

OCTOBER 2009

# the Link

A PUBLICATION OF THE  
JUNIOR LEAGUE OF RALEIGH

Celebrating twenty five years of

25

a Shopping

# SPREE

Impacting the lives of youth

October 22-25, 2009

*jl*  
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## *Our mission*

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



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# President's Message



MELISSA ROSS MATTON  
*President*

Be a part of a tradition—Be a part of A Shopping SPREE!.

It's hard to believe that A Shopping SPREE! is turning 25. If she were a young woman, she could already be a member of the Junior League!

More significant than her age (age is never that significant, is it?), A Shopping SPREE! has become a defining event for the Junior League of Raleigh. SPREE! has helped shape our identity in the community and has helped us fund many worthy projects.

SPREE! creates bonds between our members and creates memories that have lasted for 25 years. Clare Maddison, the chair of the original team that researched and developed SPREE!, told Helen Miller about the fun and challenges that she and her team had coming up with ideas for SPREE!. Clare also reported that SPREE! almost did not make it to a second year—amazingly enough, many were concerned about the viability of the new fundraiser. Twenty-five years later, we know that it was, and is, much more than viable.

When I talked with past SPREE! chairs, they spoke of great memories of the SPREE!. Team and shared great insights about how SPREE! impacted them and the League. Rae Marie Czuhai, who chaired SPREE! with Margaret McCoy, swears that she and Margaret became sisters during the time they worked on SPREE!. Not only did they develop a lifelong bond, but their whole team also became lifelong friends. Heather Thompson also remembers the friendships that formed over the planning and implementation of SPREE!.

While friendships form over SPREE!, this amazing event also serves as an extraordinary training ground for League members. Ann Hogewood prides herself on the negotiating skills she honed as she helped launch SPREE! at the RBC Center while we waited for the rebuilding of the Raleigh Convention Center. She managed to negotiate an array of free services from the contractor who provided the carpeting and set up the booths. The SPREE! Team also has helped us develop and experiment with new committee structures that we have used successfully in other League teams.

The funding SPREE! provides amply demonstrates the impact of trained volunteers working together. Whether it was the dedication of 100 percent of SPREE! proceeds to fund SAFEchild or the funds that now support our annual Legacy Award recipients, we make a difference.

SPREE! also holds many special memories for me. I hammered my first SPREE! sign into the tiny front yard of our house in Oakwood. The basketball signed by the UNC basketball team that now sits in my son's room is one of the coolest items I have won at the SPREE! silent auction. Walking into the Convention Center and having my breath taken away by my first glimpse of a transformed concrete room is part of the magic of this event.

This year as you work your volunteer shift or attend the Preview Gala, the Silver Belles at SPREE!, or simply shop on Thursday or Saturday mornings without a stroller in sight, make some memories or make a new friend. Help us build on the tradition of SPREE!.

Happy 25th anniversary to SPREE!.

*Melissa R Matton*





# the Link

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Contact Tania McLeod at [tania@jlraleigh.org](mailto:tania@jlraleigh.org)  
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Kate Watson	SAFEchild
Christy Knight & Anna Wilson	StepUp Ministry
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## FUNDING & DEVELOPMENT COUNCIL

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

## MEMBERSHIP COUNCIL

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

## TRAINING COUNCIL

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

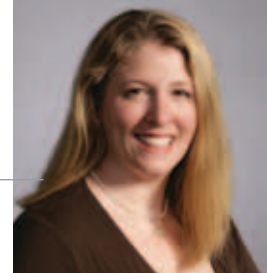
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Selene Brent  
Leslie Rand-Pickett  
Jennifer Straw Olsen  
Keri Eddins

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## Showcase Your Talents and Develop New Skills Through Jlr Leadership Positions

By Leslie Rand-Pickett, Nominating Team

### IMPORTANT REMINDERS

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

### 2009-2010 NOMINATING TEAM

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

### How do you become a leader in the Junior League of Raleigh?

The logical first step is to be a member in good standing with the organization and to complete your current placement with excellence. The second step is to let the Nominating Team know about your interests and strengths. It is already time to begin thinking about leadership for the 2010-2011 League year, and members can notify Nominating by completing a Willingness to Serve form, included in this issue of *the Link*. You can also find the form under the Leadership toolbox in the Member section of the JLR Web site. The form is an easy way to let the Nominating Team know about your past League experience and your interests for future leadership positions. You can also provide additional information about your talents and qualifications outside the League by sharing your resume.

Your submission of the Willingness to Serve form and the positions you indicate will be kept confidential within the Nominating Team. Any additional information you submit is confidential as well.

Even if this is not the year you choose to submit a Willingness to Serve form, you can recognize fellow League members through the Member Recommendation form. If a fellow team member or your team captain has impressed you with her abilities, be sure to let the Nominating Team know. The Member Recommendation form is also available on the JLR Web site. Both the Willingness to Serve and Member Recommendation forms are due by **November 15**.

The Nominating Team works to slate JLR Board positions, which include the President-elect,

Vice Presidents, Secretary and Treasurer, as well as candidates for our elected positions for the Nominating Team and Member At Large. Team captain positions are appointed by the President and President-elect, who receive input from the Nominating Captain during the nominating process.

### What's new with the nominating process for 2010?

This year, members who submit Willingness to Serve forms for the JLR Board and elected positions, as well as members recommended for Board roles will be asked to complete an application to provide further information about their interest and fit for the position. This new step is meant to provide further guidance to the Nominating Team and ensure the best match based for the needs of the League. The process will be simple: once a JLR member submits her form or is nominated for a Board role, Nominating Captain Whitney von Haam will e-mail an application to the member. Applications for the Board and elected positions are due **December 15**.

### What happens next?

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

# Willingness to Serve Form

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

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home phone: \_\_\_\_\_

Mobile phone: \_\_\_\_\_

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

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

Year \_\_\_\_\_

Placement \_\_\_\_\_

Leadership position? If so, provide detail. \_\_\_\_\_

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

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

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

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

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



## Slated Positions Board of Directors

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

## Leadership Positions

### Community Council

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

### Communications & Strategies Council

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

### Funding & Development Council

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

### Membership Council

Placement	
Sustainer Captain	
Taking Care of Members (TCOM)	
Transfer	

### Training Council

Arrangements	
Center for Community Leadership	
Leadership Support	
MDC	
Training	

Thank you for your interest and for letting the Nominating Team know what you want to do in the League! Please return completed forms no later than November 15, 2009 to: Whitney von Haam, Nominating Captain  
Junior League of Raleigh, 4020 Barrett Drive, Suite 104, Raleigh, NC 27609 or whitney@ncbar.org  
Are there other people you would like to recommend for positions?  
Please send any recommendations to whitney@ncbar.org.





## Member Recommendation Form

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

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

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

Your name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Your 2009-2010 placement: \_\_\_\_\_

Recommendations for Board or elected positions: \_\_\_\_\_

---

---

Recommendations for team captain or other leadership positions: \_\_\_\_\_

---

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

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

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

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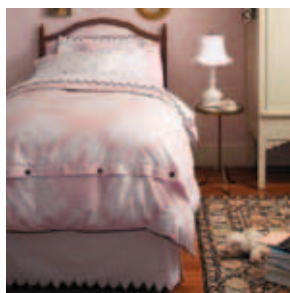
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CHRISTINA COFFEY

## A Letter From Your Member At Large

The League year is underway, and I am excited that you chose me to be your 2009-2010 Member At Large! What an honor it is to represent such an outstanding group of women. The Junior League of Raleigh means so much to me, and I feel lucky to be a part of this wonderful organization.

I am going into my eighth Active year, and what a learning experience it's been. Each placement has offered challenges, rewards and opportunities to meet many wonderful people. The League has blessed me with so many things from friendships to training. I hope every member is as fortunate as I've been.

My job is to ensure that you get the most from your League experience. I am here to answer any questions, listen to any concerns you may have or discuss ideas you have to improve our League. Feel free to contact me by phone or e-mail. Have a great fall, and I hope to see you at the next General Membership Meeting!

Christina Coffey  
[CLCoffey21@hotmail.com](mailto:CLCoffey21@hotmail.com)  
Cell 919-522-9915

## Shout Outs!

*Congratulations to our members who are building on our traditions.*

Thanks to **A Shopping SPREE! Team** for all your hard work on making the 25th Anniversary truly spectacular!

We would like to throw a shout out to **Katie Schottmiller** and **Mary Paige Phillips** for their great work as the Exhibitor Chairs of **SPREE!**. They have gone above and beyond to select fantastic vendors for the show.

A round of applause for **Lanier McRee, Tracey Cloninger, Leslie Scheve, Paula Murray, Lauren Smith, Conita Benson** and **Paige Sykes** for pitching-in on a hot July Saturday at the **Bargain Box** during the Cameron Village Sidewalk Sale!

Thank you **Membership Development Committee!** Each of you were fantastic and made for such a successful year!

Congratulations to **Linda Brown Douglas** on her election as president of the Raleigh Alumnae Delta Endowment.

Thanks to the **JLR Headquarters Staff** for keeping all things in order for the annual audit! Way to go!

**The Cookbook Team** would like to thank **Melanie Rankin** for her help and support on the sponsorship grid for the new cookbook!

Thanks to the **Community Chicks** for their dedication!

A shout out to **Sara Van Asch** and **Meg Ergenzinger** for being so gracious and helpful to the **Arrangements Team** in planning the menu for the Sustainer Holiday Social, which featured recipes from the new JLR cookbook.

Thank you **MDC Assistant Co-chairs, Astra Barnes** and **Lizzie Graybill**. You have been a tremendous help with color group planning and preparing all of the notebooks.

A shout out to the **FABULOUS Link Team** for all the hard work they do behind the scenes to pull together such an awesome member publication!

Thanks to **Danita Morgan** and **Jill Gammon** for their hard work and effort in helping with our **Capital Campaign**.

**Kelly Gold** and **Juliane Kuminski** would like to recognize **Team Girls On The Run** for a wonderful start to the fall season. Thank you for your continuous work to teach physical, emotional and social wellness to your girls! You ARE role models!

Shout out to the **JLR Headquarters Staff** for always being there to handle issues with enthusiasm, grace and professionalism.

Thank you **Virginia Parker** for being so inspirational.

**Kate Watson** and **Heather Beiza**, thank you for being great community leaders and role models!

Thanks to **Rhonda Beatty** for gracefully keeping us on our toes with communication updates and messages.







## Calling All Santas!

Help make Christmas a little brighter by supporting the Angel Tree project

*By Lisa Vanderberry, Membership Vice President*

Christmas is one of the most joyous times of the year, especially for a child. But imagine a child waking up on Christmas morning, full of anticipation, only to find that Santa did not come this year. Unfortunately, that is a reality for many children and families served by SAFEchild, a community based, nonprofit child abuse prevention agency. There are more than 165 families participating in SAFEchild. Each year, through the League's Angel Tree project, we are giving these families their best Christmas ever.

