stewart at 632-6823 or angelastew99@hotmail.com.

Tickets go on sale in February 2009!



a Shopping
SPREE!
impacting the lives of youth

A big **THANK YOU**
to the entire 2008 A Shopping SPREE! team,
the hundreds of Junior League volunteers
and the staff at Headquarters
who helped make this year's SPREE!
a successful event.

Stay tuned for photos and details about the 2008 SPREE!
in upcoming issues of the Link.



2009 Inaugural Ball



The 2009 Inaugural Ball is closer than you may realize! The Ball will be held January 10, 2009 at the new Raleigh Convention Center. The Inaugural Ball (IB) team invites our Sustainers to actively participate in the planning and execution of the Inaugural Ball. The wealth of experience Sustainers bring to this event allows the Junior League of Raleigh to continue its rich legacy of hosting the Ball, a privilege we have had since 1933.

There are many volunteer opportunities, such as pre-Ball tasks like addressing invitations, stuffing envelopes and helping with decorations as well as volunteering at one of the Ball events in January like the Governor's Reception, Gala Presentation, the Rock the Ball concert, First Spouse's event, Council of State Reception or the Ball itself.

Although early sign up for Sustainers has ended, there is still time for you to get involved! League members may sign up electronically on the League's Web site at www.jlraleigh.org or by calling League Headquarters at 919-787-7480. League members also may sign up non-League volunteers, so recruit your husband and friends!

If you have not used the Member Area of the Web site, you may log on by entering your Member ID (your AJLI number) followed by your password (default is set to [jlraleigh](http://www.jlraleigh.org)). If you have used the Member Area before but forgotten your password, just contact headquarters for details on that information.

Another Inaugural Ball is coming to Raleigh, and we hope you will consider sharing some of your time and talents with Team IB. We look forward to working with you on this special event, so get your full-length evening dress, and join the fun! We want and need to see you there!

Questions? Please contact Angela Hatton, Volunteer Chair at nottah36@yahoo.com or by telephone at 919-871-6366.

Bargain Box Donation Pick-up At Your Home

One of the perks of being a JLR Sustainer is that a Bargain Box volunteer will pick-up your donation at your home. The Bargain Box accepts new or gently used clothing for women, men and children; jewelry; handbags and home goods. Please note, we encourage members to put their clothing items on hangers. You can pick up hangers at the Bargain Box in advance if needed. If a Bargain Box volunteer may pick-up your donation, please email Ashleigh Black at ashleigh.e.black@gmail.com or leave her a message at 787-1103 box #51.



SUSTAINER SPOTLIGHT: A HERO AMONG US

Britt Thomas is a True Inspiration for all Junior League

By: Eva Parks Spero and Joyce Loveless

Who is Britt Thomas? Former League President, Susan Vick, kept asking herself that very question. In 1999, friends in the League and acquaintances from school and church kept telling Vick that she needed to meet Britt Thomas. Friends describe Thomas as happy, outgoing, a dynamic League volunteer and genuine friend. What so many didn't know is that Thomas is a courageous mother of two amazing children with quite the inspirational story of courage and hope.

Her son Cooper was born three months premature in November 1997. He weighed in at a tiny one pound three ounces. His father's wedding band fit up to his thigh. That's just how small he was. Born nearly 16 weeks early, Cooper was rushed to Duke Children's intensive care nursery, where for more than five months he received the most advanced round the clock care.

Britt found support through the Family Support Network of Wake County. It's a non-profit organization dedicated to supporting, educating and informing families of children with special needs. In 1999, Cooper was in a national Wal-Mart commercial as part of their campaign with the Children's Miracle Network. Britt also has been involved with Duke Children's Hospital where her family has become the face of the patient.

Britt explains that, "it helps put a face to the hospital because we've been through this firsthand."

When asked about raising a child with special needs, Britt says, "It's been challenging being a parent of a special needs child. But doctors told us Cooper would never walk, talk and could end up blind and deaf from all his life-saving treatments. He's truly a miracle. He's doing so much more that we ever expected. It's been a pleasure being a part of his journey."

Cooper just entered the fourth grade this year where he's doing great and working on his speech. The Thomas family couldn't be more proud.

Never missing a beat, in 1999 Britt began working for Playspace in Raleigh. Playspace was a non-profit children's museum in Raleigh dedicated to the education and development of young children through hands-on creative play. The Junior League of Raleigh first provided funding to Playspace in the early 1990s and since that time League members have served on the Board of Directors, provided numerous volunteers for the museum and sponsored an art room. In 2007, Playspace merged with Exploris to become the Marbles Kids Museum. Britt is currently the Vice President of Sales for Marbles and enjoys being part of such a groundbreaking experience.

After Cooper was born, the Thomas family wanted nothing more than to bring another child into their home. Many

difficult tests and procedures later, Britt and her husband Michael made the decision that adoption would be the next step. They went through the local adoption agency, A Child's Hope. In 2002, just nine days after she was born, they brought home their new daughter, Eli. Little Eli just started kindergarten. She thoroughly enjoys dance and soccer.

Thomas was Active with the League for 10 years, from 1996 to 2006. She initially joined so she could have the "opportunity to volunteer for an organization that truly makes an impact on our community. The JLR has such a long history of providing amazing women in volunteer positions that have helped shape Raleigh into the great place that it is to live today."

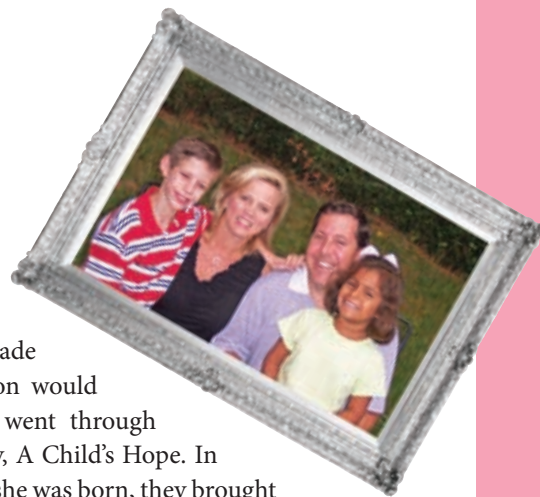
Thomas enjoyed a variety of placements. Her favorite was being the Co-chairs of Team Arrangements and Co-chairs of A Shopping SPREE! Exhibitors.

Some of her most fond memories are "meeting and making a lot of new friends while learning how to be an effective volunteer, previewing all the awesome Shopping SPREE! vendor's inventory while moving it into the Civic Center for many years, collecting many new recipes in planning for the Sustainer Holiday Tea and Past President Luncheons."

Thomas encourages everyone to, "Try different placements to see what type of volunteering you enjoy the most. Don't always sign up with friends. Give yourself the opportunity to meet new ones. Volunteer for JLR long enough to become a Sustainer because the Holiday Tea is great! Always fulfill your JLR commitments because people are counting on you!"

