



# **JUNIOR LEAGUE OF DURHAM AND ORANGE COUNTIES**

**JLDOC BLOG**

**2015-2018**

Curation and archive of the league's blog posts from 2015 to 2018

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## Welcome to the JLDOC!

Posted on 08.17.15 by Arielle Cutrara



Welcome to the new website for the Junior League of Durham and Orange counties! We are excited to introduce you to a group of women who are passionate about making a difference in our community. For over 75 years, the trained volunteers of the JLDOC have worked to improve the lives of those around us while enjoying the camaraderie and friendship that comes with a shared mission and vision.

We come from all different backgrounds and every walk of life but we all have one thing in common: we really care about those around us. But we know we can't do this alone so we are always looking for new ways to partner with other likeminded individuals in our community to create the most effective change.

Get to know us. Work with us. Support us. Who knows what could happen if we all worked together to make our little corner of the world a little better and a little brighter.

We hope you will enjoy partnering with us on this journey!

JLDOC  
**ACTIVITY  
AND  
EVENTS**

## JLDOC & Student U

Posted on 09.02.15 by Kate Rugani



“What’s middle school like?”  
“Was it scary?”

Those were some of the questions JLDOC members fielded during a Summer visit to Student U. There, we met a group of 54 rising 6th graders who had spent the summer at Student U’s six-week academic enrichment program, which helps them prepare for the year to come. For the rising sixth-graders, that means a transition to middle school – the start of their journey toward the ultimate goal of attending and graduating from college.

This is the third year that the JLDOC has helped make the transition to middle school a little easier by supplying each student with a sturdy new backpack stocked with school supplies. Each of the bags contain a mix of classroom staples – from notebooks to index cards to a USB drive, all donated by JLDOC members and friends of the League. Also tucked inside is a note of encouragement from a League member. These definitely drew smiles.

It costs about \$81 to stock a new backpack with grade-appropriate school supplies, making back-to-school a time of substantial financial stress for many low-income families, not just in our immediate area, but nationwide. But all we saw that afternoon were big smiles. And lots of hands in the air, ready to ask questions!

Fiston, one of the students, thanked us for taking time out of our day to visit with students and help them prepare for school.

Bettina Umstead, Student U’s middle school program director, agreed. “We are really thankful for our partnership with the Junior League,” she said, adding that the backpack donations really make a difference for families in need.

We’re proud to be a part of the students’ efforts to beat the statistics and succeed in school. Here’s to a great year to come!

~Contributed by Kate Rugani, JLDOC President 2014-2015

## JLDOC's Healthy Living Initiative

Posted on 08.16.16

One League; one mission; one community-based impact model.

In the 2014-15 League year the JLDOC made a strategic, focused shift to take on one community issue rather than spreading our efforts among a variety of programs. The reason? We believe that by focusing our efforts we can make a strong, measurable impact. Our membership voted and chose to take on a pressing need in our community: healthy living.

The 2015-16 year was dedicated to the how and with whom of the project. How can we improve health living in Durham and Orange Counties? And with whom should we partner to develop our programming? Our mission: to increase physical and economic access to food alongside community partners in the coming years.

Our Partner: Farmer Foodshare

In the winter of 2016, the JLDOC released a request for partnership application to the community. Twenty-eight nonprofits in Durham and Orange Counties applied, and after an exhaustive selection process, Farmer Foodshare emerged as our official community partner. Farmer Foodshare has a wide-reaching presence in the community, and will allow us to work with several area organizations to improve food access. We will train our JLDOC volunteers to be food ambassadors to provide cooking demonstrations and work donation stations at local farmer's markets. We look forward to developing programming with Farmer Foodshare that will improve the lives of the food insecure in our community.



(continued on next page)

## JLDOC's Healthy Living Initiative (continued)

Why food access?

- One in four children in North Carolina are food insecure
- 81 percent of N.C. households receiving food assistance don't know where their next meal is coming from
- 28 percent of food pantries in N.C. have had to turn clients away for lack of food
- In 33 percent of families receiving food assistance, at least one adult is employed

Between 2010-2015, North Carolina has regularly ranked among the top ten states with the highest percentage of citizens experiencing food shortages.

[1] There are approximately 160-170,000 different people in our state receiving emergency food assistance in a given week. Many of these families are forced to choose between heating their homes, paying for housing and purchasing food for their families. Even in areas with high employment rates, the statistics are alarming. In Chapel Hill-Carrboro Schools alone there are more than 2,553 hungry kids.[2] In Durham County, 20 percent of children, and 18 percent of the overall population are food insecure.[3]

[1] Data is from 2014 Hunger in America Study, by Feeding America and the Food Hardship in America 2012 Report from the Food Research and Action Center.

[2] Number of children enrolled in the National School Lunch Program

[3] From [http://hunger-research.sog.unc.edu/datatable/hunger\\_data?order=field\\_county&sort=desc](http://hunger-research.sog.unc.edu/datatable/hunger_data?order=field_county&sort=desc)



## Calling All Bargain Hunters

Posted on 10.19.16 by Katie Barrett



Everyone gets excited about a bargain, right? Who doesn't love wandering into a thrift store and discovering a pair of crystal flutes, still in the box, for a song? Or stopping by a yard sale and finding a gorgeous wool coat with the price tags still attached? For 76 years the JLDOC has enabled bargain hunters in the Triangle, attracting folks from Durham, Chapel Hill, and beyond with the promise of fantastic deals.



The first Thrift Sale was hosted by the Junior League of Durham in 1940. Held at the Durham Armory, this event was put on every spring and fall until 1965, when the two sales were combined to form one Warehouse Sale. The Warehouse Sale continued until it was rebranded as the Bargain Sale in 1971. The Bargain Sale continues today, and after a brief time away will return to the Durham Armory on Saturday, October 29, 2016. Preview Night will be held on Friday, October 28, 2016 (\$10 per person or \$30 for 4 people online or at the door).

Where does the money from the League's largest annual fundraiser go? The JLDOC has a long history of giving both time and money to its community. The proceeds from Bargain Sale are combined with the League's other funding raising efforts to support community endeavors. For example, the League helped found Welcome Baby; a long-standing partnership that continues today. The League has also sponsored the Children's Museum (now the Museum of Life and Science), including its Science Library in 1961 and the Education Building in 1968. More recently, many of the funds have been awarded as college scholarships to Student U Middle School Program alumni. This year, the JLDOC committed both monetary and volunteer support to Farmer Foodshare donation stations, food ambassador program, and community events.

We hope you will join us for the festivities on Friday and Saturday, find some bargains, and feel good that the money you spend will be given back to support our amazing community.