You can make a difference by adopting a SAFEchild family. By doing so, you commit to purchasing gifts for each child in the family, which are given to the children by their parents on Christmas morning. A small gift is also given to each adult. Your generosity can make a positive impact on these children and their entire family—giving them a Christmas memory they will never forget. Let them know there is hope and someone cares by adopting an Angel Tree family today! You can adopt a family as an individual, team or with a group of friends. The more, the merrier!

If interested, please contact Kris Jackson, Transfer Team Chair, ([kris@cleverparents.com](mailto:kris@cleverparents.com)) or Amy Baker ([amylbaker@nc.rr.com](mailto:amylbaker@nc.rr.com)). A team member will contact you by October 24 regarding your family assignment. There will be Angel Tree drop off points in early November at Headquarters and during the November General Membership Meeting. What better way to celebrate the season of giving than to give selflessly to a child and family in need?

## Meet the 2009-2010 Provisional Class

By Christina Coffey

The 2009-2010 Provisional Class is one of the largest in Junior League of Raleigh history, with more than 160 Provisionals. Provisionals will learn about the League's work within the community, its history and our governance structure, and will plan and implement community projects as part of their training. The 29-member Membership Development Committee (MDC), Co-chaired by Maeve Goff and Millie Wooten, will lead the Provisionals throughout the year. With this large class of Provisionals, the Junior League of Raleigh is continuing to fill its mission of placing trained volunteers in the community.



### Maroon

**Standing, left to right:** Sarah Jacks, Judy Collin, Michele DeFoe, Elizabeth Ostendorf, Jen Gardner

**Sitting, left to right:** Christina Kochuba, Mahala Landin, Mitzi Downing, Elisabeth Burns, Tammy Cloutier



### Yellow

**Standing, left to right:** Shannon McGowan, Theresa Dew, Michaela Hudson, Holley Maycher Kim Keith

**Sitting, left to right:** Lorinda Michieka, Angela Saunders, Michelle Evans, Shauna Bishop



### Gold

**Standing, left to right:** Kim Underwood, Lucy Austin, Jackie Myers, Sara Huddleston

**Sitting, left to right:** Jen Maki, Mary-Peyton Auburn, Michelle Keaton-Barrow, Mariah Matheson



### Blue

**Standing, left to right:** Whitney Davidiuk, Larissa Pondisco, Anne Strickland, Heather Slinkard, Chasta Calhoun-Hamilton, Kim Crouch, Gretchen Guseman

**Sitting, left to right:** Kara Moore, Colleen Rohner, Christy Willmon, Kim Miceli, Holly Owens, Angie Harwanko

### Pink

**Standing, left to right:** Jenn Woodhull-Smith, Carrie Bigler, Erin Hollingshead, Ruth Cowan

**Sitting, left to right:** Lisa Lowrance, Tiska Farnham, Lindsay Sartorio, Jennifer Alexander, Jennifer Hough



### Green

**Standing, left to right:** Taylor Bode, Kate Fallis, Megan Mitchell, Laura Smith, Jenn Dzurovcin, Meagan Matt

**Sitting, left to right:** Gina McGowan, Mary Jo Frantz, Blair Wicker, Carrie Thomas, Jennifer McFayden





### Coral

**Standing, left to right:** Catherine Anderson, Tori Fuhrman, Nichole Baird, Michelle Walters, Jessica Throneburg, Chrissy Sefcovic

**Sitting, left to right:** Kristin Cowhey, Mary Babbitt, Kim Green, Lindsey Simmons, Alicia Frazee, Korie Beck



### Orange

**Standing, left to right:** Kortney Smith, Kendahl McIntyre, Jessica Hippo, Erica Anderson, Beth Green, Kavita Kapur

**Sitting, left to right:** Devon Broughton, Krissy Atwater, Jenny Peddycord, Kristin Melnychuk, Anne Allen



### Silver

**Standing, left to right:** Ginny Allen, Kate Blanton, Heather Long, Frances Blanton, Ada Adele Arbuckle, Kendall Southern, Ashley Davenport, Tyler Mays

**Sitting, left to right:** Virginia Lyon, Alicia Cooke, Laura Dutterer, Amanda Proctor, Molly Loughridge, Amanda Ray



### Teal

**Standing, left to right:** Liz McLean, Christen Batchelor, Kristin Knutson, Katie Tibbitts

**Sitting, left to right:** Tenisha Jacobs, Jordan Forrister, Katherine Robins, Stephanie Rushton, Mary Beck Crook



### Purple

**Standing, left to right:** Randi Ligon, Jennifer Jones, Amber Ligon, Heather Boring

**Sitting, left to right:** Suzanne Motes, Kristin Freas, Brooke Davenport, Zandy Overcash



### Lime green

**Standing, left to right:** Tammy Peatross, Olivia Edwards, Leslie Cavanaugh, Cason Maddison

**Sitting, left to right:** Amy Sanders, Michelle Finlayson, Sara Wein, Jen Long



### Red

**Standing, left to right:** Cottie Barber, Macon Sykes, Jennifer Duke, Eryn Linkous

**Sitting, left to right:** Jessica Joseph, Brooke Tonkin, Amy Britt, Mary Catherine Benson



### Copper

**Standing, left to right:** Jess Gerber, Leigh Anne Doss, Katie Pavia, Jennifer McAllister, Suzanne Hardeman, Lori Osgood

**Sitting, left to right:** Lauren Smith, Kistina Freeman, Tonnia Thomas, Ashlin Owen, Krista Nowakowski, Catherine Fox







# Scene and Heard

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



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## Team Taking Care of Members is Here to Take Care of You

By Candice Johnston, Taking Care of Members Captain

You do so much for the Junior League of Raleigh and the community, so when you need something, Team Taking Care of Members (TCOM) is ready to support you.

TCOM wants to cheer you on when you have a celebration in your life and support you when you have a loss. Whether it is dinner for you and your family after the arrival of a child, or support during a difficult time, please contact us by going to the "Tell Us About It" section in the Member section of [www.jlraleigh.org](http://www.jlraleigh.org), sending an e-mail to [tcom@jlraleigh.org](mailto:tcom@jlraleigh.org) or contacting TCOM Captain Candice Johnston at [cjohnston@peace.edu](mailto:cjohnston@peace.edu).

The Talent Guide on the JLR Web site is also a great way to find a service or professional you need while supporting League members. The guide provides a wide array of JLR members' occupations and specialties. To be included in the Talent Guide, simply update your personal profile online.

To show your JLR pride and to always be prepared, we have JLR umbrellas, sports/beach mats, T-shirts and much more available for purchase. Look for the TCOM table at the next General Membership Meeting, or contact Candace Johnston to make a purchase.



## Participate in Breast Cancer Awareness Month

By Mary Adelaide Bell, *the Link*

Last August, one of my best friends was diagnosed with breast cancer at the age of 23. When she came to Raleigh to share this with me in person, I was shocked. My seemingly healthy best friend, my beach buddy during college summers, the girl I gushed to when I met a new guy and vented to when work was tough, had breast cancer.

We weren't old enough for that. I would have understood if a spot on her skin needed to be removed from all the days we spent on the beach without sunscreen, but breast cancer? She needed that body part—how else would she continue to wear those cute sundresses?

For the first few days, that was the toughest question. But we were 23—we were allowed to be vain. After more doctor's appointments and consultations, a treatment plan was formed: chemotherapy, followed by radiation and finally surgical removal of the tumor. She told me the plan over a glass of wine one night. With what might be the most serious voice I've ever heard her use, she asked, "If I lose all of my hair during chemo, can I still be a bridesmaid in your wedding?" And with that, I lost it.

I don't know if that question is what made her sickness sink in for me, or if it just affirmed how much her life had changed. The competition we were in the midst of—whose hair could become the blondest over summer—seemed a lifetime away, regardless of the fact that I wasn't even engaged.

Over the next several weeks, we heard both good and bad news. Her cancer was stage four. However, she wouldn't immediately need chemotherapy; instead she'd take a new drug that fought the estrogen-based tumors. The cancer we all hated shrunk and shrunk, and shrunk some more. Then the doctors said that while the mass had gotten smaller, the tumor hadn't really changed. So they gave my friend a shot to put her into menopause and allow the estrogen-fighting drugs to work.

And work they did! Eight months after starting the "menopause shot," the primary tumor shrank enough that they could finally remove it. And while she will always have cancer—she is treatable, not curable, as we all would have liked.

Cancer knows no boundaries. You don't have to be post-menopausal, you don't have to have a family history; my friend doesn't. Taking birth control doesn't make you a more suitable host—she's never taken it. Of course, some things increase your chances, but it doesn't pick you because you're white, black or Hispanic. It doesn't pick you because you've had children or you haven't, you breastfed or decided not to. It just happens.

But there are things you can do to look out for yourself, and October, also known as Breast Cancer Awareness Month, is a great time to start. Everywhere you turn, fundraisers are being held to raise money for awareness, treatment and prevention. Organizations host walks, runs and bake sales. Stores carry products where a percentage goes to breast cancer advocacy groups.



Left to Right: Mary Adelaide Bell and Kim Sibbach

Use these things as a reminder for yourself. Give yourself a monthly breast self-exam. Be your own patient advocate. If you feel something you're not comfortable with, go to the doctor. If they brush you off and you continue to be concerned, go back.

And participate in these fundraisers. No one deserves breast cancer and certainly no one asks for breast cancer. And very, very few people are able to live their lives without being touched by it in some way.



*Pam Shank*  
*Portrait Artist*

*Portraits  
in  
Oil and Watercolor*

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

# The JLR "Best of" List: Restaurant Edition

By Candice Combs and Kerry Hall, *the Link*

Whether you're a Wake County native or one of the Triangle's newest residents, you can always benefit from the insight of your fellow League members. In this issue of *the Link*, we asked the ladies on the Bargain Box committee to share their favorite places to dine.

## BEST FOR BBQ: The Pit

Let's face it—North Carolinians take pride in their barbecue. If you ask **Brooke Schmidt**, **Lanier McRee** or **Anna Schumann**, they'll tell you Ed Mitchell is truly the master of the pit. The Wilson native's 150-year-old family recipe brings national attention to The Pit, his restaurant in Raleigh's Warehouse District. He's been featured on NBC's *The Today Show* and in *The New York Times*. And did we mention Mitchell's Carolina Ribs won in a *Throwdown with Bobby Flay* on the Food Network? The Pit claims to offer "everything but the squeal," so make sure to try all the southern favorites, such as brisket, fried chicken and smoked turkey. Located at 328 W. Davie Street, Raleigh.

🌿 *May we also recommend: Cooper's BBQ*

## BEST FOR STEAK: Angus Barn

**Colby Hall**, **Tatum Moise** and **Danielle Shurman** aren't the only ones who think The Angus Barn is the place to go for a steak in the Triangle. The big, red steakhouse serves up an average of 20,000 steaks a month, and the basement wine cellar boasts about 1,200 types of wine. Traditions like the gingham table cloths and free after-meal apples have kept diners coming back since 1960. The restaurant has received numerous national restaurant industry awards. If you have to wait for your table, you can always enjoy a cocktail in the Wild Turkey Bar & Lounge or browse the sauces and cheesecakes at the Country Store before ordering that mouth-watering steak. Located at 9401 Glenwood Avenue, Raleigh.