This is Thomas' second year as a Sustainer, and she's thrilled to be a Sustainer Adviser for the Inaugural Ball. During her years in the League it has been a dream to be a part of the Inaugural Ball, and she can't wait to see the night unfold.

In the Link's November 2003 President's message, Vick was asked to name her hero. She struggled as she recalled the countless suffragettes from history. Vick's B.A. was even in History, though she struggled to think of someone as her hero. That someone ended up being Britt Thomas. Through all her personal struggles, Thomas never missed a beat. She continued to work hard in the community, serve the League all while being a great mother and wife. Thomas is a true inspiration and a true hero among us.





BURNIE BATCHELOR STUDIO, INC.

The holidays are upon us as is the opportunity to continue our commitment to the community. This winter take time to:

Volunteer at the Soup Kitchen

Shepherd's Table Soup Kitchen
121 Hillsborough Street
PO Box 28024
Raleigh, NC 27611
Phone 919-831-2010
Fax 919-831-2005
SoupKitchen@Shepherds-Table.org

Donate to a local energy fund so that a family can have heat this winter.

Provide gifts for families in need via the JLR Transfer Team Angel Tree Project.

Donate needed food for children in Wake County via Backpack Buddies. To assist the Food Shuttle help hungry children, please call 919-250-0043.

Give blood Appointments: Call 1-800-GIVE-LIFE (800-448-3543) or visit www.givelife.org

Not only are JLR members making a difference in community placements but also in the choices to provide the financial and volunteer support that is needed by agencies across Wake County. Thanks to ALL JLR members—Provisionals, Actives and Sustainers for the sustained effort provided to community agencies!

JLR supports Sixth Grade Saturday

By: Robin Mangum

Many community friends ask the Junior League of Raleigh (JLR) to perform short, one-time projects that can otherwise hamper an agency's office staff and ability to focus on the day-to-day. Team Quick Impact (QI) is a group of League volunteers dedicated to performing these short-term "quick impact" projects. Some frequently requested projects include: assembling mailings, invitations or programs, staffing or decorating events and fundraisers, supervising and entertaining children during a community event and picking up and delivering items for drives.

On September 13, Team Quick Impact partnered with Wake County Human Services for a third time to assist during a back to school clinic. This year the clinic was called Sixth Grade Saturday and focused on 6th graders who are most at risk for suspension for noncompliance with a new state immunization requirement of the booster shot Tdap. Sixteen Team Quick Impact members organized and staffed activities for 6th graders and their families waiting during the Sixth Grade Saturday booster clinic. The activities allowed the 6th graders to have fun and express their individuality with activities such as "Make Your Own Button," "Make Your Own Door Knob Hanger" and Word Finds with High-lighters (the cool way to do them, of course). There also was a coloring and sticker station for younger siblings waiting alongside. QI volunteers passed out gym bags donated by the Health Department after the 6th graders had completed their visit.

To request volunteer assistance from Team Quick Impact, a community agency or non-profit can mail, fax or e-mail the request form to Headquarters or Robin Mangum, Team Quick Impact Captain. The form can be found on the JLR Web site www.jlraleigh.org/volunteerassistance.shtml.



Team Heritage Park Continues to Help Make a Difference

By: Jennifer Dunn and Stacey Simpson

Team Heritage Park has been divided into four teams for the 2008-2009 League year: Bringing Up Grades (B.U.G.) Club, Girl Scout Troop 1830, Homework Helpers and Career/Teen Club. All 21 members of Team Heritage Park also are involved in the planning and execution of the Heritage Park Holiday Shopping Spree. Each subcommittee has their own schedule, and we also meet as a whole team once a month. Each team member was given the opportunity to choose which subcommittee they wanted to be a part of, similar to our League placement process. They chose from the descriptions below:

1. B.U.G Club's subcommittee members plan four events. The events take place once a quarter and are scheduled after report cards have gone home. The events educate and reward children grades kindergarten through 12th grade for bringing up grades from the prior reporting period.
2. Girl Scouts Troop 1830's subcommittee members are lead by Lisa Coston Hall. Lisa and her subcommittee members lead typical scout activities while focusing on earning three to five badges, 5:30 p.m.-6:30 p.m. every other Monday. They also mentor and help the Girl Scout members develop positive self-esteem and academic/life skills while discovering fun and friendships. The troop will also be selling Girl Scout Cookies at the March General Membership meeting. The proceeds from the Cookie sales will help send several members to camp in the summer of 2009.
3. Homework Helpers' subcommittee members' goal is to set up a consistent schedule and offer one and one half hours a week or three hours every other week during the operation hours of 2:30 p.m.-6:30 p.m. Monday through Thursday.
4. Career/Teen Club's subcommittee members hold events once a month from 5:30 p.m.—6:30 p.m. on Mondays. Career/Teen Club works with and plans programs for middle and high school students on topics like careers, goal setting, college, money management and budgeting, filling out a job application, enrichment (arts, fitness, etc.) and life skills. Topics are limited only by volunteer creativity and student interest!

Heritage Park Holiday Shopping Spree!!! Please join us at 9:00 a.m. on Saturday, December 13 at Heritage Park Learning Center for the event of the year!

Throughout the first half of the school year, the students at Heritage Park have the opportunity to earn money (fake money), which is put in an account just for them. At the Holiday Shopping Spree the students will be allowed to use their earned money to buy gifts for family, friends and teachers.

Team Heritage Park needs every League member to help in making this a huge success. Please consider donating new and /or very gently used gifts at the November General Membership Meeting or drop off items at Headquarters marked for Heritage Park.

Examples of men's items: shaving kits, belts, gloves, hats, shirts, playing cards, DVDs, cologne/aftershave and miniature toolsets.

Examples of women's items: books, house wares, figurines, holiday decorations, jewelry, purses, scarves, body lotions and wash and accessories.

Examples of children's items: toy cars and trucks, baby dolls, books, puzzles, crayons, coloring books, games, hats and gloves.

Electronics are welcome but they need to be new.

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

Please contact Heritage Park Co-captains for more information on how you can help!

Stacey Simpson at slynslaugh@hotmail.com or 919-601-7783.
Jennifer Dunn at jenjets1@aol.com or 919-604-5566 .





JLR Demonstrates Its Commitment to Our Community by Hosting a Community Expo

By: Beth Lowery, Community Funding Team Captain

The Community Funding Team hosted the JLR Community Expo on September 11, 2008. Community organizations providing services to Wake County's at-risk or promising youth were invited to learn more about services the Junior League of Raleigh has to offer to our community including Quick Impact, Kids on the Block and Community Connect. Also provided was information about our grant making process including our grant making priorities, proposal components and the grant review process.