## Moving Toward Community Impact

Posted on 10.26.16 by Katie Barrett



If you have been a JLDOC member for a while, you have probably heard about the transition we have been making from a league that supports a diverse range of worthy initiatives to one that is focused on making a lasting impact in one area. For the next several years, that issue will be Healthy Living. We are partnering with Farmer Foodshare on phase one: increasing access to and awareness of healthy food in Durham and Orange counties.

Interested in knowing more about how we here?

It all started with the Association of Junior Leagues International (AJLI). As part of its strategy for transformation, AJLI has encouraged local chapters to adopt a three-pronged approach to increase their community impact:

Listen to community needs and respond with well-designed strategies for change.

Focus on developing League members' community and civic leadership.

Create meaningful and long-lasting community change.

To this end, the JLDOC collectively decided to focus on healthy living in our communities. After evaluating various community needs assessments, we chose to start with food access.

The process of selecting a partner took several months. The League wanted to ensure that the partnership it selected was a good fit for both parties and provided opportunities for sustained impact in our communities. League members encouraged local community organizations to apply for this partnership, and 35 organizations submitted applications throughout fall 2015. After a thorough review of applications, four organizations were selected for site visits. A team from the Board of Directors completed the site visits and recommended Farmer Foodshare for the position. The four choices were presented to the general membership for a vote, and Farmer Foodshare was selected.

This year the Community Impact Committee is working with various League committees to ensure our efforts are aligned with the food access initiative. Our partnership with Farmer Foodshare includes staffing the donation tables at our local farmers' markets, leading cooking demonstrations for the community, and providing joint meals to volunteers and farmers. Stay tuned for more about these initiatives!

Right now, there are several ways you can support our partnership:

- Volunteer! There are lots of opportunities coming up including cooking demos at Bargain Sale on October 29th, 2016 and Duke Night Out at Belk on October 30th, 2016.
- Get trained to support a donation station so that you can collect food on behalf of Farmer Foodshare at the Chapel Hill Farmers' Market and the South Durham Farmers' Market
- Make a donation to the Farmer Foodshare table at your local farmers' markets.
- Join the League and volunteer!

## Giving Thanks in the Community

Posted on 11.22.16 by Katie Barrett



There are so many reasons for us JLDOD members to be thankful: for our families, our friends, and our community represent just a few. This week the JLDOD undertook two service projects to thank its community.

Farmer Foodshare partners with Inter-Faith Council for Social Service (IFC) to provide holiday meals for people in need. Produce collected through the donation stations at our local farmers markets is packaged and purchased by IFC. Several JLDOD members expressed their thank-

fulness for our community partner by helping bag sweet potatoes, collard greens, and broccoli that will be distributed with other Thanksgiving groceries.

Some of the JLDOD members expressed their thankfulness for helping the UNC Campus Community Garden. The garden provides fresh produce to many of the UNC housekeeping staff members—many of whom are refugees—free of charge. The volunteers helped mulch the paths between planting beds in order to keep weeds back from growing produce.

The JLDOD is thankful for its many partners in the community and for the opportunities to serve them. What are you thankful for this holiday season?

## Giving Thanks for Our Sponsors

Posted on 11.25.16 by Katie Barrett

Earlier this week we posted about how our JLDOC members give thanks in our community. These opportunities would not be possible without our corporate sponsors, and today we give thanks for their support. The money donated by these generous organizations enables the League to fulfill its mission to promote voluntarism, improve our community, and develop women.

### **Errand Girl of Durham**

This Durham-based company offers personal and business services that help you tackle your mile-long to-do list. Serving Durham, Chapel Hill, Raleigh, Morrisville, Apex, and Cary, Errand Girl provides reliable help for you and your family.

### **Salon Povera**

Salon Povera is a full service hair salon based in Durham. Their team of professionally certified industry educators and expertly trained stylists will help upgrade your salon experience. Salon Povera offers online booking and shopping to make caring for your hair more convenient.

### **Walker Lambe Rhudy Costley & Gill, PLLC**

Walker Lambe has offered personalized legal services to the greater Triangle community for more than 30 years. They strive to help families realize their financial goals, and they are also committed to serving their greater community. "Walker Lambe is dedicated to supporting organizations that serve and enrich our local community. We are thrilled to have the opportunity to help the Junior League's volunteer initiatives in 2017 and beyond."

The Junior League of Durham and Orange Counties is incredibly thankful for the support from these generous sponsors.

## Sharing Food, Sharing Warmth

Posted on 12.07.16 by Katie Barrett



The holiday season is in full swing. As we move from one obligation and abundantly satisfying meal to the next, it becomes easy to take our comforts for granted. The Junior League of Durham and Orange Counties is helping to make sure our fellow citizens in need also experience kindness and cheer.

As part of our Healthy Living: Food Access initiative, we are working to help nourish our community. Recently several JLDOC members assisted Open Table Ministries in serving a pre-Thanksgiving lunch to Durham residents experiencing home-

lessness. More than 100 community members received lunch that was donated generously by Revolution Durham and served at Trinity United Methodist Church.

In addition to receiving a warm meal, these Durham citizens experienced fellowship and warmth in connecting with other community members. According to Open Table Ministries, many people who are homeless lack meaningful connections to others. The loneliness and isolation that often goes hand-in-hand with homelessness is a major barrier to overcoming this dire situation for so many people.

Statistics are notoriously difficult to maintain for the homeless population. However, the 2015 Point-in-Time (PIT) count conducted by the North Carolina Coalition to End Homelessness estimated the NC homeless population to be nearly 11,000 people, including more than 2,000 children under 18 years of age. Nearly 1,000 of the people who reported homelessness live in Durham and Orange Counties.

Lunches such as this one hosted by Open Table Ministries are just one aspect of addressing homelessness, but offering a friendly face and a warm meal can mean a lot to people who don't often receive kindness.

If you are interested in learning more about the experience and challenges of homelessness, check out *The Soloist* by Steve Lopez. What are some of the ways you are spreading kindness this holiday season?

## Provisionals in the Garden

Posted on 12.16.16 by Katie Barrett



Volunteering is one of the corner stones of the Junior League of Durham and Orange Counties. Every member of the JLDOC completes the Provisional program before becoming an “active” member. The semester-long course is designed to teach incoming members about the mission and operations of the League and, perhaps most importantly, to train them to become strong volunteers and ambassadors in the community.

A key portion of the Provisional program is the Provisional Project. Its purpose is to develop the potential of our provisional members by building their skills as trained volunteers through effective action. Each

project is structured to ensure it aligns with the JLDOC mission and community focus. It is also flexible enough to allow the provisionals to express their creativity and leadership in planning and implementation.

This fall the Provisional class partnered with Anathoth Community Garden. Anathoth was created in response to a community tragedy in order to provide members with a healing space that also promoted deeper connections with the land.

The Garden serves its community by offering a CSA program on a sliding scale, making it possible for most families in the area to participate. The program also includes donations to Orange County families in need.