🌿 *May we also recommend: Sullivan's Steakhouse*

## BEST FOR LUNCH: The Rockford

Go through an unassuming, discreetly-marked door on Glenwood South, climb a flight of stairs and you've arrived at one of Raleigh's best lunch spots, The Rockford. **Sara Hines**



loves its "inexpensive, unique menu with great specials and the best margarita in town." The ABC (apple, bacon and cheddar) sandwich is just one example of The Rockford's creative culinary combinations. Seasonal side dishes change daily and are a welcome departure from the usual fries or chips. It's an ideal place to catch up with friends over the lunch hour, or to introduce visitors or business associates to a local, hidden hotspot. Located at 320½ Glenwood Avenue, Raleigh.

🌿 *May we also recommend: Village Deli (Pair it with a trip to the Bargain Box!)*

## BEST FOR DATE NIGHT: Sitti

Get cozy with that special someone in a casual yet elegant atmosphere, as you share a meal prepared with the love and care of a doting grandmother. Sitti, named for the Lebanese word for grandma, offers pita and hommos, kabobs, tabouleh and other traditional Middle Eastern and Mediterranean dishes with some local twists courtesy of Chef Ghassan. **Allison Hajj** calls it a "great Lebanese restaurant and a good place for a date." **Sarah Ronnenberg** recommends the pepper filet, a "fresh take on a standard. The cognac sauce puts it over!" When you go, check out the portraits hanging on the walls. They feature the owners' sittis—the

inspiration for the restaurant's self-described "cherished sense of connectedness and family." Located at 137 S. Wilmington Street, Raleigh

🌿 *May we also recommend: Vivace*

## BEST FOR DESSERT: Hayes Barton Cafe and Dessertery

**Sarah Walston** says Hayes Barton Cafe at Five Points has "enormous desserts." You don't think you'll be able to eat a whole piece, but it's just so good that you can't help yourself. So treat yourself, you deserve it. **Leslie Mize** thinks that dessert at Hayes Barton Café is the perfect way to end a date. It's sure to have a sweet ending there, with choices like white chocolate banana mousse pie and chocolate cappuccino flourless torte. As American as apple pie, the café has a 1940's theme, with photo tributes to the country's greatest generation and an era of Hollywood glitz and glamour. You'll be serenaded by classic crooners like Frank Sinatra and Nat King Cole as you savor your comfort food. Located at 2000 Fairview Road, Raleigh.

🌿 *May we also recommend: The Cupcake Shoppe Bakery*



# Training

ANNA BAIRD CHOI  
Training Vice President



BURRIS BACHLOR STUDIO, INC.

## Training Our Members

By Anna Baird Choi, Training Vice President

*Effective action through trained volunteers.* This phrase is part of the Junior League of Raleigh's (JLR) mission statement and it sets us apart from other civic organizations. So why is training our members so important that we make it a part of our mission statement?

Regardless of the size of a community organization or the kind of volunteer services our members provide, training has many benefits. Not only does it help to ensure that the services provided by our volunteers are high quality and meet the needs of the organization, it is also a good investment in you, our members.

First, it's one of the many ways the League shows that we value what you do, both for the League and our community. Second, it helps maintain interest and enthusiasm in your volunteer work. Third, and perhaps most

important, everyone benefits from well-trained volunteers: the League, the community and you. Training our volunteers is critical to a successful member experience.

League training takes many different forms. Many of you may remember Vicki Clark who spoke at the March General Membership Meeting. Her presentation offered inspiration to everyone and helped us understand how we connect with the community we serve.

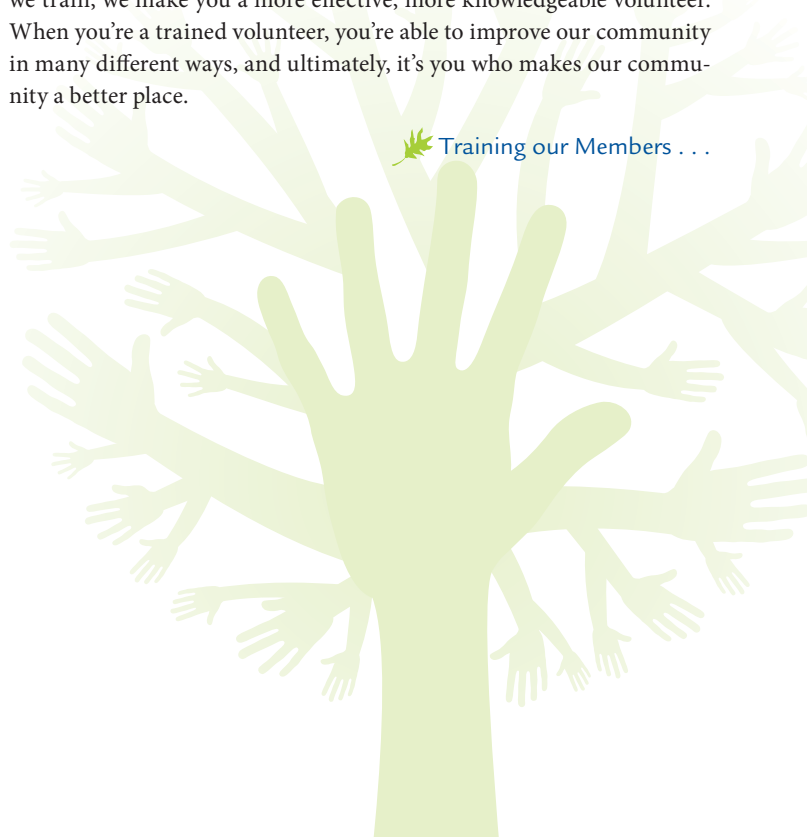
We also have several League teams whose primary focus is to develop and offer leadership training for you. The Leadership Support Team, in conjunction with the Training Team, is developing a leadership program that offers leadership training by both professional trainers and team members.

In addition, the Membership Development Committee is providing training to the Provisional class about the history of Raleigh, the League, our community partners, and enhancing awareness of the League in our community.

Incorporating volunteers into training programs benefits the volunteer trainers as well as the trainees. The JLR nurtures its members and encourages them to create and offer training. This is another way for members to have a stake in what's going on in our League.

Training *you* is one of the most important things we do in the JLR. When we train, we make you a more effective, more knowledgeable volunteer. When you're a trained volunteer, you're able to improve our community in many different ways, and ultimately, it's you who makes our community a better place.

 Training our Members . . .





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## How A Shopping SPREE! came to Be

By Helen Miller, Funding & Development Vice President

Twenty-seven years ago, a group of five women embarked on a journey to create a new fundraiser for the Junior League of Raleigh. They had an idea for a new fundraiser to help meet community needs—a show that included great vendors. How would they pull it off? Who could they ask for ideas to create a strong foundation for this event?

This committee, chaired by Claire Maddison and including Frances Fontaine, Debbie Combs, Leslie Silverstein and Dargan Williams, jumped head first into this new endeavor. For a year-and-a-half, they did research, traveling across the southeast from Atlanta to Washington, D.C. to visit towns with shows held by individuals, Junior Guilds and other Junior Leagues. The committee had fun collecting ideas and sharing information with these other shows—and they brought these ideas back. After this year and a half, these visionary women had done it all. They had selected colors for the event and found

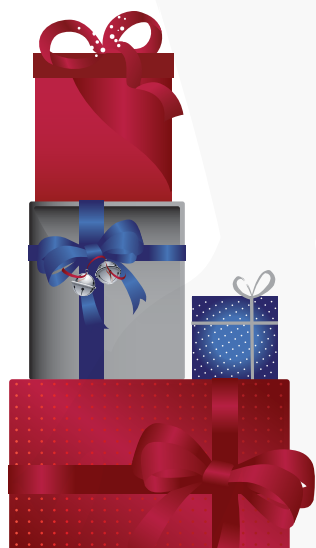
sponsors to help defray costs. They set a date for the event. And they named it—A Shopping SPREE!.

The first SPREE! was held at the Mission Valley Inn on Avent Ferry Road. The event had a minimal budget and 38 vendors were invited to participate. Their goal was to raise \$30,000, which they achieved through ticket sales and commissions on sales. Claire Maddison recalls that even though they met their goal, the fate of SPREE! was in question. They didn't know if there would be a second year for the event. Thankfully, the Board listened to this committee, and here we are 25 years later with our major annual funding event.

Last year, SPREE! raised \$300,000, and the 2008-2009 SPREE! committee is working hard to ensure this year will be even better. We are now a destination to which other Leagues come and ask questions and benchmark ideas so they can start their own show or grow the ones they have.

This year, as we celebrate A Shopping SPREE!, please take a moment to reflect on the impact that an idea, sparked by a group of five ladies, has made on the community and the success it continues to have. Happy 25th anniversary A Shopping SPREE!. Here's to you and all of the members of JLR who continue to work hard to make this a successful and much anticipated event.

While you are shopping at all of the unique exhibitor booths, don't miss the "You're Invited" booth. Team members will be talking about our new cookbook, which is going to be great! "You're Invited Back" is due to be released in the spring, and you will be able to place your order for one, or better yet, a case, during SPREE! The booth will also feature a collection of popular cookbooks from many Leagues across the country. All of these books make wonderful holiday gifts, hostess gifts, wedding gifts as well as a great gift for you. A selection of recipes from these cookbooks will also be featured daily in the SPREE! Café.



### Annual Fund

Team Annual Fund is geared up for a big year. Thank you to everyone who contributed to the campaign during the kickoff. It is a great way to honor someone with a donation for the holidays, birthdays or any occasion. What better way to recognize a mentor, friend or team member than with a gift in their honor? If you are interested in sponsoring a General Membership Meeting, or if you know someone who might be, call Julie Garrison, Annual Fund Captain, for more information. Help us hit the Annual Fund target!

### Capital Campaign

Things are movin' and shakin' with the Capital Campaign. Work continues at 711 Hillsborough Street and we are feeling the excitement about getting closer to our move-in date. It is a true team effort making this dream a reality for the League. Don't miss out on your opportunity to be a part of this campaign. Be sure to check out the naming opportunities that are still available, then sign up to make your pledge for the Capital Campaign by calling Melanie Rankin at 919-787-7480 ext. 36.

### Bargain Box

Team Bargain Box is hard at work at Cameron Village year-round. Stop by for all of your costume needs for Halloween and peruse their fall and winter merchandise. They are always happy to see you and there are great deals to be found.

### Showcase of Kitchens

Last, but absolutely not least, is Showcase of Kitchens. This team is busy working on kitchen selections and putting all of the details in place for another year of fabulous homes to be featured. It's going to be a great tour, so mark your calendars now and make plans to attend. The tour will be held April 29-May 1, 2010. Tell all your friends!

## A Greeting From the SPREE! Co-captains

By Christine Gornto and Gretchen Pietchottka, A Shopping SPREE! Co-captains

We are so honored to help plan the 25th Anniversary of A Shopping SPREE!. Unlike anything else our League does, this event is not one that is completed by just one committee of volunteers, but our entire Active membership. For the past 25 years, each member has contributed to and inspired SPREE! to be the incredible and successful event it is today.