The Community Funding team supports the Junior League of Raleigh's commitment to our community by awarding grants ranging from \$2,500 to \$10,000 to community organizations providing services to Wake County's at-risk or promising youth. The grant applications are accepted twice a year based on the focus areas of education and health and human services. The deadline for agencies submitting grant applications related to health and

human services programs is November 3, 2008. The deadline for agencies submitting grant applications related to educational programs is February 2, 2009. Grants are awarded in May at our annual grants luncheon.

Community Needs grants of up to \$2,500 also are awarded on an as-needed basis for community organizations needing short-term assistance. Applications are accepted throughout the Junior League year (June 1–May 31).

Information about the Junior League of Raleigh's grant making process, including grant applications, can be found on our Web site (<http://www.jlraleigh.org/financialassistance.shtml>). If you have any questions or are aware of a non-profit organization in Wake County that would benefit from one of our grants, please invite them to visit our Web site and forward their questions to grants@jlraleigh.org.



Grantee Spotlight: Wee Care Children's Enrichment Program

By Beth Lowery, Community Funding Team Captain

One of the thirteen organizations in Wake County that received Community Grants during the 2007-2008 League year was Wee Care Children's Enrichment Program, which provides free of charge, a positive, loving and enriched preschool environment that fosters the social, emotional, physical and cognitive growth of children who are socially and/or economically at-risk.

Wee Care, operating out of a classroom at Hayes Barton United Methodist Church, began teaching its first class of ten two-year old students in the fall of 2007. These students will remain with Wee Care until they begin kindergarten in 2010. Wee Care has an ongoing relationship with the Communities in Schools of Wake County to find families who qualify for the program. Wee Care's goals include:

- Creating a fully integrated, age-appropriate and language enriched curriculum, including play, songs, books, social interaction, imaginative play, outdoor time, exploration, weekly field trips and experiential learning.
- Offering movement, music and art classes taught by experienced, qualified instructors.
- Securing Big Brother/Big Sister mentors to serve as role models in elementary school.
- Helping students develop conflict resolution skills and a strong sense of independence and self-assurance.
- Educating students' families, offering opportunities to engage in their child's experience.
- Providing curriculum related materials for at-home enrichment to all families.

Wee Care is addressing the needs of at risk children in our community by introducing educational experiences and critical family support beginning at age two and continuing until they are five. To learn more about Wee Care Children's Enrichment Program, including volunteer opportunities, please visit their Web site at www.weecareinc.org.

Spread the dream of community service *join a community agency board*

The Junior League of Raleigh (JLR) helps link our outstanding volunteers to community agencies seeking board members. If you are interested in serving on a community board, please submit the Community Board Questionnaire found in the member area of the JLR Web site, www.jlraleigh.org.

Contact Molly Shepherd Nichols
at mfshepherd@yahoo.com or
Jennifer Olson at Jennifer.L.Olson@ncmail.net with any questions.





Happy Holidays

*Wishing you a Beautiful Holiday Season
and a New Year of Peace and Happiness*

JUNIOR LEAGUE OF RALEIGH

Communication & Strategies

LIZA RONEY

Communication & Strategies VP



BURNIE BATCHLOR STUDIO, INC.

Reach out this Holiday Season

As the holidays approach and another busy year comes to an end, it is a bit daunting to think of squeezing in one more thing, but it is so important to make the effort necessary to stay connected to family, friends and your community. They are your source of knowledge and strength, they celebrate with you in your accomplishments and grieve with you during tribulations, so reach out to them before another month slips away and we move into another year.

Holiday cards mark the beginning of the season at my house. We start with the children's photograph appointment on November 1, so that we will have the cards by mid-November. This will give me time to address each card and insert handwritten notes in those that will go to friends I have lost touch with during the past year. Holiday cards are a great way to give friends and family whom you don't see on a regular basis an update on your family's activities and accomplishments. Don't forget to send cards to your JLR friends!

Another great way to reach out to friends and family during this time of year is to participate in a community project together. Call

a friend you haven't been able to make time for in a while, and serve as Angels together for a SAFEchild family. Make a day of it – shop for the family whose Christmas you are making a reality, catch up with a friend and enjoy the spirit of the season.

The beginning of January may be the end of the holiday season, but it brings us one of the greatest celebrations around. Enjoy a wonderful evening with your husband and friends by volunteering together at the Inaugural Ball or any of its corresponding events on January 9 and 10. The Inaugural Ball will raise money that will be used to positively impact our community, so when you volunteer, you are benefiting our community while enjoying a fantastic night out with family and friends!

As your calendar fills up and you begin to feel overloaded with holiday festivities, find room for the things that matter. Family, friends and the community you live in are your buttress, and they are the people with whom and the place where you make memories



May We Recommend *By: Team Training*

I would recommend [Frazier's](#). It is my go to restaurant for almost all occasions. I love the food, and the wine list is great! It is wonderful when the chef comes out to talk to you about your meal and ask questions. I send everyone there—friends and family! —Andrea Fox

[Raleigh Times](#)—inexpensive great food, bar scene. * [TJ Maxx & Belk](#)—hands down bargain shopping. * [Groceries](#)—[Fresh Market](#). Night on the town—[Mo's Diner](#), trolley and show at [Progress Energy Performing Arts](#). —Christian Swain

[The Rockford!!!](#) (It's located at 320 Glenwood Ave.) —Brittany Bass

For a great shopping outing, head to the Farmers Market property and check out [Market Imports](#). They have a huge variety of imported pieces from all over the world—everything from outdoor furniture and ironwork to unique occasion pieces, furniture and old doors to just plain odd little conversation pieces. It's a very entertaining, treasure-hunting shopping experience! —Kathy Pretzer

My husband and I have season tickets to [NC Theatre productions](#) and the [Broadway series](#). It is a great "date night!" There also are lots of other local theaters—next time you have a free night, go to a play! —Patricia Benedict

I'd recommend [Pretty Nails](#), in the shopping center at the corner of Creedmoor and Millbrook, for a good mani/pedi. I've been going there for years and wouldn't trade it for any of the newer, more upscale salons. I am always pleased with the job they do, and their prices are lower, too! I usually go after work and can usually walk-in easily without an appointment. —Mary Blake

Hosting a Holiday Party Has Never Been This Much Fun

By: Blair Winter

Christmas is the perfect time of year to gather your closest friends and celebrate the holiday season with a festive party. The question is—how do you get everyone together and still manage to shop, attend plays and musicals at your child's school, send out cards, wrap presents, mail packages to distant relatives and throw a party?

Over the years, I have thrown several holiday parties and have been keeping a list of the do's and do not's from parties past. Although being a hostess is a lot of work, it also is a lot of fun! Here are a few tips on how to throw the perfect holiday party without blowing your budget and losing your mind.

Plan Early & Stay Organized—Planning early will help you feel more organized and in control. Keep a checklist of your “to do's” with you at all times. This will help you to remember your action items while you're out running errands. If you're like me—I always seem to remember things while I'm driving. If you have your “to do” list with you, you can add it to your list immediately (without risking a lapse in memory later).