In November the Provisional class offered a cooking demonstration to 20 CSA participants and community members. Working closely with Executive Director Chas Edens, they developed four committees that oversaw operations, finance, material preparations, and marketing for the event. The goal was to equip participants with some of the basic and important techniques for preparing the foods in their shares.

During the demonstration, CSA members learned how to peel and chop a butternut squash and how to dice an onion. They learned about “massaging” kale to create a tenderer and tastier

## Provisionals in the Garden (continued)

kale salad. The group also made foil veggie packets that can be made ahead and cooked easily in the oven.

At the end of the demonstration, the CSA participants and provisional members shared a meal of skillet fajitas, kale salad with raisins, walnuts, and blue cheese, and their foil veggie packets with butternut squash, onions, and sweet potatoes.

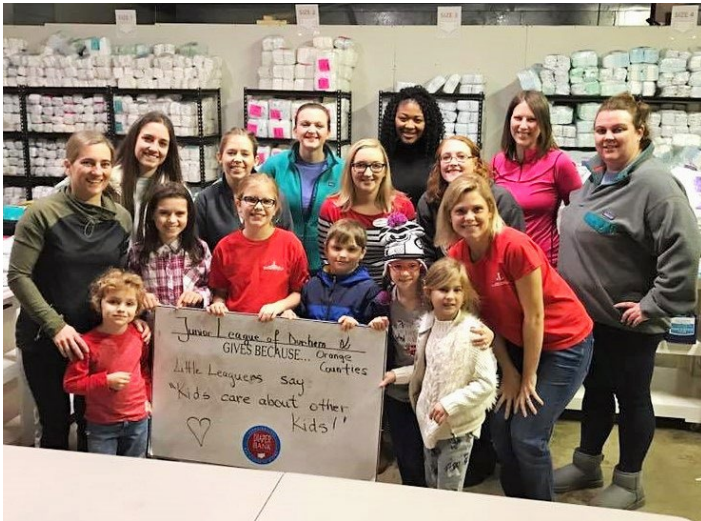
It was a fun and educational event for everyone. The Provisional class and the JLDOC are grateful for our partnership with Anathoth Community Garden and look forward to co-hosting more events like this.

Are you interested in how you can participate in these types of events? More information about joining the provisional class can be found [here](#).



## Spotted in the Community: Diaper Wrappers

Posted on 03.20.17 by Katie Barrett



The Little Leaguers Committee organizes events that promote engaging kids in community service, allowing JLDOC members to share their love of volunteering with their children. Recently the Little Leaguers partnered with the Diaper Bank of North Carolina to prepare packages of diapers and baby wipes for families in need. Executive Director Michelle Old gave the team an overview of what the Diaper Bank does and how it reaches families in need. Then League members and their children worked in teams to repackage diapers of all sizes and wipes.

The U.S. Census Bureau estimates that in 2015, 23-28% of North Carolinian children under the age of 5 lived in poverty (defined as an annual income of \$24,450 for a family of 4 people). Diapers alone can cost \$80 or more per month, and families on temporary assistance receive less than \$300 per month for basic needs (such as rent, clothing, utilities; based on one parent and one child). The high burden of diaper costs forces many parents to make extremely difficult decisions about where to allocate their precious dollars. With food shelter, food, and transportation often taking priority, some families simply cannot afford to pay for diapers. Even reusable diapers often are not feasible, especially for parents who work (often multiple jobs) or lack of access to laundry facilities in their home.

The Diaper Bank provides critical resources that can help prevent painful and expensive skin and urinary infections in infants and toddlers. The organization distributes diaper packages through agencies that work directly with families throughout North Carolina. This helps to ensure families in need are connected with appropriate case management services and receive supplies quickly and efficiently. Last year, the Diaper Bank distributed over 2 million diapers across the state! Diapers alone won't help alleviate poverty, but these services can improve the health and quality of life for many struggling families.

Do you want to help? There are many ways to get involved. You can donate diapers, wipes, money and time, or consider participating in the Diaper Bank's upcoming fundraiser, Kidcycle Consignment.

## Harvey Can't Stop the Junior League

Posted on 08.31.17 by Katie Barrett

Just as we start getting excited to kick off the 2017-2018 League year, we are sobered by the widespread devastation wrought by Hurricane Harvey (now Tropical Depression Harvey) and the trauma experienced by our friends and families along the Texas and Louisiana coasts. Most of us have seen the horrifying images of destroyed buildings and stranded residents as well as the heartwarming images of neighbors rescuing neighbors. Situations such as these remind me why I joined the Junior League in the first place.

Many of our own JLDOC members have close ties to Southeast Texas and Louisiana. I myself left my hometown for college in Houston and loved it so much I stayed for more than a decade. It is where I first came into contact with the League, when I joined the Junior League of Houston (JLH). It was difficult to leave the wonderful friends I met through the JLH, and being able to stay connected through the Association of Junior Leagues International (AJLI) has been wonderful.

Just as our own JLDOC works with communities in Durham and Orange Counties, the JLH works with and supports dozens of organizations in Houston that provide medical care, transitional housing, food and other services to area residents. They are currently mobilizing their trained volunteers to provide hands-on support to their partners during this time of crisis. For example, the Junior League of Victoria, Texas (JLVTX) is housing out-of-town first responders. The Junior League of New Orleans (JLNO) is organizing a diaper and feminine products drive. A more complete list can be found on the AJLI website. Our own JLDOC is working with the AJLI to determine the best way we can support our sister Leagues along the Gulf Coast.

None of us is immune to natural disasters, no matter where we live. The floods in South Asia and Niger and the impending Hurricane Irma serve as constant reminders of this. If anything can be gleaned from this latest storm, it is that we are resilient when we band together. The Junior League was founded on building this resilience and continues to bolster every community in which it is housed. Nature continues to remain unpredictable, as we in North Carolina know well. I am comforted to know that our JLDOC has prepared with hundreds of trained volunteers who will make sure the communities in Durham and Orange Counties remain strong in times of need.

Update 9/4/2017: For League members and supporters who wish to help, the JLDOC and AJLI recommend supporting the Texas Diaper Bank by fulfilling items from its Amazon wishlist.

## Sharing Gratitude with Our Community

Posted on 01.12.18 by Katie Barrett

Happy New Year from the JLD0C! As the holiday season comes to a close, we reflect on the many things we are thankful for. One of the greatest aspects of the League is that its members have a variety of opportunities to express their gratitude by sharing their time and talents with our community year-round. Here are just a few of the ways we worked with community-based organizations to spread a little holiday cheer this holiday season.