As we look back to the first SPREE! in 1984, we are in awe of what a committee of 16 women planned. Their hard work resulted in a meaningful and significant tradition for the Junior League of Raleigh.

From a committee of 16 to an event staffed by more than 700 volunteers this year, A Shopping SPREE! has grown and matured into a highly anticipated event that welcomes more than 13,000 shoppers to Raleigh and raises more than \$300,000 for the community.

When asked what we are most excited about for this year's SPREE!, without question, it's the special events. Working alongside generous sponsors, we're creating the best SPREE! events yet.

First, the **All That Glitters Preview Gala** will jump-start the four days of SPREE!. We hope you will come and walk the red carpet, where you will be greeted with champagne, new surprises from Bailey's Fine Jewelry and the sounds of Liquid Pleasure.



Christine Gornto and Gretchen Pietchottka

The **Silver Belles at SPREE!** event is the perfect time to grab your friends after work and join us for a fun-filled Friday night. Saks Fifth Avenue is hosting a top designer fashion show. Each guest will receive a Saks goody bag and tasty drinks. Joe Bunn DJ Company will play all your favorite songs from the '80s. We know it's true, "Girls just wanna have fun!"

Not everything is new this year, however. We know our popular **Early Morning Shopping** and the Saturday morning **Weekend Wake-Up** events are must-haves, and they'll be back again.

We'd like to extend a heartfelt thank you to the entire A Shopping SPREE! Team and the executive committee members. These women have been instrumental in planning the best SPREE! ever. From our first dinner party meeting to '80s night at the bowling alley through many nights at Headquarters, we are thankful for your work, grateful for your dedication and overwhelmed by your heart for this event. Thank you! We can't wait to share in this celebration with you, the entire membership and our Triangle community. See you at SPREE!.



**A Shopping SPREE! has gone social!** That's right—we're on Facebook. Become a fan of A Shopping SPREE! on Facebook or follow us on Twitter to stay up to date on all the fun and excitement of this 25th anniversary event.

To become a FB fan, visit: [www.new.facebook.com/search/?q=a+shopping+spree](http://www.new.facebook.com/search/?q=a+shopping+spree).  
To follow us on Twitter, visit <http://twitter.com/ashoppingspree>.





# Kick Off the Holiday Shopping Season and Shop For A Cause at the Junior League of Raleigh's 25th Anniversary of A Shopping SPREE!

Whether this is your first or 25th SPREE!, this year promises to be one you won't want to miss. We've gathered more than 130 fabulous merchants—including old favorites and 50 new ones—from all over the country for you to shop, shop, shop! They'll be showcasing the hottest jewelry and accessories, fashionable clothing for men, women and children, the latest trends in home décor and great gifts for everyone on your holiday list.

And we'll have tasty treats, gourmet coffee, a commemorative shopping bag and fabulous 25th anniversary special events—something for everyone!

Be a part of the gift the Junior League gives back to the Raleigh community each year. Proceeds from A Shopping SPREE! benefit youth programs and projects sponsored by the Junior League of Raleigh.

General admission rates: \$10 for a four-day pass. No charge for children under 5.

Tickets go on sale September 8 and must be purchased online or by mail. Special events tickets are limited. Orders received after October 8 will be held at the door at the convention center.

Celebrating twenty five years of

25 a Shopping SPREE!

When: October 22-25  
Where: Raleigh Convention Center  
Raleigh, North Carolina

## Special Events

Join us for 25th anniversary special events to complete your SPREE! experience.



### All that Glitters 25th Anniversary Preview Gala

*Presented by Bailey's Fine Jewelry, Wake Radiology Diagnostic and Oncology Services, and WakeMed Health and Hospitals*  
Wednesday, October 21, 7 p.m. – 10 p.m.

We are rolling out the red carpet to celebrate 25 years of A Shopping SPREE! in style! Join us for private shopping, hors d'oeuvres and a complimentary glass of champagne with the opportunity to win a sparkling diamond and other fabulous

prizes from Bailey's Fine Jewelry. Take a break from shopping and dance the night away to the sounds of Liquid Pleasure, or bid on items in our exciting silent auction. Tickets: \$50, which includes the Bailey's champagne giveaway/prizes and two additional complimentary beverages. A cash bar will be available. Cocktail attire.

### All that Glitters Silent Auction

The jewel of our Preview Gala offers the opportunity to win items from North Carolina's finest businesses while raising funds to benefit

Triangle youth through the Junior League of Raleigh. Be ready to bid on fabulous items from fashionable jewelry and priceless sports memorabilia to exciting vacation getaways—we have something for everyone!

### Early Morning Shopping

*Presented by St. David's School*

Thursday, October 22, 8:30 a.m. – 11 a.m.

A SPREE! favorite—early morning shopping without the crowds. Shop 'til you drop during our stroller-free morning shopping event. And enjoy breakfast from Chick-fil-A while getting a head start on your day. Tickets: \$25 and includes four-day show admission.

### Silver Belles' at SPREE!

*Presented by Saks Fifth Avenue*

Friday, October 23, 5:30 p.m. – 8:30 p.m.

Grab your girlfriends and spend the evening shopping at SPREE!. Joe Bunn DJ Company will be spinning your favorite tunes from the '80s—the perfect throwback to 1985, the first year of A Shopping SPREE!. Flash forward and update your wardrobe with a fashion show and tips from Saks Fifth Avenue, meet a guest designer and enjoy a goody bag full of exciting surprises. Tickets: \$35 and include premium seats (limited) at the Saks Fifth Avenue fashion show, a Saks goody bag, two complimentary beverages and hors d'oeuvres. A cash bar will be available.

### Weekend Wake-up

*Presented by Prudential York Simpson Underwood*

Saturday, October 24, 8:30 a.m. – 10:30 a.m.

Get up and get going with a coffee-fueled shopping morning—free of strollers and crowds. You will receive a special SPREE! mug to fill at our gourmet coffee bar to keep you caffeinated and shopping ready. Tickets: \$15

### TICKET INFORMATION

For more ticket information Please visit [www.ashoppingspree.net](http://www.ashoppingspree.net) or call 919-787-7480.

### GENERAL SHOPPING HOURS

Thursday, October 22  
11 a.m. – 8 p.m.

Friday, October 23  
9:30 a.m. – 8:30 p.m.

Saturday, October 24  
10:30 a.m. – 6 p.m.

Sunday, October 25,  
11 a.m. – 5 p.m.



### PARKING INFORMATION FOR VOLUNTEERS

Volunteers for the 2009 A Shopping SPREE! will receive a discounted parking pass with their ticket mailing. This parking pass allows for a discount on parking during your SPREE! volunteer shift. The \$5 parking pass is good *only* at the surface west lot at the corner of Salisbury and South streets on a first come, first serve basis. General admission parking is available in surrounding lots for \$7 per day.



## Carolina Color

Presented by Frameworks Gallery

Daily, during show hours

Join JLR and Visual Art Exchange during SPREE! for our third annual juried art exhibit and sale. *Someplace Like Home*, this year's special collection, is about capturing an image that makes the viewer feel at home. Whether a familiar landscape from your childhood, a specific house you have called home, or a scene of objects that comfort you, the work should convey that intangible yet universal sense of home. The gallery opens Wednesday, Oct. 21 and runs through Sunday, Oct. 25.

Jurors for the 2009 exhibition are **Adam Cave**, owner of Adam Cave Fine Art in Raleigh; **Nicole Kennedy**, an artist and gallery owner representing over 30 artists, many of which are from North Carolina; and JLR sustainer **Melissa Peden**, an art consultant and former owner of Peden Gallery II.

Be sure to cast your vote for the People's Choice Award during the Preview Gala on Wednesday night. There are special prizes for the people's choice as well as for first, second and third place jurors' selections. All winners will be announced at the Preview Gala.

### Artists

Peg Bachenheimer	Sandra G. Lappin
N. Lee Ball	Shade Maret
Judy Bauman	Nancy Hughes Miller
Rick Bennett	Micah Mullen
Marrienne Conti Burt	Tim Postell
Elliott Cortney	Kristianne Ripple
Judy Crane	Denise Sherman
Anne Danly	Aditya Shringarpure
Melinda Fine	Doug Strickland
John Gaitenby	Jana Vanwyk
Christina Gregory	Kathleen Ward
Cecilia Guitarte	DickWayne
Ann Hair	Lori White
Mike Hoyt	Nell Whitlock
Rick Koobs	

## You're Invited Café

Daily, 11 a.m. – 3 p.m.

The *You're Invited* Café will be serving scrumptious meals from recipes featured in "*You're Invited*," the Junior League of Raleigh's signature cookbook, as well as providing a sneak peek at recipes from JLR's next cookbook, "*You're Invited Back*," scheduled for release in 2010. "*You're Invited*" and other League cookbooks will be available for purchase.

## 2009 Exhibitors

350 Cheese Straws  
 AC Lynn  
 All Mixed Up  
 All of Us  
 Alma's Designs  
 Anything Joe's  
 Bay Light Publishing  
 Beijo  
 Blue Eyed Susan  
 Blue Ladybug Paints  
 BooJue  
 Bullseye Books & Calendars  
 Bunnyz Bows & Clippeez 2 Envy  
 The Buti-Bag Company  
 Cherry Republic  
 Cherchies Specialty Foods  
 Christine Collections  
 Clothes Hound  
 Coton Colors  
 CP Kidz  
 Creations by Culbreth  
 Cugino's Gourmet Foods  
 Cutco Cutlery  
 Designs by Elizabeth Ann  
 Dip'N Good Dips  
 DM Sports / Tervis Tumblers  
 Dolly Dears  
 Doughmakers  
 Ella Vickers Inc.  
 Enchanted Threads  
 Fabulous Pewterware  
 Fanci Jewelry & Gifts  
 Feel Good Frames  
 Fourth Daughter  
 Foxglow Inc.  
 Friends  
 Gi Gi Enterprises - Tonertex  
 Gi Gi Enterprises - Toy Puzzles  
 Girlees & Brothers Too!  
 Greenbriar Designs  
 Grit and Grace  
 Handwovens by Mary  
 Hollyberries  
 Home Fields, Inc.  
 Elena's Glass Rhapsody  
 Holiday Hostess by Hawthorne Interiors  
 Hot Shots Gourmet  
 How Cute!  
 ALTA  
 It's Vintage Baby  
 Jewelry by Jackie  
 Journey Locketts  
 Julie's Boutique  
 Just Me! Music  
 Kathy's Accessories