Create a file to keep all of your party information in one central location. Be sure to keep a copy of your guest list to help when collecting RSVP's, a list of phone numbers for caterers and florists and of course, all of your receipts. That way when you plan your holiday party the next year, you'll have everything you need on hand.

Invitations—The invitation sets the tone for your party. Whether you are purchasing invitations from a stationary store or perhaps even making them yourself, don't be afraid to get creative. From whimsical and colorful to traditional and elegant, let the invitation reflect your personality. Don't be afraid to consider electronic invitations. E-vites are cost effective, environmentally friendly and can help you track who has and has not received your invitation.

Menu—Planning early will help you save money and time. If you know what you are going to serve several weeks in advance, you can watch for items to go on sale at the grocery store. If you wait until the last minute, you may end up buying items that you don't really need and will end up spending more money than you originally intended.

If you are on a budget and don't have a lot of time to plan a large feast, make things simple on yourself by creating a theme and sticking to it. For example, dessert parties are always a hit and can be the simplest to host. There are tons of prepared desserts in your grocer's freezer that are tasty and require minimal prep.

Atmosphere—Creating a warm and welcoming atmosphere for your guests is crucial to a successful party. There are a few things that you can do to make a drab room come to life with the holiday spirit.

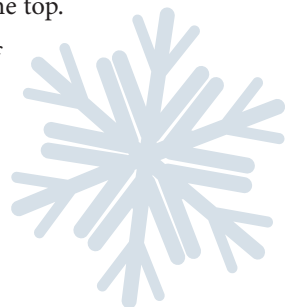
- Add a strand of garland with white lights to your mantle or staircase.
- Place tea lights in the bathroom or your hallway where lighting is often soft and dim.
- Put on some good music like Frank Sinatra's Christmas Collection or the Manheim Steamroller.
- Hang mistletoe.
- Fill a glass vase with round ornaments. This makes a great centerpiece and can add a spot of color where needed.
- If you put up a Christmas tree, save a few of the branches and make an arrangement for your kitchen island. Add a few stems of faux red berries, and you'll have a seasonal arrangement with an inexpensive price tag.

Party Favors—It's always fun to give your guests a little treat on their way out the door. Keep the gift simple, but creative. Here are a few ideas:

- Burn a CD with your favorite holiday music, and have your children help you decorate the album cover. Make colored copies of it and insert the cover into each plastic CD case.
- Make gingerbread cookies, and place several in a cellophane bag with green and red ribbon tied at the top.
- Hand out candy canes with the lyrics of your favorite holiday song attached.
- Fill a small aluminum holiday tin with cookies, and place the recipe inside.
- Make a donation to a local charity in honor of each of your guests.

Have Fun—This is your party, so don't forget to enjoy it too!

By following these tips, you are sure to find yourself more relaxed and collective before your party begins. The clock is ticking, and the season is upon us. Grab your pad of paper and start outlining your plan of action. The ultimate holiday party is coming, and I think I heard that you were hosting it this year?



So Many Holiday Parties and Oh So Little Time

How to be sensible this holiday season without adding extra inches on your waist!

By: Eva Parks Spero

It all begins with mounds of Halloween candy that seems to linger for weeks. Less than a month later, we will have a big Thanksgiving feast. A feast that some experts say can be 3,000 calories for one meal! Come December we will have oodles of holiday parties and dinners to attend. There are so many opportunities to overindulge during the holidays that it is no surprise the average person will pack on at least five pounds this season. According to a study by the New England Journal of Medicine, some research indicates that from early October to late February people gained an average of 1.05 pounds, 75% of that from Thanksgiving to January 1. A pound does not sound like much, but because a typical adult gains one to two pounds a year, gaining weight around the holidays has significant long-term effects. Just think, five Christmas' later, you have a significant weight gain on your hands or hips! So what to do?

Yvonne Cropp is a personal trainer at **O2 Fitness in Cary** and offers seven helpful tips to make sure you stay in shape over the holiday season and avoid putting "lose weight" as one of your New Year's resolutions.

1. STAY ACTIVE

One of the major causes of weight gain during the holidays is lack of activity. If you are already active, stick to your routine. Even if it is slightly modified due to party attendance and holiday travel. If you are not in a regular workout routine, now is the time to start! Take the last parking space when shopping, and walk a little further. Better yet, try doing some holiday shopping online, and use the time saved to take a long walk in your neighborhood. It is never too late to join your local gym and discover a yoga, spin or step aerobic class. It is time to get up and move your feet!

2. DON'T STARVE YOURSELF

One of the most common mistakes people make is to go all day without eating so that they can "afford" the calories later on at the holiday party they will be attending. This is a big no-no! You will be so hungry by the time you reach the party that you will forget about any sense of the word moderation or control. Never skip meals, just limit them. If you know you are going to indulge, try eating sensibly in order to afford the extra calories come meal time. Drink water in between those holiday cocktails, and try to stay away from the cheese and cracker spread. Also wearing a pair of pants instead of a party dress will help send a signal when you have had too much to eat!

3. CHOOSE HEALTHIER OPTIONS

There are some healthy options that you can eat during the holidays. White meat turkey is a great lean protein. Vegetables that are not laden with butter, salad not drenched in dressing, sweet potatoes not completely slathered in butter and brown sugar and cranberries are options. You also can make other typical dishes healthier by changing the ingredients slightly. Try making mashed potatoes with reduced-fat or low-fat milk, yogurt or sour cream. Dips and spreads—same substitutions. Think about the ingredients that you normally use, and then think about how you can make the dish healthier. But, on that same note....

4. ENJOY WHAT YOU LOVE

We all have our favorite dishes that conjure tender memories and make the holidays so special. Go ahead, indulge! Be choosy about what you indulge in though. Do not choose the pumpkin pie just because it is lower in fat than the pecan pie, which it is. If you want the pecan, choose the pecan! You do not want to set yourself up for binges later. If you want a glass of wine, have one!

5. HOLIDAYS ARE DAYS

Yes, DAYS—not weeks, not months, but days. Treat them that way! Then get to the gym the next day, or round up the family for a walk after cleaning up the dishes. Just get yourself moving!

6. GIVE, OR ASK FOR THE GIFT OF HEALTH

Gym memberships, exercise equipment, athletic apparel, gift certificates to a spa or personal trainer, etc. There are many "health" related gifts that you can give or ask for that would help someone you love or yourself stay healthy all year long. It is the gift that keeps giving. It will give a great jump-start to those New Year's resolutions that we normally give up by February. Make a commitment to your body, and teach others to do the same. Lead your friends and family by example!



Yvonne Cropp

7. EAT, DRINK AND BE MERRY

It cannot be said enough. This is a season that is full of joy, love and many good things—let it be just that. Allow your body and mind to tell you what it needs, wants and can do without. Live a little, but do not go overboard if it is only going to make you miserable the next day. It is supposed to be fun, and it will be if you stay true to yourself and your needs.