We partnered with our Community Focus partner, Farmer Foodshare, for several events this season to help make fresh food available to the community. Many Saturday mornings were spent collecting produce donations at local farmers markets. Members and "Little Leaguers" also packed bags of fresh produce donations for food pantries for both the Thanksgiving and Christmas holidays. Some of us also helped prepare one of their community meals at Reality Ministries, an organization that helps underserved populations, such as people with developmental disabilities, find a sense of belonging.

We also worked with several longtime partners throughout Durham and Orange counties. Many volunteered at PORCH in Durham and Chapel Hill to bag hundreds of pounds of dried goods that were later delivered to pantries across the area. Thanks to the generosity of the local communities, we were able to fill the bags with a little extra for the holidays.

Several members went to The Ronald McDonald House of Durham to prepare brunch for families staying at the House. Many of the residents were grateful for a warm, home-cooked meal before heading to the hospital to support their loved ones.

Dress for Success Triangle NC, an organization that works with women to achieve economic independence, needed help organizing clothing donations for their boutique, and the JLD0C delivered. Women who receive coaching from the organization are able to select a professional outfit for their first interview, and the boutique makes professional attire affordable for women in the greater community.

Santa needed a little extra help this year, and some of our elves worked with the East Durham Children's Initiative to help parents select and wrap Christmas gifts for their children. Every child received a book thanks to the generous donations from Book Harvest. EDCI provides a variety of high quality services, such as school readiness programs, to children of all age groups in one of the Triangle's most economically distressed neighborhoods.

This year the Museum of Life and Science hosted its 40th Annual Santa Train. Families traveling by rail to the North Pole enjoyed face painting, hot chocolate and festive lights and music. Members also helped some of the travelers celebrate the season with holiday crafts along the way.

We at the JLD0C are thankful for the many community partners and families who make our giving possible, and we look forward to building on these efforts in 2018. **What are some of the ways you choose to share your gratitude?**

## Are you disrupting? We hope so.

Posted on 02.09.18 by Jane Yarbrough



As the 12 inches of snow finally melted away in Durham and Chapel Hill, a trip to Southern California could not come soon enough. As your President-Elect (PE) and President-Elect Elect (PEE — yes, that is a thing), we departed January 25 for the annual Association of Junior Leagues International (AJLI) Winter Leadership Conference. This year's theme Disrupting Convention challenged us to think outside the box on topics ranging from diversity to community engagement to our own leadership style.

We joined Junior League leaders from across the country (including a great NC contingent, see photo below) for three days of workshops, training and information sharing. We were grouped with attendees preparing for our same roles in leagues of similar size. Being organized this way, gave us three key insights on our League:

- The JLD OC is already disrupting convention. We are one of a handful of leagues that has adopted both the Voice & Choice Membership Model (offering flexibility and choice for our members) and the Issues-based Community Impact Model — the 3-year process that lead to the selection of Access to Healthy Food as our impact area and Farmer Foodshare as our main community partner.
- The JLD OC is diverse. Compared to AJLI's combined national statistics, our membership is more diverse in race, education and age.
- The JLD OC has an awesome headquarters. Junior Leaguers from across NC have visited the Hill House and they love it! Just so you know, some leagues meet in office buildings – yikes. We should be proud of our HQ and the rich JLD OC history it represents.

More than anything, we gained insight and leadership skills to bring back to the JLD OC to help us continue to fulfill our mission to develop the potential of women, improve our community and promote volunteerism as a whole. We hope to leverage these learnings as we meet new opportunities and challenges in the coming years.

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## **Are you disrupting? We hope so.** (continued)

Here are our favorites nuggets:

- Focus on being mission-driven, member-centric
- Mean what you say, say what you mean
- Always assume good intent
- If it is your decision to make, make it

We believe if all members following these simple mantras, we will have another 80+ years of impact! We are thrilled to be your incoming leaders for the JLDOC and the AJLI Winter Conference continued to anchor that sentiment. Attending conferences like this one, ODI (Organizational Development Institute) and others are opportunities for our members and we hope you will consider participating. All you need to do is let a current JLDOC leader know you would be interested. If you do not know our Board of Directors, you can see a list [here](#).

Now, whether you're planning Diamond Ball, organizing Extra Hands, planning the #METOO event, a Provisional, a Sustainer, a board member, a new member — no matter your role, it is important to keep disrupting convention!

Catherine Lunger  
President-Elect  
JLDOC

Jane Yarbrough  
Vice President, Communications  
President-Elect Elect  
JLDOC

## Leading Ladies Host #METOO Speaker & Discussion

Posted on 04.16.18 by Jane Yarbrough



Submitted by Paige Smith, Assistant Vice President, Training & Development Council

The me too. movement, first coined in 2006, has been helping survivors of sexual violence long before the popular hashtag went viral last year. The spread of the #METOO hashtag launched a vital conversation about the prevalence of sexual misconduct into the national spotlight. Now, conversations about developing a culture of inclusion and equality are happening in the workplace daily.

As an organization of all women, the Junior League of Durham and Orange Counties (JLDOC) was compelled to lean in to the conversation. Our own members are facing microaggressions constantly and might not recognize them or do not know what to do about them. In response to the environment in which our members live and work, the JLDOC's Leading Ladies group invited Gracie Johnson-Lopez, an expert on diversity and HR solutions, to talk to our members about bias, equity, #METOO and women.

During our event this past March, Gracie took a taboo topic and elegantly discussed data around inclusion and equity within the workplace. She dismissed the idea that anyone of us is immune to performing acts of discrimination; everyone has natural biases and that is human. Through group work, storytelling, and brainstorming, the more than 50 women who attended were challenged to think about how they can respond to this worldwide movement. She also offered tangible tips for moving beyond the conversation and building a culture of inclusion.

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## Leading Ladies Host #METOO Speaker & Discussion (continued)

Here are some of her recommendations:

- Interrupt Early: Workplace culture largely is determined by what is or is not allowed. Speak up early and often to build a more inclusive environment.
- Build policies: Call upon existing and possibly forgotten or ignored policies to address offensive behavior.
- Escalate: If poor behavior persists, take complaints to management.
- Band together: Likeminded colleagues can form an alliance by working together to set examples even in the face of enormous fears and obstacles.

Gracie ended with a picture of Dorothy on the yellow brick road. On her path, Dorothy had what she needed the whole time, but she needed a team of emotional support to get there. To learn more about Gracie and her work in this area, visit <http://diversityhrsolutions.com>.

What will you do to be an example of inclusion in your workplace?



Gracie Johnson-Lopez addressing a standing room only crowd at Hill House.

## Bargain Sale: A JLDOC Legacy

Posted on 05.14.18 by Jane Yarbrough



**Authored By: Meghan Hunt, Assistant Vice President, Finance and former Bargain Sale Chair (2016)**

The Junior League of Durham and Orange Counties (JLDOC) is rich in tradition and history. At 80 years old, how could we not be? The JLDOC has helped develop some of the most influential women leaders and has contributed greatly to the community through its programs and volunteer hours, but there are a few achievements that stand out.