Kazuri  
 Kids Stop  
 Kiwi Cottage  
 Lampwear  
 Lauren Penna / Truly Yours  
 Alexanders  
 Legacy's Child  
 Lisa's Unique Creations  
 Lisette Hasbun Designs  
 Liza Byrd Boutique  
 Lolly Wolly Doodle  
 Lorelei's  
 Love the Pearls!  
 Monograms For Me  
 My ChitChats  
 Ndebele Traders  
 Neela Bags  
 Ocean Threads  
 Ooh La La Creations  
 Paper Dolls by H. Beatrice Cole  
 PB and Jellie  
 Perfect Presents  
 Personal Creations  
 Private Collection  
 Purple Productions  
 Regalia DBA: All That Blingz  
 Rustic Attitude  
 Sea Lily  
 Seattle Accessories  
 SilverWear  
 Simply Silver of Virginia  
 Simply Sterling & Company  
 Sister Act  
 Smathers & Branson  
 Snookie Snookerwitz  
 SOGNO Jewelry  
 Sugah Cakes by Home and Garden Classics  
 SweetTea LLC  
 Sweeteas  
 Tanta's Treasures  
 Tastes of Tradition  
 Taybank  
 The Belted Cow  
 The Eccentric Cat  
 The Karat Patch  
 The Merry Martini  
 The Silver Link  
 Toffee To Go  
 Too QT  
 Tracy Negoshian Inc.  
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(as of September 1)

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 NCSU Athletics  
 North Carolina Museum of Art  
 North Carolina Theatre  
 NC Zoo Society  
 Raleighwood Cinema Grill  
 Raleigh Little Theatre  
 Sam Ash Music Corporation  
 Second Empire  
 Restaurant and Tavern



# Special thanks to our 2009 SPREE! Team

## **SPREE! Co-captains**

Christine Gornito  
Gretchen Piechottka

## **SPREE! Assistant Co-captains**

Lori Edwards  
Elizabeth Merritt

## **Executive Committee**

**Arrangements:** Lisa Barreca,  
Wendie Hill  
**Carolina Color:** Shelley Aldridge,  
Rebecca Bue, Shelley Scanlon  
**Decorations:** Anonda Nepa,  
Katie Poole  
**Exhibitors:** Mary Paige Phillips,  
Katie Schottmiller  
**Marketing:** Liz Hamner,  
Renee Harris Sprink  
**Silent Auction:** Robin Mangum,  
Jill Triana  
**Special Events:** Julie Hampton,  
Meg Venters, Marty Weathers  
**Secretary:** Susan Sink  
**Treasury:** Donna Hovis,  
Julie Wood  
**Volunteers:** Kathleen Brown,  
Kelly Huffstetler

## **Committee**

Kristen Ange  
Lora Barnett  
Melissa Barrentine  
Chris Bason  
Claire Bellefeuille  
Kristi Boles  
Meredith Butler  
Ashley Campbell  
Tonya Chapman  
Alexis Ciardella

Mary Rob Coupland  
Kristin Croissant  
Carly Crossland  
Allison Crumpler  
Devan Culbreth  
Leslie Fincher  
Anna Harper  
Larue Houk  
Kristen Janko  
Nanda Jones  
Lauren Joyce  
Lindsey Kinnaird  
Erin Lane  
Tracy Lathan  
Christina LeLiever  
Hunter Lamansky  
Mitzi Levering  
Emily Martin  
DeLane Mitchell  
Krystal Nowak  
Meghan Oney  
Tiffany Penley  
Jenny Pinkard  
Lisa Price  
Amy Robinson  
Shelley Scanlon  
Heather Shepherd  
Lindsay Smith  
Deanna Tetterton  
Cady Thomas  
Caroline Wall  
Kate Watson  
Sarah White  
Abbie Williamson  
Anderson Winstead  
Parker Wright

## SPREE! Volunteers: What you need to know to make the most of your SPREE! shift

*By Kelly Huffstetler and Kathleen Brown,  
SPREE! Volunteer Committee Co-chairs*

As the Co-chairs of the SPREE! volunteer committee, we appreciate the input many of you have shared with us on how to best coordinate the SPREE! volunteer activities. We're committed to making this year your best SPREE! volunteer experience ever. Over the past 25 years, each member of our League has contributed to making our biggest annual fundraiser the great event and tradition that it is. Did you know that since the first SPREE!, we've grown from an event with 16 volunteers to one with 700 volunteers?

Here are three things to keep in mind for your 2009 SPREE! volunteer shift:

Trying to balance work and volunteering? We understand. We are, too. For that reason, we're adding more shift options after 5 p.m. to give you more flexibility.

Think there is nothing to do? The truth is, there is always something to do at SPREE!. We're assigning shift captains—one person you can always turn to during your volunteer shift to answer questions or update your task, as needed. By circulating and making sure our vendors have what they need, you're giving our vendors a good experience and increasing the likelihood they return next year. This same courtesy applies to shoppers as well—if they have fun, they'll come back and we all win!

Hate lifting heavy boxes? Don't sign up for set up and break down as these are not the shifts for you. Instead, consider signing up for Preview Gala or a general shopping shift where we can better match you with a volunteer task that you'll enjoy.

When we work at SPREE!, each of us represents the Junior League of Raleigh, and we all serve as hostesses of this great event. Each of us has an important role to play in making the event the best that it can be and to raise as much money as possible to pour back into our JLR programs to make our community a better place to live.

We hope you share our excitement as we celebrate the 25th anniversary of SPREE!. We appreciate your support, time and enthusiasm for the best ever SPREE!.





## Meet Newcomer and Veteran SPREE! Vendors

By Alesia DiCosola, the Link

### Smathers & Branson

Not everyone can have a crafty needle-pointer in their life, but thankfully Peter Smathers and Austin Branson did.

While they were roommates at Bowdoin College, Smathers and Branson received hand-made needlepoint belts from their girlfriends. Intrigued by the unique gift, they found that finished, attractive and affordable needlepoint belts for men were impossible to find. Soon thereafter, the idea for Smathers & Branson was born.



Smathers & Branson popular Dark N' Stormy belt.



Smathers & Branson collegiate products.

While men's belts are still at the heart of the Maryland-based company, Smathers & Branson has branched out and sells needle-point flasks, key fobs and dog collars, as well as belts, headbands and coin purses for women. Their preppy, hand-stitched products have graced the fashion spreads of *Domino*, *House and Garden*, *Redbook* and *Town and Country Weddings*. And now their one-of-a-kind accessories will be available at this year's A Shopping SPREE! for the first time.

Smathers & Branson accessories for men come in a multitude of playful patterns varying from shotgun shells and mistletoe to the traditional nautical and sport-inspired motifs. They add a bit of vintage, homespun flair to any outfit.

The Bethesda, Maryland based company recently introduced an officially licensed collegiate line of items that are perfect for game day! Blue Devil, Tar Heel, Demon Deacon, Wolfpack and Pirate fans can sport their college pride by wearing Smathers & Branson belts or by carrying one of their flasks, wallets or key fobs.

With the success of their men's line, the owners decided to delve into women's accessories. Smathers & Branson's coral, palm tree and starfish emblazoned belts and headbands are the perfect seaside accessory. And of course, Smather's and Branson's girlfriends both deserve a big round of applause! Thanks to these thoughtful ladies, unique, preppy needlepoint accessories are available for the canine masses! After all, who could resist an adorable needlepoint dog collar?

### Cherchies Specialty Foods

In 1978, Cherchies sold its first product—a delicious champagne mustard that kick started a line of gourmet foods sold across the United States. And while their signature champagne mustard is still a bestseller, Cherchies Specialty Foods has expanded way beyond just mustard. Their soups, chowders, sauces, preserves, pretzels and peanuts have been winning the hearts (and stomachs) of SPREE! shoppers for the last 25 years. In fact, Cherchies holds the distinction of being the only vendor to have exhibited at A Shopping SPREE! every year since its inception.

"SPREE! shoppers know us and love us. They are the reason we continue to come back year after year," said Patti Stallone, owner of Cherchies Ltd. "We have great, loyal customers

in Raleigh, and they expect us to be there. Many of our SPREE! shoppers show up every year with their grocery list of must-have items," Stallone added.

The Pennsylvania based company doesn't just sell run-of-the-mill mustards and jams. Cherchies offers a variety of unique food items such as white tea key lime raspberry preserves and champagne lobster bisque. It's this type of variety that sets Cherchies apart from other specialty food companies.

"Our collections and gift sets make for perfect holiday and hostess gifts, especially for the person that has everything," exclaimed Stallone.

Even though the products sound fancy, the prices don't break the bank. Their plethora of easy-to-prepare soups such as French country stew and Tuscan bean soup are reasonably priced at roughly \$1 a serving.

While shoppers can definitely expect their favorite Cherchies standbys, there is always something new to try every year. This year SPREE! shoppers can sample their newest creation—Mediterranean ham and bean soup.

Creative ways to use Cherchies sauces, jams and spices are just a click away. Customers are encouraged to visit their Web site ([www.cherchies.com](http://www.cherchies.com)) where Stallone showcases a variety of recipes featuring her company's products. This includes everything from Belgian endive to apple bites using Cherchies chardonnay lime and cilantro seasoning to hot peach chicken breasts with Cherchies white tea pomegranate peach preserves.

Aside from delicious quality products that have withstood the test of time, Cherchies is also known for their exceptional customer service. Call the 1-800 number and your call will be answered by a real person—now that's a breath of fresh air in this era of automated service.





# *“You’re Invited”* Café Menu

## Entrée and Dessert

### Thursday, Oct. 22

#### Autumn Chicken Curry

*“You’re Invited”*—Raleigh, North Carolina

#### Patchwork Quilt Rice

*“You’re Invited”*—Raleigh, North Carolina

#### Autumn Salad with Candied Pecans and Maple Balsamic Dressing

*“You’re Invited Back”*—Raleigh, North Carolina

#### Cinderella Pumpkin Cake

*“Lone Star to Five Star”*—Plano, Texas

### Friday, Oct. 23

#### Mexican Chicken Lasagna

*“You’re Invited Back”*—Raleigh, North Carolina

#### Raspberry Chipotle Salad

*“Marshes to Mansions”*—Lake Charles, Louisiana

#### Key Lime Bars

*“The Junior League Centennial Cookbook”*

—Association of Junior Leagues International

### Saturday, Oct. 24

#### Pork Medallions with Apples and Cider Cream Sauce

*“Lone Star to Five Star”*—Plano, Texas

#### Rosemary Potatoes

*“You’re Invited Back”*—Raleigh, North Carolina)

#### Balsamic Pear Salad

*“Marshes to Mansions”*—Lake Charles, Louisiana

#### Triple Threat Chocolate Raspberry Torte

*“You’re Invited”*—Raleigh, North Carolina



### Sunday, Oct. 25

#### Roast Beef Sandwiches with Roquefort and Caramelized Shallots

*“You’re Invited”*—Raleigh, North Carolina

#### Balsamic Pear Salad

*“Marshes to Mansions”*—Lake Charles, Louisiana

#### Rich Chocolate Pecan Pie

*“Furniture City Feasts Restored”*—High Point, North Carolina

## Salad Trio

### Thursday & Friday, Oct. 22 and 23

#### Autumn Salad with Candied Pecans and Maple Balsamic Dressing

*“You’re Invited Back”*—Raleigh, North Carolina

#### Orzo Salad

*“Furniture City Feasts Restored”*—High Point, North Carolina

#### Fresh Fruit Salad

*“You’re Invited”*—Raleigh, North Carolina

### Saturday and Sunday, Oct. 24 and 25

#### Chicken Caesar Pasta Salad

*“Seasons In Thyme”*—Birmingham, Alabama

#### Balsamic Pear Salad

*“Marshes to Mansions”*—Lake Charles, Louisiana

#### Fresh Corn and Tomato Salad

*“California sol Food”*—San Diego, California

# Soup du jour with Bread

**Thursday, Oct. 22**

## Rosemary Butternut Squash Soup

*"Capital Celebrations"*—Washington D.C.