Give yourself permission to *enjoy* the holidays. Just do it with a sense of moderation!

1A study conducted by the New England Journal of Medicine indicates that from early October to late February people gained an average of 1.05 pounds, 75% of that from Thanksgiving to January 1

Cropp has been involved in fitness for about 10 years. She enjoys empowering others to find what makes them feel good about their bodies, whether it is yoga, lifting weights, running, biking, walking, climbing, whatever! “We only have one body and it is our job to take care of it the best way we know how to.” Yvonne is a personal trainer at O2 Fitness in Cary, NC. She is also a yoga teacher at blue lotus in Raleigh, NC. If you are interested in finding out what personal training can do for you, Yvonne will take you through a free Fitness Assessment and complimentary training session. You may contact her via email at santosha@nc.rr.com. You can also find her at myspace.com/yogamuze.

Things Smart Women Need to Know About Family Finances

By: Melissa Matton



As women, many of us do not like to address issues related to our family finances—whether we are single, married, widowed or divorced. We avoid conversations about these topics because they can feel like an uncomfortable minefield, or we may feel they show a lack of confidence in our relationships or life expectancies. It can be easier to continue on paths of “yours, mine and ours” accounts, he pays the bills or I pay the bills, and “we can worry about things tomorrow,” than to have difficult conversations about family finances.

Talking about family finances can help you and your spouse or you and your parents feel more comfortable about money issues. Jeff Opdyke, who until September wrote the Love & Money column for the Wall Street Journal, had always considered himself in charge of family investments, the family checkbook and the family budget, and he had assumed that his wife was not even interested in their money. In his final column, Opdyke acknowledged that once he talked with his wife about their finances, he learned that she was financially savvy, had great solutions to financial problems and had been resentful about his control over the family finances.¹ Discussions about money led them to compromises and helped them be more than two people who shared the same checkbook.

Financial literacy or at least financial familiarity can be comforting or a source of strength when faced with situations that range from the death of a spouse, to divorce, to just trying to be prepared for a rainy day. All of us have the materials we need to be knowledgeable about our family finances, we just need to identify the critical information, and keep it all together.

Financial and legal documents are important to being prepared for just about any scenario. You should keep copies of important documents, which include:

Life Insurance policies: You may have personal policies or policies through your work. You should have a copy of the policies and the contact information for the company, including the policy number. You also should regularly check and update your beneficiaries on these policies.

A Will, Advanced Directive and Power of Attorney: Many women think that it seems morbid to worry about these documents, but making sure that you have them can avoid legal problems later on. You will have to see an attorney to make sure that your documents are valid and in the correct form for our state, but having these will assure that you can distribute your assets, direct your medical care and allow someone else to handle your affairs if you are unable to do so. Once you have these documents, make sure the right people have a copy, and keep another copy in a secure place like a safe deposit box.

Home and Auto Insurance policies: A complete copy of your insurance policies on your home and cars is a good thing to have on hand. If you have additional policies—called riders—on jewelry or art or other valuables, those riders are important to have in case of theft or damage.

Bank accounts: You should have information about all bank accounts you and your spouse have. You could keep each monthly statement in a file and replace it when the new one arrives, or you could just make sure that you store the account summary sheet of the statement in your birthday month.

Retirement Accounts: Whether it is your 401(k) from work or your personal IRA, make sure that you have information on these accounts for yourself and your spouse. Be sure you know who the beneficiaries are as well.

Bills: Family bills for utilities, credit cards and other expenses are things you need to know. Since many people have moved to online bill payment, you may not always see every bill that applies to your home. Make sure that you and your spouse know what bills are expected and when they are due. Make sure that you know the passwords for any online billpay accounts.

Mortgage information: Make sure that you are familiar with your mortgage documents. If you have a reverse mortgage on your home or if you have home equity lines, you need to know about these financial instruments and understand how they function for your family.

Deeds, titles and other ownership information: You should know about the deeds and titles to your home and cars. Keeping a copy of your closing documents from your home purchase will give you much of this information about your home.

Business documents and Partnership Agreements: You and your spouse need to understand any business arrangements in which either of you participate. In the event of an emergency or a sudden death, you may need to work with business partners or customers in order to get affairs in order.

Stock certificates and/or Brokerage statements: Stock certificates should be kept in a safe place such as a safe deposit box. Brokerage statements can be maintained with your bank account information.

Birth certificates: Keeping a sealed copy of your birth certificate and copies of others in your families is a great idea. While not a financial document per se, if you travel or move around, it is important to have a sealed copy.

Tax returns: Keeping your last seven years of tax returns is important in case of a tax audit. These also can be critical documents in case of a divorce or separation.

While this may seem like a lot of paper, having these documents in a binder or in organized files can really help you. If you or your spouse pass away, then having these documents together will make it easier for your executor to help with your estate. Junior League Provisional and domestic law attorney at Breeden Law Firm, Summer Rich says, “It’s an unfortunate situation when someone has to go through a divorce or the death of a spouse. No one ever thinks it will ever happen to them, and the emotions that come along with it can be overwhelming. Being educated about your family’s finances and having all your documentation organized beforehand should help alleviate some of the stress when it comes time to meet with an attorney. Plus, it will allow the attorney to better counsel you as to your legal rights and responsibilities.”

Don’t think that if you are single you don’t need to consider having your financial information together. At times, you may need to travel out of the country for work or pleasure for an extended time. You may need to authorize a parent or sibling to handle financial affairs for you, and being able to give them the documents and information they need will make everyone’s life easier.

Understanding your finances is empowering. You know where it comes from; you know where it goes and where it is saved. Knowing all of this can help you take control of your finances. Conversations about these documents and other information about your finances can help you dispel the mystery of your family finances. We are all smart women, but we can make ourselves smarter and more confident by being familiar with important information about our family finances.

¹ Opdyke, Jeff, Love & Money, Wall St. Journal, Sept. 7, 2008.

This is the third in a series of articles by the Link staff to identify the toolbox of six skills that will serve every Junior League of Raleigh (JLR) member well. Information comes from surveys of team captains, comments from members and interviews with leaders.

We have tapped the real titles of other lifestyle survival guides to inspire the real-world connection with a JLR twist on the theme. Contribute your “tool” ideas and other thoughts on this topic to jennifer@ellingtonandassociates.com or swhitejlr@yahoo.com.

“The League Whisperer”

Do you ever ask yourself “What inspires me to volunteer in the League?” Do you look at another member who inspires

of experience, develop the member. “For those volunteers who are unaccustomed to working with disabled individuals or large animals, this placement can seem intimidating,” she said. “But once a volunteer is properly trained, becomes comfortable with the horses and the rider and sees the difference they are making in the riders’ lives, that initial intimidation goes away.” Dezelon added that the successful relationships with the horses and the riders builds confidence. “Hopefully the confidence gained in this placement will encourage volunteers to tackle other placements outside their comfort zone,” said Dezelon.