Bargain Sale – our longest running fundraiser – might top the list. Not only because it has been held the past 78 years, but because it impacts every part of the JLDOC’s mission — developing the potential of women, improving our communities and promoting volunteerism. As our community needs change and our members evolve, so must our programs. We are retiring Bargain Sale this year as we embark on new opportunities to fulfill our mission. As we end the 2017-2018 League year, we would like to recognize the great legacy of Bargain Sale.

The first Thrift Sale was hosted in 1940, and in 1971 that the sale took on the moniker that we now associate with the event, Bargain Sale. Over the years, the JLDOC has provided gently used items to be sold to members of the community, and the funds raised helped support some of our most notable programs, from founding Welcome Baby, to sponsoring the Children’s Museum, now the Museum of Life and Science, to today supporting Farmer Foodshare in their efforts to bring healthy food to people who need it.

Bargain Sale would not be possible without the help of all League members, but there have been select groups of dedicated women, during the last 78 years, who have served on the Bargain Sale Committee and made this event happen year after year. These League Warriors have devoted countless hours, blood, sweat, sometimes tears, but always laughter, to pull off this momentous event each year. It is their dedication and passion that has helped drive this fundraiser for so long.

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## **Bargain Sale: A JLDOC Legacy** (continued)

When asked to reflect on her time serving on the Bargain Sale committee, former JLDOC President and Bargain Sale Chair Lauren Dickerson said, “I made some of my best friends and learned so much about the League, our community and myself. I grew as a leader and volunteer. I can honestly say Bargain Sale was truly my favorite JLDOC experience and I will always be grateful for the dust, dirt and ‘treasures’ I found along the way, in the form of friendships, experiences and memories.”

I, too, am a past Bargain Sale Chair and it will always be one of my favorite placements for two reasons. First, for how the Sale connected me with members of the community. At my first Bargain Sale, I remember a woman asking me about the Junior League –who we were and what we did. After I stumbled through my responses as a newbie, she smiled and simply said ‘thank you for all the work you do to put on this sale’ and I know the challenging work was worth it. The second reason I loved this Bargain Sale placement was for the wonderful women I have worked with over the years. Bargain Sale is kind of like baptism by fire. You come out on the other side of the event with not only a sense of accomplishment, but also a strong connection to a fierce group of women.

One of the most heart-warming impacts of Bargain Sale I’ve heard is from Shannon Tucker, a former JLDOC President and Bargain Sale Chair. Shannon shared, “When I was JLDOC President, I was thrilled the Board of Directors voted to donate all of our profit from Bargain Sale Preview Night’s silent auction to Communities in Schools of Durham. We gave a scholarship to one of its graduating seniors, threw them a wonderful graduation dinner, and donated thousands of dollars to its English department. It felt like we were living up to our mandate to make Bargain Sale serve our community, not just the League’s finances. This is what I think Bargain Sale truly stood for – giving back to our community, training our members to become leaders and forging new friendships. And isn’t that what the Junior League of Durham and Orange Counties is all about?”

I could not have said it better myself.

As we move forward with new ideas and endeavors, we wanted to share a final thank you to the many women who have lead and supported Bargain Sale over the past 78 years – whether you were a chair or you hit your credit card max in the boutique section – you were enabling the mission of the JLDOC. For that, we are forever grateful.

TASTE OF  
TOBACCO  
ROAD  
**COOKBOOK**

## Healthy Holiday Habits

Posted on 12.01.16 by Katie Barrett



For those of us who are fortunate enough to be near family, spending time with our loved ones is the best aspect of the holiday season. Love, laughter, and food often abound. Despite our best intentions, many of us find it difficult to prioritize healthy eating. Fabulous holiday spreads and cookie exchanges have led to many a downfall.

Fortunately there are easy things we can do to inject some tasty, inexpensive nourishment into our holiday routine. The JLDOC's Taste of Tobacco Road offers several options. The Cookbook Committee recommends its Festive Fall Salad (page 93) to help celebrate the season and fuel our bodies at the same time.

Butternut squash is high in potassium (good for your heart and blood), dietary fiber (help that digestion), and vitamin A (essential for eye health and bone growth). This simple recipe is sure to please the family, and you can feel good about giving your immune systems a boost!



### Festive Fall Salad

#### SALAD

2 cups butternut squash, peeled, seeded and cut into cubes  
Vegetable oil  
1 cup pomegranate seeds  
3 tablespoons goat cheese  
5 ounces mixed green lettuces

#### TARRAGON VINAIGRETTE

3 tablespoons olive oil or liquid coconut oil  
1 tablespoon red wine vinegar  
1 teaspoon dried tarragon (potential alternatives: dried rosemary, basil, or oregano)  
Salt and pepper to taste

## Healthy Holiday Habits (continued)

For the Salad, toss the squash with a small amount of oil to coat in a bowl. Spread on a roasting pan. Bake at 400 degrees for about 40 minutes, tossing occasionally. Allow to cool.

For the Tarragon Vinaigrette, combine the oil, vinegar, tarragon, salt and pepper in a small bowl and whisk until well blended.

Combine squash with the pomegranate seeds, goat cheese and lettuces in a large bowl. Add the Tarragon Vinaigrette to the salad and toss to coat.

### Techniques:

- A small-to-medium sized butternut squash will yield approximately 2 cups of cubed flesh. A large squash (like the one pictured) will yield closer to 4 cups or more. You can store the extra squash in a covered container the refrigerator for up to a week. Put it in other salads or heat it up and top it with a fried egg for a warm breakfast.
- If you have access to fresh pomegranates, you can [click here](#) to learn how to peel one.
- You can double or triple the salad dressing recipe to have something tasty on-hand for later. Mix it well and store in an airtight jar in the refrigerator for up to two weeks.

### Other possible substitutions:

- You can use dried cranberries or raisins if pomegranate seeds are not available. I had left-over currants from Thanksgiving. They weren't as pretty as pomegranate seeds, but they were tasty.
- If goat cheese isn't your thing (it isn't everyone's), a mild feta or farmer cheese would also be nice.
- Any tender salad green will work: baby spinach, Swiss chard, etc. If you are using a tougher salad green, such as Tuscan or Red Russian kale, slice it very thinly (the fancy term is "chiffonade"), toss it with half of the vinaigrette and let stand for 5-10 minutes before adding the other salad items. The vinegar will tenderize the greens.
- Dried basil, oregano, or rosemary will do in a pinch if you don't have dried tarragon.

Proceeds from Taste of Tobacco Road sales help support the JLDOC mission to promote voluntarism, develop the potential of women, and improve communities through the effective action and leadership of trained volunteers.