## Quick and Incredible Cheese Biscuits

*"You're Invited"*—Raleigh, North Carolina

**Friday, Oct. 23**

## Chicken Tortilla Soup

*"You're Invited"*—Raleigh, North Carolina

## Jalapeno Corn Muffins

*"California sol Food"*—San Diego, California

**Saturday, Oct. 24**

## Southern Corn Chowder

*"A Sterling Collection"*—Memphis, Tennessee

## Smithfield Biscuits with Country Ham

*"You're Invited"*—Raleigh, North Carolina

**Sunday, Oct. 25**

## Minestrone Soup

*"You're Invited"*—Raleigh, North Carolina

## Quick and Incredible Cheese Biscuits

*"You're Invited"*—Raleigh, North Carolina

# Individual Sale Every Day

## Raleigh's Best Ever Cookies

*"You're Invited"*—Raleigh, North Carolina

## Recipe Corner: City of Oaks Salad with Cranberries and Nuts

*By Jessica Kozma Bennett, the Link*

As we experience yet another autumn, our schedules are filled with the hustle and bustle of the season. With the holidays just around the corner, you may want to find a healthy dish without skimping on flavor. This dried cranberry City of Oaks salad is a perfect autumn lunch or dinner. It celebrates many of the delicious flavors we associate with fall, including nuts, cranberries and cinnamon. This dish is certain to please even the pickiest of palates. Enjoy!

### City of Oaks Salad with Cranberries and Nuts

Yield: 4 servings

#### Ingredients

- 1 tbsp. honey
- 1 tsp. whole-grain Dijon mustard
- $\frac{1}{4}$  tsp. ground cinnamon
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. freshly ground pepper
- 2 tbsp. apple cider vinegar
- 2 tbsp. water
- 1 tbsp. extra-virgin olive oil
- 1 package (5 oz.) mixture of salad greens (spinach, arugula, romaine, red leaf lettuce leaves)
- $\frac{3}{4}$  cup dried cranberries
- $\frac{1}{4}$  cup toasted pine nuts
- $\frac{1}{4}$  oz. grated Parmesan cheese



#### Directions

For the dressing, whisk the honey, mustard, cinnamon, salt and pepper in a small bowl until smooth. Add the vinegar, water and olive oil, whisking until well combined.

Combine the salad greens, cranberries and toasted pine nuts in a large bowl. Add the vinaigrette and toss until well coated.

Divide the salad evenly among four plates. Sprinkle Parmesan cheese over the top. Toasted almonds or walnuts may be substituted for pine nuts. You may use slices or sprinkles of your favorite cheese (Manchego, blue or feta) on top of the salad instead of Parmesan cheese.



## Enhance Your SPREE! Shift with a Downtown Adventure Culinary Style!

By Jessica Kozma Bennett, the Link

Another year, another SPREE! shift, right?

As the Capital city continues to be one of the fastest growing cities in the nation, Raleigh's downtown is starting to feel like just that—a downtown. And with any downtown comes its spoils, places boasting modern cuisine in awe-inspiring atmospheres. To make the most after your SPREE! shift, consider spending a little extra time downtown to savor some of its delights.

Be sure to wear nice, but comfortable shoes, grab a friend or tell your sweetie to meet you downtown, and experience a little culinary, urban exploration. Jump on the R-Line for free transportation to the wonderful downtown restaurants.

Located within just one block of the Raleigh Convention Center are two of Raleigh's most celebrated restaurants.

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### Poole's Diner

426 McDowell Street, (919) 832-4477

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

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Chef Ashley Christensen was featured last year in *Bon Appétit* as a rising female chef on a national stage, has polished up the longtime diner's steel accoutrements and given a unique spin to the menu that is based on American classics. Her macaroni au gratin is a crowd pleaser that has become legendary. Her home-made pimento cheese and cornmeal fried okra are also not to be missed. Poole's is located one block north of the convention center. Poole's received a five star rating from the *New York*

*Times* in June. Open only Wednesday through Saturday for dinner starting at 6 p.m.

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### Posta Tuscan Grille

500 Fayetteville Street, (919) 227-3370

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Located in the downtown Marriott directly across from the convention center, the Grille, new to the area and full of delicious Tuscan dishes, offers patrons a variety of classic Italian cuisine with a gourmet twist. You'll find beautiful pastas, a small bites menu along with Italian cheese and fruit courses. The Grille also features an extended Italian wine list with the Barolos and Barbarescos that only an Italian winery can claim. Open for breakfast, lunch and supper, Posta Tuscan Grille is considered well worth the price.



Locally rated five star restaurants can be found within a half-mile walk or a quick, free ride on the R-Line bus.

#### Fins Restaurant

110 E. Davie Street, (919) 834-6963  
[www.finsrestaurantdowntown.com](http://www.finsrestaurantdowntown.com)

Having a loyal and sophisticated following for years in the Raleigh area, chef William D-Auvray's Fins Restaurant has proven to be a delight for diners. Fins offers an innovative menu with Asian influences and fresh seafood and meats. With an open bar where patrons can watch the kitchen, as well as booths for more intimate dining, guests can enjoy a night with girlfriends at the bar or a romantic supper for two.

#### The Mint

219 Fayetteville Street, (919) 821-0011  
[www.themintrestaurant.com](http://www.themintrestaurant.com)

Offering a three course *prix-fixe* menu, The Mint has quickly become one of Raleigh's favorite restaurants. Explore a world of flavors on their menu, including fresh sea bass, sorbets, truffles and tempura. The Mint has received rave reviews from local media outlets and diners just like you.

Here is a quick look at a few more options that are within a one-mile radius of the Convention Center. These dining hot spots can be accessed by taking a slightly longer ride on the big green R-Line bus.

#### The Pit

328 W. Davie Street, (919) 890-4500  
[www.thepit-raleigh.com](http://www.thepit-raleigh.com)

#### Solas

419 Glenwood Avenue, (919) 755-0755  
[www.solasraleigh.com](http://www.solasraleigh.com)

#### Sullivan's Steakhouse

414 Glenwood Avenue, (919) 833-2888  
[www.sullivansteakhouse.com](http://www.sullivansteakhouse.com)

#### 18 Seaboard

18 Seaboard Avenue, (919) 861-4318  
[www.18seaboard.com](http://www.18seaboard.com)

#### J Betski's

10 W. Franklin Street, (919) 833-7999  
[www.jbetskis.com](http://www.jbetskis.com)

Enjoy your SPREE! shift and our ever-growing downtown!



TAMMY WINGO PHOTOGRAPHY

## The Bargain Box is Bustling

*By Kathryn Poole and Jeannie Poindexter, Bargain Box Co-captains*

Team Bargain Box has been hard at work preparing for the busy fall season. Dropping temperatures, the change in seasons and the upcoming Halloween holiday bring shoppers to the Bargain Box—and we are ready for them!

In August, the Bargain Box staff and volunteers completed the semiannual turnstock, where summer items are cleared from the store floor and the racks and shelves are updated with fabulous fall clothes, Halloween costumes and seasonal home decor. Many Bargain Box customers plan their seasonal shopping around turnstock. There are some great treasures and bargains to be found, so come down, shop and say hello to store manager Judy Adams and the rest of our incredible staff and volunteers.

We were also busy over the summer at the annual Cameron Village Sidewalk Sale. Three groups of amazing Bargain Box volunteers spent one hot, but successful Saturday in July meeting new customers, saying hello to our loyal regulars and selling and displaying our VIP items in front of the store. They did all of this while getting a head start on their placement hours!

### Bargain Box Quotas

Quota donations are due in September for Junior League of Raleigh members whose last names begin with O-Q and in October for R-S. The monthly schedules are integral in keeping the Bargain Box well-stocked, but please feel free to bring your quota donation ahead of your due date.

Don't forget to bring your donations on hangers for full quota credit. We also ask that you switch your clothes to the Bargain Box hangers when dropping them off. Remember that you can always pick up the hangers beforehand! The loading dock is open for donations Monday through Saturday from 10:30 a.m. – 4 p.m. Please remember that we do not offer credit for items left on our loading dock.

League members are the Bargain Box's key to success. As always, thank you for your continued support for the League's oldest ongoing fundraiser!

 Effective action and leadership of trained volunteers . . .



## Keep the Sparkle in Your Jewels

By the Link

Fine jewelry often represents an intense emotional attachment. Perhaps one of your favorite pieces is the diamond you received as an engagement ring from your husband, or maybe it's a piece of jewelry from a family member. But jewelry is also an investment, and you want to protect your investments and anything that's close to your heart. With the proper care, your jewelry can continue to shine just as beautifully as the day you bought it.

*The Link* conducted an exclusive interview with Trey Bailey of Bailey's Fine Jewelry and asked him about proper jewelry care and maintenance. Trey offers expert advice on how to get the most value out of your jewelry and how to keep pieces looking brand new every day.

**the Link:** How often should you clean and inspect your jewelry?

**Trey Bailey:** Most people don't clean their jewelry nearly enough. Jewelry gets makeup, lotion, grease and finger oils on it on an almost daily basis. Regular cleaning keeps gemstones beautiful and vibrant and will make jewelry noticeably different. It is normal for gemstone settings to loosen over time; therefore you

should have a reputable jeweler clean and inspect your jewelry at least twice a year to prevent losing stones. Bailey's Fine Jewelry offers this service for free regardless of where your jewelry was purchased.

**the Link:** What are your general recommendations for upkeep? What are your thoughts on home cleaning systems for your jewelry?

**Trey Bailey:** Rubbing the pieces you wear everyday with a soft chamois is an excellent and easy way to keep jewelry sparkling. For more intensive cleaning, some jewelry can be soaked in a plastic bowl filled with tepid water and a little dishwashing soap or ammonia (do *not* do this with pearls or silver). Soak your jewelry for a few minutes and then scrub it gently with a toothbrush or other soft brush. Rinse and pat dry on a nice soft cloth that doesn't have loose threads, which can get stuck in prongs. A touch of ammonia in the rinse water will add sparkle to diamond, gold or platinum jewelry. We recommend asking a jeweler to be sure before cleaning at home.

Home Ultrasonic cleaners are great for easily cleaning jewelry with lots of nooks and

crannies, but be aware that they can damage gemstones, and the chemicals are not recommended for pearls. These machines are designed for certain gemstones that are not porous. Do not put emeralds, opals, pearls or turquoise in an ultrasonic cleaner. When in doubt, ask first!

Bailey's Fine Jewelry also provides a complimentary mild cleaner. Next time you're in our store, just ask!

**the Link:** What happens if my diamond falls out?

**Trey Bailey:** First, we highly recommend that you insure your valuable jewelry even if it involves a separate insurance rider. If you lose a diamond, take the piece back to the original jeweler. If it occurred under normal wear and is under warranty, it should be free to replace.

**the Link:** What's a good rule of thumb for insuring your jewelry? Will most jewelers work with an insurance company to fairly appraise a piece of jewelry?