So while you may think signing up for a placement means that you just spend a few hours a week volunteering, these delegated assignments, from working with promising youth to supporting other League members, can stretch your skill set, too.

“Oh, The Places You’ll Go Volunteer!”

Even Dr. Suess recognized the importance of compassion and hope during tough times. As volunteers that work with promising youth, a critical skill for League volunteers is compassion. The

JLR Survival Guide—Part III

Making an Impact in Our Community

By: Erin Hall

you and think, “How is she able to do all of that? Can I learn from her?” The Junior League of Raleigh is an organization dedicated to developing the potential of women, and many training and leadership track initiatives are in the works to develop the potential of every League member, regardless of placement or position. In this series, we have already discussed communication, flexibility, passion and vision. This final article reviews the impact of delegation and compassion.

In surveys, members defined delegation as “she provides individuals the opportunity to be challenged, grow and excel.” Delegation, as we know it literally, is about the division of work. The impact of delegation takes the term to an aspiration level: Your task as a volunteer is not a check in the box to ‘get it done,’ rather; you should aspire to do something to the best of your ability and learn something in the process.

Kiana Dezelon, Team Helping Horse Captain, assigns team members to serve as leaders or side walkers for horses during riding lessons for disabled children. She spoke about how these tasks, regardless

mission statement of the League speaks to this when it says the League is committed to “... improving communities through the effective action and leadership of trained volunteers.” One cannot improve communities without developing and understanding the specific needs in the communities she serves—whether that community is one within the City of Raleigh or the community within the membership of our League.

Stacey Simpson, Team Heritage Park Co-captain, discussed how compassion is the most critical skill for team members to develop. “In the beginning of the placement, we find that the possibilities to serve can sometimes seem overwhelming and endless,” Simpson said. “Once members get involved with their placement, they find how wonderful the experience can be when they let their guard down and show compassion for the children. It is almost a natural reaction. You get back more than you can ever give”. The reward of giving to the community and getting the fulfillment that Stacey describes is not limited to community placements. Many volunteers have selected in-League placements that are just as important to developing the Junior League of Raleigh community.

Team Taking Care of Members (TCOM) Captain, Lisa Vanderberry, discussed the importance of dedication and compassion on the TCOM team. She said that it is commitment to placements that makes volunteers successful, and the biggest need is always compassion for others. “You have to care about someone else to take the time to call them. You may get an answering machine or you may get someone who you end up talking with for an hour. Either way, that member knows that someone in the League cares about them,” Vanderberry said.

Whether your placement is in-League or in the community, the opportunities to show compassion are everywhere—welcoming a Transfer, taking on extra responsibility to help an overcommitted peer or spending a little more time at a community event because you know it would make a child's day to see one more puppet show.

"The JLR Zone: In My Words"

Part of being compassionate and willing to stretch ourselves as volunteers means understanding the League. The last two issues of the Link have challenged you to articulate the League's mission in your own words and to be an ambassador of voluntarism. What would you say to a non-member during a short elevator ride? So far, perspectives on the 'elevator speech' have been provided by Virginia Yopp, President, and Liza Roney, Communications & Strategies Vice President. In this issue, the Link sought out various members for their own short 'elevator' statements. We wanted to capture the thoughts in members' own words and demonstrate that an elevator speech need not be long to be effective. We hope these additional perspectives give you examples and inspiration to create *your own* response next time someone asks you about the JLR and its mission.

Mary Blake, Leadership Support Captain

When people ask me what the JLR is, I quote the mission statement... or rather, something close to it. But if I were really going to try to get away from the canned statement, I'd have to say that the JLR is a group of fabulous, talented and inspiring women who are engaged in volunteering for the community, providing training opportunities for themselves and the community and making a significant impact in the City of Raleigh. While the League's current focus is on promising youth, I think the League's impact is felt much more broadly in the community because JLR-trained volunteers go on to become very involved with all aspects of voluntarism in the community, even beyond their roles within the League.

Susan Vick, JLR President 2003-2004, Sustaining Advisor

The Junior League of Raleigh is a strategic collision of vital women prepared to address pressing community needs and other organizations in our community that seek out our expertise.

Linda Brown Douglas, JLR President 2007-2008

The women of the Junior League of Raleigh prepare leaders while making life better for young people by providing volunteers, grants and organizational training and support across the local area. Some of the strongest non-profits serving youth in this area were actually started by the Junior League of Raleigh during its 78-year history of service.

Whitney von Haam, Funding & Development Council Secretary

JLR is a powerful intersection of women's talents, interests and time, making an impact on promising youth in Wake County. In addition to community service and fundraisers, we provide training to our volunteers in a variety of areas to augment our services. I am proud to be a member of this dynamic organization of women, which serves my community.





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*Our entire organization joins in sending Holiday Greetings
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Keep Dreaming. We're behind you every step of the way.*

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Willingness to Serve 2008-2009

This form will be used to fill leadership positions for 2009-2010 Please complete this form and return no later than December 1, 2008

Name: _____

Phone (H): _____ Phone (M): _____

Current League Placement: _____

Below in the first column, is a list of the League's leadership positions (descriptions of each are on our Web site). In the second column, please indicate previous JLR experience with a check or circle if you were a Team Captain (C), Sub-committee Chair (S) or Team Member (M). In the third column, please indicate your leadership interest with a check.