## Holiday Bites

Posted on 12.09.16 by Katie Barrett



Tis the season for celebration. Festive parties abound, and it is easy to become overwhelmed with so many parties and so much to cook! Which recipes are simple and nice enough to show off to friends and family?

Deviled eggs are a favorite among many of us in the Southern U.S. Easy to make, pretty to look at, and always tasty, these protein-packed delights are a wonderful holiday treat. Here is a spicy version of a holiday favorite from the Taste of Tobacco Road (page 15). These are great to bring to a potluck and are included in the JLDOC Cookbook Committee's suggested holiday menu.

### **Taste of Tobacco Road Holiday Menu**

Appetizers: Spicy Deviled Eggs (recipe below, page 15), Christmas Log with Pattie Crackers (pages 32-33), Country Ham Rolls (page 16)

Starters: Bibb Lettuce with Hungarian Dressing (page 86), Butternut Squash Soup with Sage Croutons (page 73),

Entrees: Beef Tenderloin (page 123), Risotto with Roasted Sweet Potatoes and Spinach (page 165)

Sides: Corn Soufflé (page 109), Hot Cranberry Casserole (page 116), Gratinéed Cauliflower (page 107)

Dessert: Never-Fail Fudge (page 184), Southern Pecan Pie (page 198)

### **Spicy Deviled Eggs**

12 hard-cooked eggs, cooled and shelled  
3 1/2 tablespoons mayonnaise  
2 teaspoons Dijon mustard  
2 teaspoons white vinegar  
1/4 teaspoon kosher salt  
1/8 teaspoon pepper  
4 dashes of Tabasco sauce, or to taste  
1 teaspoon chopped pickled jalapeños, drained  
1 teaspoon finely chopped pimentos, drained  
1 teaspoon chopped parsley  
1 teaspoon finely chopped chives  
Dash of sunflower oil (optional)  
Paprika and fresh jalapeño slice halves for garnish

## Holiday Bites (continued)

### Directions:

Cut the eggs lengthwise into halves using a sharp knife. Remove the egg yolks using a small spoon and place in a small mixing bowl. Place the egg whites cut sides up on a serving plate.

Mash the egg yolks with a fork in a bowl until the texture of loose crumbs. Add the mayonnaise, mustard, vinegar, salt, pepper and Tabasco sauce; mix until smooth.

Combine the pickled jalapeños, pimientos, parsley and chives in a small bowl and mix well. Fold into the egg yolk mixture.

Spoon into a piping bag or a resealable plastic bag with an end snipped. Fill the egg whites in a circular pattern. Garnish with paprika and fresh jalapeño.

### Techniques:

peel Sometimes those eggs just won't peel! You can read all kinds of advice about the right egg "age" or how to boil them properly. I have found the spoon technique to be quite useful when all else fails. First gently crack the egg all around and remove the shell around the air bubble. Using a teaspoon, slide the tip of the spoon underneath the film that lies between the egg and the shell. Ease the spoon down the egg moving just a little at a time. There will be small imperfections as you go, but this can help you avoid removing huge chunks of egg.

Did you ever wonder how that paprika is sprinkled so perfectly in professional photos? You can get the same effect using a fine mesh sieve, just as you do with powdered sugar. Pour the paprika into the sieve and gently sift over the finished eggs. Your friends will think you're a professional!

### Potential alternatives:

For those who are trying to avoid mayonnaise, plain Greek yogurt is a good substitute. Or if you don't want to give up all of the mayonnaise flavor, you can use 2 tablespoons of mayonnaise and 1 1/2 tablespoons of yogurt.

I didn't have any pimientos on-hand, but I had some chipotle chiles leftover from Thanksgiving. They added a little more heat and a great smoky flavor.

I didn't have fresh jalapeños, so I chopped up some additional pickled jalapeños for the garnish on top. It certainly wasn't as pretty as the fresh slice in the picture, but it was quite tasty!

Proceeds from Taste of Tobacco Road sales help support the JLDOC mission to promote voluntarism, develop the potential of women, and improve communities through the effective action and leadership of trained volunteers.

MEMBER  
**SPOTLIGHT**

## Membership Monday – Kelly Preussner

Posted on 01.02.16 by Katie Barrett



Kelly Preussner is this year's Assistant Vice President for Membership and Development. She joined the League in 2014 in order to meet more people outside of Duke, where she works, and to become active in the community she now calls home.

After joining the JLDOC Kelly served on the Membership Enrichment Committee, where she tried to be an active and engaged voice. Her efforts were noticed, and when asked if she was interested in moving into leadership, she indicated she definitely was.

Kelly enjoys working with all of the committees that form the Council and appreciates the opportunity to lead the amazing women involved. It can be a lot to juggle her position as the Duke Athletics Assistant Director of Academic Support and her League commitments. Kelly says that communication—and a good dose of fun—are her secrets to staying on top of everything.

Kelly's advice for future League leaders is to get involved: do many different types of Extra Hands and get to know the ladies in the League. Her favorite League experience is the September 11th dinner for the Durham firefighters, which she has helped serve for the past three years. She says, "I think giving back to those who protect us is so important!"

Here are a few things you might not know about Kelly:

- Community involvement outside the League: Involved in my church and volunteering with my athletic teams in the community
- Favorite restaurant in Durham or Orange County: Guasaca Arepa & Salsa Grill!
- Best book you've read recently: The Best Yes: Making Wise Decisions in the Midst of Endless Demands by Lysa TerKeurst
- Best movie you've seen recently: I don't go to many movies but I am sucker for all Nicholas Sparks movies so I'd say The Best of Me
- Favorite Sports team(s): Duke Blue Devils!! Otherwise Atlanta Braves
- What do you like to do for fun? Go to sporting events, travel, golf

Thank you, Kelly, for sharing your voice with the League!

## Membership Monday

### Jessica Dedrick, JLDOC President

Posted on 09.12.16 by Katie Barrett



Meet Jessica Dedrick, the current JLDOC President. Jessica joined the JLDOC in 2006 because she was looking to meet new women, provide something back to the community and make connections. Prior to her service on the JLDOC Board, she was a member of League Advancement (now Fund Development) and chair of the Holiday Market. She got involved with League leadership because someone asked if she might be interested, and she said yes!

One of Jessica's favorite League experiences is participating in Little Leaguers with her daughter, Lola. Little Leaguers provides opportunities for "instilling in my daughter what I love – letting her know we can all make a difference." She also enjoys building relationships and challenging herself through her leadership in the JLDOC; in her words, "learning about myself and what I can do that I didn't think I could." She stresses that, especially in leadership positions, it's important to "set realistic expectations and be okay with saying no sometimes." Above all, she encourages JLDOC members to take the opportunity to lead. It's a great way to challenge yourself, explore your community and explore new opportunities.