**Trey Bailey:** We suggest you insure your pieces valued at more than \$1,000. You should have

your jewelry appraised by a certified gemologist appraiser (CGA) who is accredited by the American Gem Society. They are the most educated jewelry professionals in the business. Bailey's not only has CGAs on staff, but we are also one of less than 400 Accredited Gem Laboratories in the United States.

**the Link:** How should you care for your pearls?

**Trey Bailey:** After wearing, wipe your pearls with a soft cloth to remove any traces of makeup, perfume or hair spray. For a more thorough cleaning, pearls can be washed in mild soap and water. Never use any chemicals or abrasives to clean your pearls. A pearl's surface is soft and can scratch easily, so extra care must be taken when storing pearls. Place them in a chamois bag or wrap them in soft tissue to protect them from hard metal edges and gemstones.

**the Link:** Should you wear your jewelry to the gym?

**Trey Bailey:** No, it is best to remove your jewelry before going to the gym. Lifting weights and such can scratch and dent your rings. Body sweat damages porous gems such as pearls.

**the Link:** Any occasions you would recommend not wearing jewelry?

**Trey Bailey:** You should not wear your jewelry when cleaning. Chemicals in cleaners will damage jewelry. Also, you should not wear your jewelry when swimming. The chlorine is very damaging to the precious metal.

**the Link:** What suggestions do you have for dealing with allergic reactions to jewelry?

**Trey Bailey:** Some people are allergic to nickel, which means they might have reactions to silver and white gold jewelry. Platinum and palladium are a better choice because they are hypoallergenic. However, there are ways to wear white gold and silver even with an allergy. Unless your allergy is severe, fingernail polish can be used to coat the surface of the metal that comes in contact with your skin.

**the Link:** What's the best way to store jewelry? For example, how do you recommend taking care of those unique pieces you are only going to wear on very special occasions?

**Trey Bailey:** Even the hardest gemstones can be vulnerable to breakage. That's why carefully storing your jewelry is so important. Jewelry

boxes can be a bad idea if all of your pieces are piled on top of each other. Remember, diamonds, rubies and sapphires can easily scratch other gems, metals and each other. Wrap pieces individually to keep them pristine, paying special attention to softer gems like pearls, opals and tanzanite. To prevent sterling silver from tarnishing, store it in plastic bags with interlocking seals.

**the Link:** Should necklaces be stored hanging up or lying down? How can you prevent them from getting tangled? Do you have any other advice on necklace storage?

**Trey Bailey:** You don't want to hang a heavy necklace or anything that is strung—like pearls—because it may stretch. To prevent tangling, lay them flat and spaced out from other necklaces or chains. Pearls and opals should not be stored in safety deposit boxes because the air is too dry and can damage the gemstones over time.

**the Link:** What's the best way to travel with jewelry?

**Trey Bailey:** It can be stressful to keep up with your jewelry when traveling. We suggest you pack all your jewelry in one container that has zipper compartments to prevent your pieces from falling out. Also, make sure to keep your jewelry in your purse or carry-on bag when flying. Many people have had jewelry pieces. Many people have had jewelry pieces go missing from their checked luggage. If your hotel room doesn't have a safe in the room, check with the front desk to see if they have a hotel vault. If your jewelry cannot be kept securely at your hotel, it is safest if kept with you. Also, I think less is more when traveling. The less you take, the less you have to keep track of.



Trey Bailey, pictured above with his wife, Marci Bailey, received a Bachelor of Arts in Business Administration from Elon University and is a graduate of the Gemological Institute of America (GIA) in Carlsbad, Calif., where he earned his certification as a graduate gemologist. While attending the GIA he took one of the first CAD/CAM courses offered for jewelry design. After graduating from GIA he enrolled in additional coursework to earn a certificate in pearl grading.

## Jewelry Care Checklist

**DO** store jewelry separately so it doesn't scratch other jewelry.

**DO** get pearls restrung every two years or so.

**DO** check for loosened stones. With your index finger, gently tap the piece near your ear and listen for rattling.

**DO** clean fine jewelry often to maintain its beauty and sparkle.

**DON'T** wear rings when doing housework, exercise or gardening.

**DON'T** put your jewelry on when washing your hands and applying any makeup or hair spray.

**DON'T** wear jewelry while swimming in a pool. The chlorine can cause damage to various gemstones and gold. Gemstones may become loose in their settings and fall out.

**DON'T** use toothpaste to clean your jewelry. The abrasives can damage softer gems and metals.



# The Pink Pages



## Letter from Sustainer Co-chairs



Suzanne Brooks



Caroline Stirling

Dear Friends,

It is truly an honor and privilege for us to serve as your Sustainer Co-captains this year! We assure you we are in the process of planning an exciting year! We both accepted this position only a short time ago and are just in the planning stages. We will provide you with more detailed information on activities for the 2009-10 League year very soon.

Our goal this year is to build on new ideas. We know each of you can offer a suggestion about how to make this the best year yet! Please call or e-mail one of us with any thoughts you may have (Suzanne: 832-7393 or [sbgwyn@yahoo.com](mailto:sbgwyn@yahoo.com) and Caroline: 876-4081 or [stirlingnc@earthlink.net](mailto:stirlingnc@earthlink.net)).

Our hope is for each of you to try a Sustainer activity that you've never participated in before—whether it be Lunch Bunch, Chorus, Investment Club or one of our many other social gatherings. You'll be glad you did!

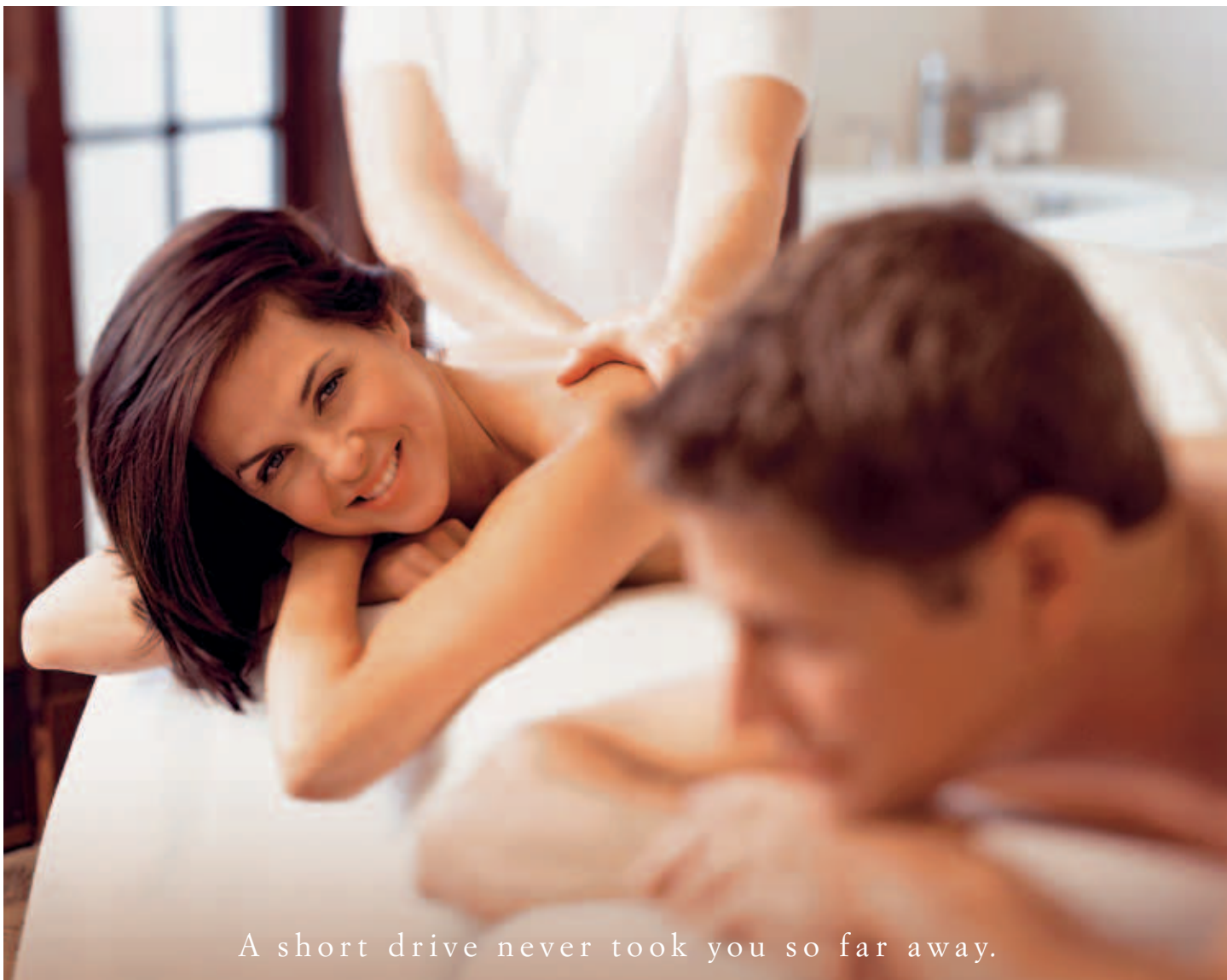
Can you believe the Junior League of Raleigh is celebrating its 80th anniversary this year? The Sustainers have all helped pave the road to make JLR who we are today. That's cause for a big celebration and an exciting year!

With warmest regards,  
Suzanne Brooks and Caroline Stirling  
2009-2010 Sustainer Co-chairs



We want to share what our Sustainers are doing. If you are active on a Board, hosting a great event for a community agency or spending time with your friends from a favorite placement, please share photos and stories.

Remember if you have some extra time to volunteer that you can share with the League, our Community Team Captains and our Taking Care of Members Team would love to have you join them in their efforts for our Community and our League. Please contact the Sustainer Captains or Lisa Vanderberry our Membership VP.



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BURRNE BACHELOR STUDIO, INC.

## The Community Challenge

By Stacy Arch, Community Vice President



As we celebrate our League's 80th anniversary, it is also a good time to reflect back on how our League has changed over the years. Did you know that in 1930 our members were required to give six hours of community service per month in addition to their team requirements? And because there were only 87 members, 18 of them serving as Provisionals, many of these women were on multiple teams. In the same year, we had two members transfer into League. It is interesting to note that seven of the members were classified as professionals, meaning they held paying jobs.

Let's fast forward to 2009. We have 710 Active members, not including 160 women in the Provisional class for the 2009-2010 year. We typically have approximately 60 Transfers per year and about 85 percent of our Active membership is classified as professionals. Last but not least, we have a new group in our midst that didn't exist in 1930—our wonderful Sustainers! They number 841.

What kind of impact could we make if we all challenged ourselves to give two hours of community service per month above and beyond what our placement expects? Wake County would benefit with more than 3,500 hours of community service, which amounts to nearly \$60,000 in just one month since each volunteer hour is valued at about \$17! Better yet, a child could learn the alphabet. A teenager could be motivated to dream bigger and work harder. A parent would feel some relief knowing his/her child is being helped through the kindness of our time and efforts. Or a struggling non-profit agency would benefit from motivational guidance.