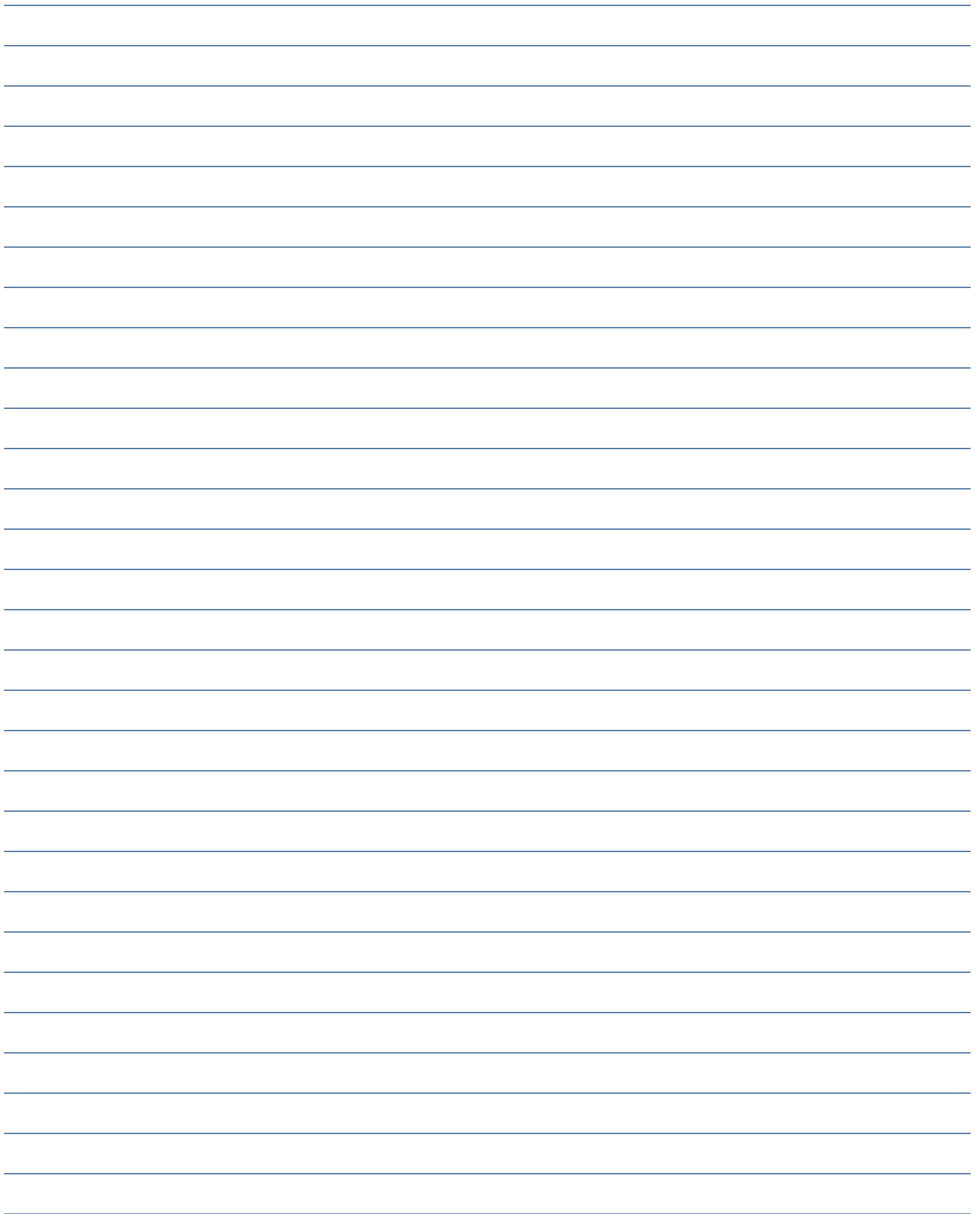
Leadership Position	Previous Experience	09-10 Interest
BOARD OF DIRECTORS—SLATED		
President		Slated
President-Elect		
Community VP		
Training VP		
Funding VP		
Communications & Strategies VP		
Nominating Captain		Elected
Secretary		
Treasurer		Slated
COMMUNITY COUNCIL		
Community Funding	C M	
Placement Assistant		
Boys and Girls Club	C M	
Chorus	C M	
Girls on the Run	C M	
Heritage Park	C M	
Helping Horse	C M	
AWCM	C M	
Kids on the Block	C M	
Quick Impact	C M	
SAFEchild	C M	
StepUP Ministry	C M	
Community Connect	C M	
Secretary		Elected

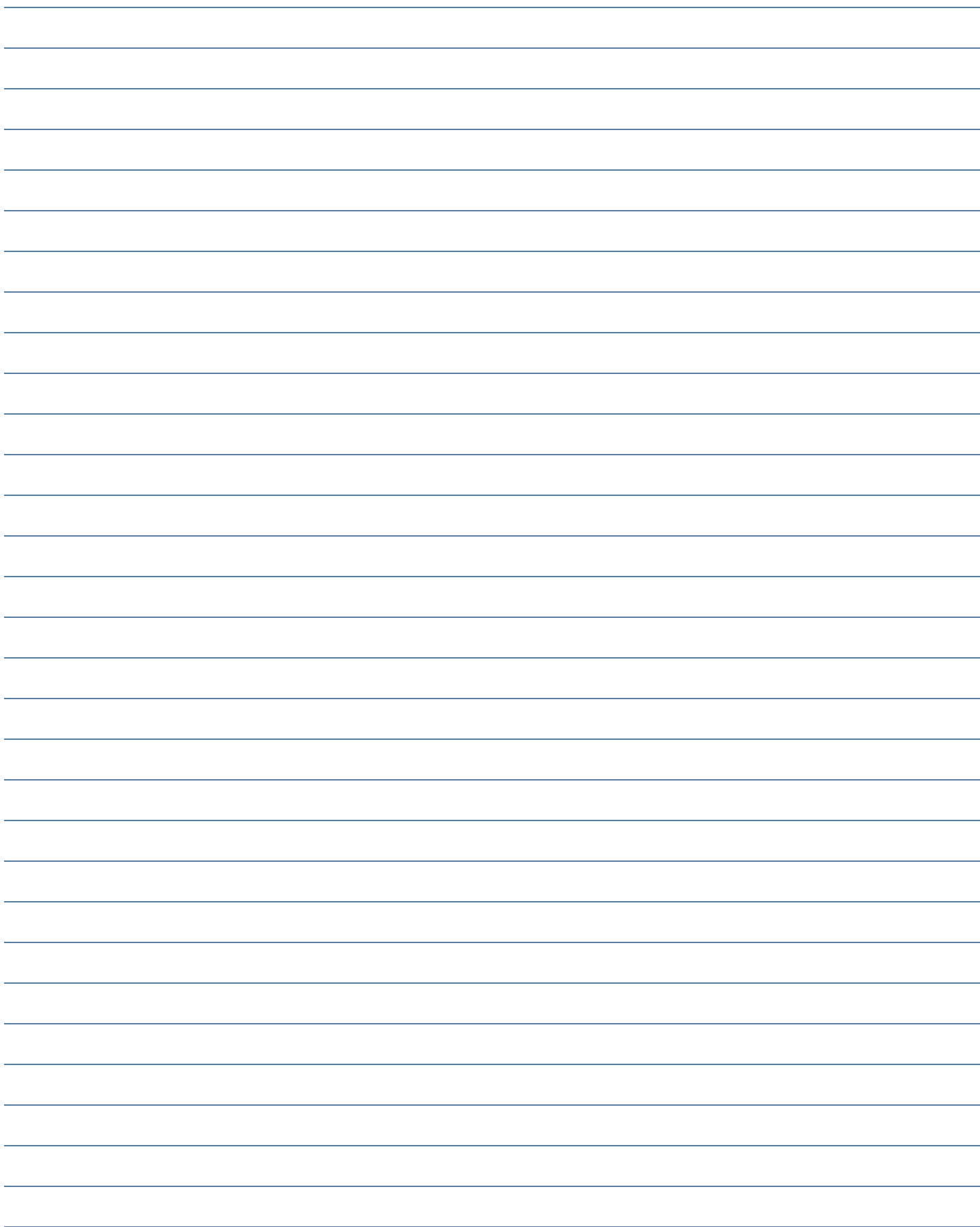
PLEASE TELL US ABOUT YOURSELF: (Use separate sheet provided)