When she isn't attending General Membership Meetings, Board Meetings, Extra Hands volunteer opportunities, or meeting with community leaders, Jessica is a compliance director for the USDA and a Matilda Jane Trunk Keeper. In her remaining free time, she also volunteers with the Mangum Elementary Parent-Teacher Organization. Here are a few more things you may not know about Jessica:

- Family: Husband – Austin, daughter – Lola (6)
- Favorite restaurant in Durham or Orange County: Parizade
- Best book you have read recently: Gone Girl by Gillian Flynn (yes, I haven't had much time to read recently)
- Best movie you have seen recently: The Secret Life of Pets
- Favorite sports team: NCSU Wolfpack
- What do you like to do for fun? Vacation, and go out with friends

Jessica, thank you for saying YES to serving the JLDOC. We are lucky to have you!

## Membership Monday – Jane Bullock

Posted on 09.19.16 by Katie Barrett



Meet Jane Bullock, the 2016-2017 Immediate Past President of the JLDOC. Jane is a software consultant who joined the Junior League in 2007 when she lived in Winston-Salem, North Carolina. She was motivated to meet people and learn more about her community, which has led to nearly 10 years of service with the League. In addition to serving as President of the JLDOC, she has also served as a Face of the League committee member, Membership Advisor, Membership Assistant Vice President and Board Member At-Large. Jane's advice for balancing work, family and JLDOC life: "Make sure it's something worthwhile and rewarding for you – if it's important, you will make time and balance all your responsibilities."

Jane is passionate about her service to the League, especially because it allows her to spend time with "an incredible group of smart, motivated and committed women. I love that we want to improve the community by way of improving the JLDOC." She especially enjoys the annual Community Leaders Breakfast in the spring, when leaders in Durham and Orange Counties are invited to Hill House to learn about and celebrate the JLDOC's accomplishments. Jane says, "It is such a reward for our members to see the support we receive from leaders in Durham and Orange Counties. I especially love to see the excitement of all the community partners talking about how we can work together."

How did Jane get involved as a leader within the League? "By saying YES when asked! I attended different events, asked questions, engaged with and learned from past leaders about JLDOC." For those who are interested in League leadership, she advises, "Get involved in different things, develop relationships beyond just your friends and just say yes!!"

Here are a few things you may not know about Jane:

- Family: A full gaggle: Will (husband), Lilly (9), Fowler (6) William (4)
- Community involvement outside the League: Girls on the Run, North Carolina School of Science and Mathematics Alumni Board, Parent Volunteer
- Favorite restaurant in Durham or Orange County: Parizade
- Best book you have read recently: (Re-)reading Harry Potter with my kids
- Best movie you have seen recently: Maleficent
- Favorite Sports team: Duh – Tar Heels!
- What do you like to do for fun? Watch TV, especially crime shows.

Thank you for your service, Jane! The JLDOC is lucky to have you.

## Membership Monday – Cat Lungert

Posted on 09.26.16 by Katie Barrett



Cat Lungert is one of the current Board Members At-Large. She joined the League in 2012 after moving from Columbus, Ohio, in order to get involved in the community. Her previous League experience includes serving as Chair of the Membership Advisor committee, and this is her second year serving as an At-Large Board member. Her favorite aspect of the League is Extra Hands—all of them! She says, “I’ve always had a great time getting to know the community organizations and spending time with other league members.” In keeping with her passion for volunteerism, her advice to future League leaders is, “stay calm and volunteer.”

Teamwork is an important part of her leadership role. Cat enjoys working with women from all councils to develop League members and continue the League’s impact on its community. Leadership is also a way to challenge herself in new ways. She says, “The strategic challenges that are part of being in a leadership role are fun and for me, a way to keep a different skill set sharp outside of my daily job roles.” Cat structures her time carefully to make sure each area of her life receives the attention it needs. “I’ll block out time to sit down to complete a task and when the time is up, I stop. It forces me to realistically estimate the time things will take to complete. And, I’ve learned over time, it is always okay to say no.”

When she isn’t at the JLDOC, Cat works in Accounts Payable at Fullsteam Brewery and as a tour guide for Taste Carolina Gourmet Food Tours. She also volunteers on the Crayons2Calculators Fill that Bus committee. Here are a few other things you might not know about Cat:

- Family: Husband Adam, best dog Giza (she’s old and very special)
- Favorite restaurant in Durham or Orange County: Pomperri Pizza
- Best book you have read recently: The Rent Collector by Camron Wright – it was so good!
- Best movie you have seen recently: Kingsman: The Secret Service
- Favorite sports teams: The one with the best tailgate
- What do you like to do for fun? Have drinks with friends on a patio

Thank you, Cat, for staying calm and volunteering with the League!

## Membership Monday – Patty Sprouse

Posted on 10.03.16 by Katie Barrett



Patty Sprouse is the 2016-2017 JLDOC Recording Secretary. Patty joined the JLDOC in 2013 after hearing how great the League is from her friend, Jane Bullock. In her own words, “I love the notion of making a direct impact on our community with such a large force of dedicated women.” This impact was realized when the JLDOC prepared backpacks for students entering the middle school program at Student U Community College. She says, “It was fun to see how excited they got about stuff they deserve to have.”

Since joining the JLDOC, Patty has served on the Community Connections committee and on the Board as Member At-Large. She got involved in leadership by saying “yes” when asked. In addition to making deeper connections within the League, Patty says leadership has given her “a much larger respect for other roles too – getting to know the behind the scenes details helped me see just how hard everyone worked to make the League great.” Patty maintains work/family/JLDOC balance by scheduling things on her calendar so that she can adjust as necessary “to bring things back into balance.” She advises future League leaders to “Force yourself a little out of your comfort zone. Those are the times the most meaningful experiences tend to happen.”

Patty is a therapist who specializes in anxiety, trauma, and depression and owns her own practice in Mebane. Outside of the JLDOC, she volunteers with the PTA, Boy Scouts, and activities at her church. Here are a few other things you might not know about Patty:

- Family: Husband, Andrew – married 13 years, 2 sons – Clay (9 yrs old) and Charlie (6 yrs old)
- Favorite restaurant in Durham or Orange County: Watts Grocery, with Mateo in a close second.
- Best book you’ve read recently: Loving Frank by Nancy Horan
- Best movie you’ve seen recently: Star Wars: The Force Awakens
- Favorite Sports team(s): Tar Heels and Kentucky Wildcats
- What do you like to do for fun?: Read, watch TV/movies, bake

Patty, thank you for saying YES to the League!