The community teams challenge you to spend an hour or two with them. If you find you have a free Monday evening, contact Morgan Cates ([morgancates@gmail.com](mailto:morgancates@gmail.com)), Captain of

Team Helping Horse, to see if they need extra support. If you can spare an hour from 4:30 p.m. to 7:30 p.m. on any weeknight, contact Heather Beiza ([carysfinest@aol.com](mailto:carysfinest@aol.com)), Captain of the Brentwood Boys and Girls Club, and she'll tell you what to do next. Or, if you have a free Thursday afternoon, contact Julie Tew ([Julie.Tew@BbandT.com](mailto:Julie.Tew@BbandT.com)), Captain of Team AventWest Children's Mentoring, and she'll find a job for you.

These are just a few of your options. If you would like more, contact me at [stacyaarch@yahoo.com](mailto:stacyaarch@yahoo.com), and I'll find a place where you can make a huge impact with just an hour of your time.

Don't wait—take the challenge!





# Building the Legacy Wall

By Jessica Kozma Bennett, the Link

The Legacy Wall at the new Junior League of Raleigh Center for Community Leadership is much more than an effort to bolster capital funds. It's making what is past prologue, giving future generations a vibrant place to serve their community, bettering the community itself and creating a home for generations of League members.

The Legacy Wall will be located in the front lobby of the Center, with great visibility to anyone visiting the building. It recognizes individuals, corporations and foundations that give \$1,050 or more to the building campaign.

## There are four giving tiers:

- Large gifts with naming opportunities
- Large gifts of \$25,000 or more given during the League's 75th anniversary year
- A donor's plaque for donations between \$5,000 and \$9,999
- A listing of those giving \$1,050 or more

Pat Wilkins, 2009-2010 Capital Campaign Chair, said the Legacy Wall will embody just that, a legacy.

"The Wall will be a place of great pride and an inspiration to others, with names prominently displayed for generations to come," Wilkins said. "It will be a way donors can lead by example through their gifts and show their

community leaders they believe in and are passionate about what the Center will accomplish."

For Wilkins, her legacy is not only for future generations of League members serving the community, but for her own personal legacy.

"Personally, I envision seeing my daughter and her daughter walking past the Legacy Wall years from now. Perhaps she will organize cookbooks or sell SPREE! tickets. They will know that our Center was built by passionate individuals, her mom being one, to enable the League and its community partners to support and strengthen families in Wake County and across our state."

Leadership Committee member and Construction Liaison Susan Bowers shares Wilkins' feelings.

"The reason for contributing to the campaign is that when my daughters become members, I want them to see my name and remember how important the League was in my life," Bowers said.

When pledging, you may make either a one-time gift or a multi-year pledge. Once the pledge is paid in full, it will be included on the Legacy Wall. As the opening nears and the wall fills, there will be a celebration that will include all who have contributed to the campaign. Stay tuned for more details on the celebration.



## Join a Community Agency Board of Directors

By Jennifer Straw Olson

The Junior League of Raleigh helps link our outstanding volunteers to community agencies seeking board members. If you are interested in serving on a community board, please complete the community board questionnaire found in the Member area of the JLR Web site [www.jlraleigh.org](http://www.jlraleigh.org). Look for more details this fall for community board training opportunities, and feel free to contact Jennifer Straw Olson at [Jennifer.L.Olson@dhhs.nc.gov](mailto:Jennifer.L.Olson@dhhs.nc.gov) or Andrea Fox at [andreafoxy@yahoo.com](mailto:andreafoxy@yahoo.com) with any questions.

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## Reminder

Willingness to Serve forms  
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See you at SPREE!  
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The JLR Capital Campaign  
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Contact [tcom@jlraleigh.org](mailto:tcom@jlraleigh.org)

# Community Funding Announces Legacy Fund Recipients

By Catherine Rideout, Community Funding Captain

In 2004, the Junior League of Raleigh established the Legacy Fund, which recognizes nonprofit agencies in which the League has had significant involvement through financial and volunteer support. The Legacy Fund is supported by a portion of A Shopping SPREE! proceeds. The Community Funding Team is pleased to announce the 2009-2010 Legacy Fund award winners. Each of these organizations was presented with an award of \$5,000 at the September General Membership Meeting to continue their community programs and projects.

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## AventWest Children's Mentoring (AWCM)

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AWCM is an after-school tutoring program for students in grades 1-9 who are academically at-risk or failing, and live in the AventWest community near North Carolina State University. The program was created in 1999 by members of the community who wanted to provide a place for students to go after school to receive help with homework, as well as a nutritious meal or healthy snack.

In addition to assistance with academic work, students in the AWCM program enjoy a safe place to play after school and caring adults to give them attention. AWCM helps the students become self-reliant and strengthens their self-confidence by improving their reading, math, language and writing skills to increase their chances of graduating from high school and seeking additional education and training.



The program meets two afternoons a week at two churches in the community. Volunteer tutors provide assistance with homework and basic skills, and snacks and meals are provided by the Food Bank of Central and Eastern North Carolina and the Interfaith Food Shuttle as part of the Kids Café program. The League provides bimonthly activities for elementary students that include art and music activities, guest speakers and field trips. The program serves up to 75 students each year.

For more information about AWCM, including how to volunteer or donate, please visit [www.aventwest.com](http://www.aventwest.com).

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## InterAct

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InterAct is a private, nonprofit United Way agency that provides safety, support and awareness to victims and survivors of domestic violence and sexual assault. InterAct was formed in the 1980s by the merger of three Wake County agencies: Rape Crisis Center, Women's Aid and Child Abuse Prevention Services. The resulting agency was known as The Family Violence and Prevention Center, Inc., and in 1984 became known as InterAct.

InterAct recently opened its new headquarters, the Family Safety & Empowerment Center, in Raleigh, which brings together



nine other community agencies to provide wrap-around services for victims and survivors of violence and abuse.

The agency provides 24-hour crisis lines, group and individual counseling, bilingual counseling, specialized children's counseling, case management, court and hospital advocacy, professional training and a full curriculum of violence prevention in the Wake County schools.

InterAct also operates Wake County's only confidential residential program for women and children fleeing domestic violence. In fact, InterAct typically shelters more children than adults in its residential shelter program. Often, children have come to InterAct with their mothers who have fled their homes after horrific incidences of abuse. Sometimes, the children and mothers have nothing more than the clothes on their backs.

For more information about InterAct, including how to volunteer or donate, please visit [www.interactofwake.org](http://www.interactofwake.org).

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## Learning Together

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Learning Together's mission is to provide innovative and culturally diverse learning experiences and supports for children with disabilities, children who are typically developing and their families.



Learning Together believes that human beings need to understand and value the unique abilities and limitations in themselves and others. They also believe no child is too young to start learning those lessons. To that end, Learning Together provides direct services to young children with and without disabilities and their families and offers three programs:

- ✿ Inclusive Developmental Day Center/Preschool in downtown Raleigh, serving children 18 months to five years of age. The Developmental Day Center provides services to the child who is typically developing, as well as the child at risk for or with disabilities.
- ✿ Community Program for children birth to five years old who have, or are at risk for developmental disabilities. Services are provided in-home, at childcare settings, preschools or in weekly playgroups. The family or care providers are offered support as deemed appropriate by the family.
- ✿ Child Mental Health Initiative serving children ages birth to five years who have serious social, emotional, behavioral and/or mental health issues with individual child and family therapy. All services are provided by licensed therapists who may be assisted by interns from area universities, which will build capacity in the community for early child mental health services.

For more information about Learning Together, including how to volunteer or donate, please visit [www.learningtogether.org](http://www.learningtogether.org).

 Improving the community . . .



## Rewarding Volunteer Experience

By Heather Beiza,  
Boys and Girls Club Co-captain

Ask any League member who has worked with the children at the Brentwood Boys and Girls Club and I know they will describe their experience as rewarding. And this year is no exception.

The Boys and Girls Club started the school year off with a bang. On September 15, the Club, with the help of the League volunteers, celebrated the Independence Day of Costa Rica, El Salvador, Guatemala, Honduras and Mexico. The event included games, food and information on the unique cultures of each country celebrated.

This year, League volunteers continue to assist the Brentwood Boys and Girls Club by working with the children in a variety of programs. During Power Hour, students dive into their homework and reading. Goals for Graduation is a weekly program that explores the options and course studies available to prepare students for graduation and the pursuit of college. Smart Moves, also a weekly program, discusses the prevention of teenage pregnancy as well as substance and alcohol abuse. Girls on the Run is geared towards promoting self-image through running. Other programs are offered in art, technology and sports. The new club director, Pepe Caudillo, has started Teen Room, a program that brings various speakers each month to discuss topics relevant to teenage life.

The Boys and Girls Club Team challenges every League member to volunteer with us at least once this year. If you only have an hour, you can help a child read a chapter of a book or get started on their homework. If you have two hours, you can teach a craft or speak about your career and the efforts you've made to get there. Either way, it will be a rewarding experience.

For more information, contact Heather Beiza at [carysfinest@aol.com](mailto:carysfinest@aol.com).

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As we celebrate 80 years as the Junior League of Raleigh, *the Link* and the *eLink* Teams are here to spread the word about the awesome things you are doing. So as you plan your team's activities and events, please send details to both *the Link* and the *eLink* so we can share your news with all of our League members. Because, after all, we just cannot talk enough about the great things you are doing for promising youth!

## Share the News: League Members Bring Mission to Life

We are well into our League year, and with all that is going on, we just cannot talk enough about the great things our volunteers are doing in the community. With more than 1,700 League members, 13 community placements, 16 in-League placements, numerous special events, a new cookbook, a Capital Campaign, an Annual Fund and General Membership Meetings, we have a lot to share! With that in mind, we'd like for you to help us tell your story, because everything you do brings our mission to life.

The Membership Development Committee (MDC) takes the idea of **promoting volunteerism** to a new level as they guide Provisionals through nine months of League learning.

Team Training pinpoints programs that **develop the potential** of every League member.

And there is no denying how Team Helping Horse, Team Boys and Girls Club, Team SAFEchild, Team StepUP and so many other JLR teams are improving the community and changing the lives of promising youth.

Look at Team A Shopping SPREE!. The dedicated work they give to producing a top-notch shopping event brings the **effective action of trained volunteers** into sharp focus.

Everyday, you bring the mission of the JLR to life.



Kelly Pinkard pictured with Girls on the Run participants.



**Mark your calendar for the Junior League of Raleigh's Fourth Annual Showcase of Kitchens.** This will be your chance to see some of the area's finest kitchens.

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

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





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#### ADMISSIONS INFORMATION SESSIONS (JR. K - 8TH GRADE)

Tuesday, Sept. 29, 2009 7:00-8:30 pm

Thursday, Oct. 1, 2009 9:30-10:30 am

#### FALL OPEN HOUSE

Sunday, Oct. 4, 2009 3:30-5:00 pm

#### JUNIOR KINDERGARTEN AND KINDERGARTEN Q&A SESSIONS

Wednesday, Oct. 14, 2009 9:30-10:30 am

Thursday, Oct. 15, 2009 9:30-10:30 am