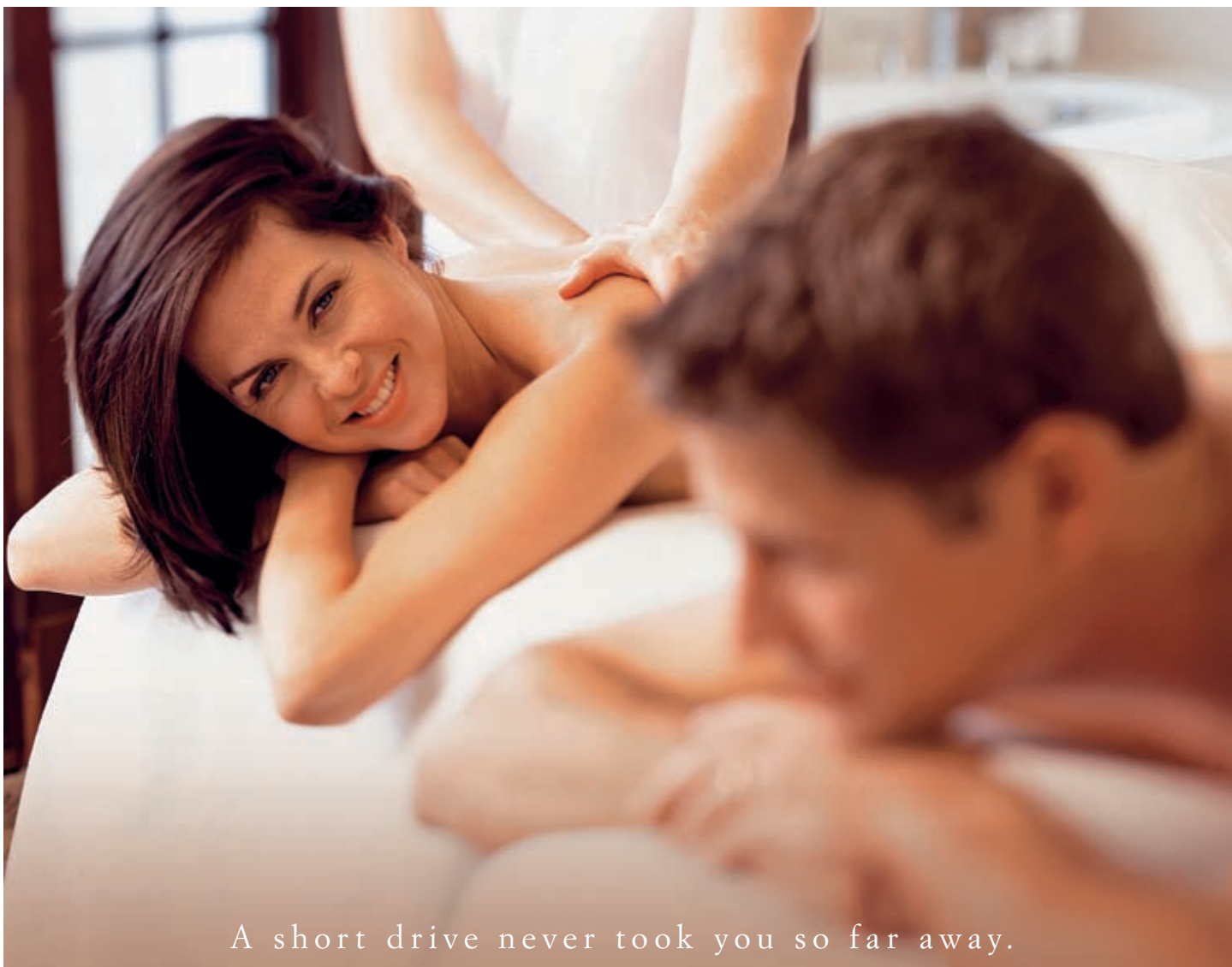
- Briefly describe your educational and work experiences:
- What organizations have you supported outside of the Junior League of Raleigh? Please list any leadership positions held in those organizations:
- Have you attended any JLR-sponsored leadership training sessions? Please indicate which ones, such as JLR leadership forums, JLR Community Board trainings, ODI, Area Conferences, AJLI Conferences, etc.?

Leadership Postion	Previous Experience	09-10 Interest
COMMUNICATIONS & STRATEGIES COUNCIL		
Bright Ideas	C M	Slated
<i>the Link</i>	C M	
Project Guide	C M	
GRAPA	C M	
Public Relations	C M	
Secretary	C M	Elected
Web Coordinator		
FUNDING		
Annual Fund	C M S	
Bargain Box	C M S	
<i>You're Invited</i>	C M S	
Inaugural Ball	*Only offered every 4 years	
Showcase of Kitchens	C M S	
SPREE!	C M S	
Treasurer-Elect	C M S	
Secretary		Elected
MEMBERSHIP COUNCIL		
Arrangements Assistant		
Placement	C M	Assistant Filled
Sustainer Captain		Appointed
TCOM	C M	
Transfer	C M	
Secretary		Elected
ELECTED POSITIONS		
Member-At-Large		
Nominating Team (3-4 Years)		
Nominating Team (5+ Years)		
TRAINING COUNCIL		
Arrangements	C M	Assistant Filled
Immediate Past President		
Leadership Support	C M	
MDC	C M	
Training	C M	
Secretary		Elected
OTHER INTEREST		
AJLI Position		
Community Board		

Thank you for your interest and for letting the Nominating Team know what **you** want to do in the League! Please return form no later than December 1, 2008. Return to: Gentry Hoffman—Nominating Captain, Junior League of Raleigh, 4020 Barrett Drive, Suite 104, Raleigh, NC 27609 Questions? Contact Gentry Hoffman at ghoffman6@nc.rr.com







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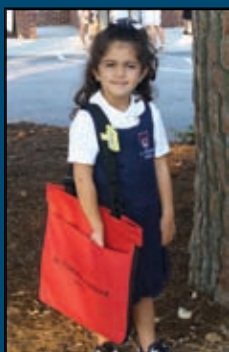
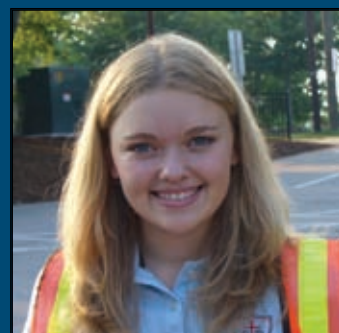
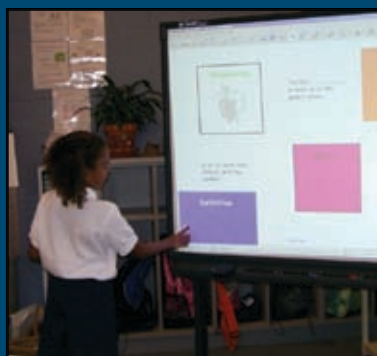
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