## Membership Monday – Lisa Johnson

Posted on 10.10.16 by Katie Barrett



Lisa Johnson is the current JLDOD President Elect. The Vice President of Kil-Mor Pest Management joined the League in 2005 to make lasting connections with volunteer organizations and other volunteers in the area. Additionally, the JLDOD offered place to meet and welcome new people moving to Durham. This twice Vice President of Finance has also served on the Bargain Sale, Holiday Market, and Fund Development committees. Touch-a-Truck was one of Lisa's most memorable experiences. "It was very cool to take a project from concept to completion. Also, it was a lot of fun."

Lisa become involved in League leadership by speaking up in her committee meetings. Sharing her voice and ideas led to more interaction with League leaders and eventually a leadership position on the Bargain Sale committee. Being able to see "the big picture" is what Lisa enjoys most about serving on the Board. "It's wonderful to be able to see every aspect of our League's mission being carried out by the various councils and committees while still being very connected to every aspect of all the functions of the League."

Balancing work, family and the JLDOD is a constant work in progress. "Planning ahead is key, my calendar is one of my best friends. It helps me make sure that I don't over commit and it's a visual reminder of where I'm spending all of my time and who I'm spending it with." The flexibility of the JLDOD is also important, as it allows her to bring her daughters when necessary. "They love the League, and I love them being able to see what we do!" What is Lisa's advice for future League leaders? "Don't be afraid to say YES! But learn when to say no...We're a team, no one has to do anything alone (plus, we're fun!)."

Here are a few things you may not know about Lisa:

- Family: Married to Will for 15 years, two daughters (Tinsley, 7 and Harper, 6), two dogs (Mickey, 16 and Holly 2).
- Community involvement outside the League: After so many years in the League, much of my involvement is with JLDOD partners (past & current: Durham Rescue Mission, Lineberger CCC). Mangum Elementary PTO Treasurer, Durham Regional Association of Realtors.
- Favorite restaurant in Durham or Orange County: my FAVORITE is actually in Hillsborough, La Place (I could eat there nearly every day). In Durham would be NanaSteak.
- Best book you've read recently: The Paris Wife by Paula McLain. It's actually the second time I've read it, and it was just as good the second time.
- Best movie you've seen recently: This makes me realize I really don't watch very many movies (not including kid movies with the girls)—I love superhero and action movies, so Deadpool and Avengers: Age of Ultron are my two recent faves.
- Favorite Sports team(s): NC State, The Panthers and The Chargers
- What do you like to do for fun? I play on several tennis teams throughout the year, I love to tailgate at NC State football games and I love to go to the beach with my family.

Thank you, Lisa, for sharing your voice with the League!

## Membership Monday – Arielle Cutrara

Posted on 10.17.16 by Katie Barrett



Arielle Cutrara is the 2016-2017 JLDOC Vice President for Communications. This full-time mom and nanny joined the League in 2009. She says, "I grew up in a small town and even though we didn't have a League there, I knew about the Junior League and the work they did in the community. I was impressed by a group of women who took time out of their busy lives to make a difference in their community and knew I wanted to be one of them. I put off joining for a number of years because I kept telling myself, 'Oh, well, when my season of life changes, then I'll join.' But one day I kind of woke up and said, 'What am I really waiting for?!' and that was that. One of the best decisions I've ever made."

Since joining the League, Arielle has served on the Extra Hands and Bargain Sale committees and as Annual Fund Director. She has also served in multiple roles on the Board: as Member-At-Large, Assistant Vice President for Communications, and is serving her third term as the Vice President for Communications. Arielle knew when she joined that she wanted to be part of the leadership team one day. By serving her placements faithfully, she began to get noticed and eventually was asked to join the Board. Of her position, she says, "I really enjoy (and take seriously) the responsibility of helping guide an organization with such a rich history of community service and developing the potential of women into the next season."

Arielle has a lot of experience juggling multiple priorities. To keep life in balance, she advises, "Only you can choose what is most important in your life and what needs your attention. My encouragement is to put first things first and refuse to feel bad about it—for me that is my little family." She also encourages future League leaders to "do what you enjoy. You can't be someone you are not and you will do best by doing what you do best. Find your place and then be diligent—it will pay off."

Here are a few things you might not know about Arielle:

- Family: Chris, Maggie (almost 2), Bella & Lilly (dogs)
- Community involvement outside the League: I am also involved with my church.
- Favorite League experience: Being part of a team. I love projects and getting things done, but I like doing it with others and seeing what each person brings to the table.
- Favorite restaurant in Durham or Orange County: Cuban Revolution
- Best book you've read recently: Um... can't remember the last time I read a book.
- Best movie you've seen recently: Yikes. Can't think of the last grown-up movie I watched, but I saw Zootopia recently and that was pretty good.
- Favorite Sports team(s): Duke
- What do you like to do for fun: Hanging out with my little family. Doing projects – arts and crafts, sewing, clean/organizing.

Thank you, Arielle, for your diligence in serving the League!

## Membership Monday – Jane Yarbrough

Posted on 10.24.16 by Katie Barrett



Jane (Royall) Yarbrough, the current Assistant Vice President for Communications, joined the JLDOC in 2013 after she moved to Durham. She was looking to meet like-minded women who are active, social, and invested in the community. After working with Community Connection and Issues-2-Impact (I2I), she realized she wanted to be more involved in aligning the League with its new focus area to increase its community impact. Jane indicated her interest in the LEAD survey, and the Nominations Committee followed up with her to become the Board's Recording Secretary.

Being part of a mission larger than herself is important to Jane. She says, "Being on the Board gives me first hand witness to the amazing work each committee is doing and how many countless hours they devote to the League. You appreciate that Event Planning's role in preparing for GMMs is just as important and the planning the curriculum for the After School program. They both make the League run." To manage her busy schedule, Jane takes care of quick items during the day and dedicates one to two nights per week to larger League projects.

Jane advises working members to discuss League obligations with their employers. "Most employers will be [understanding] if they know it is for the community, so don't be afraid to ask!" She also reminds us, "This is a volunteer organization and no one's full-time job. Be gracious in your communication and always assume people's best intentions. This is my advice to myself constantly!"

Here are a few things you might not know about Jane:

- Occupation: Marketing Associate at Quintiles
- Family: My husband is Andrew Yarbrough (a Durham native), and we have two golden mixes, Finley and Duke.
- Community involvement outside the League: My husband and I are active members of The Church of the Good Shepherd in Durham, where we are greeters. I also volunteer at Church World Services tutoring refugees who are studying for their U.S. citizenship exam.
- Favorite restaurant in Durham or Orange County: Toro or Mateo – it's a tie!
- Best book you've read recently: All the Light We Cannot See by Anthony Doerr
- Best movie you've seen recently: Brooklyn
- Favorite Sports team(s): Tar Heels
- What do you like to do for fun? I love to run and have completed 4 half-marathons. All of our family is close by, so we often spend the weekends with family.
- Fun fact(s) about me: I played soccer my whole life and still play to this day in the Durham recreation league. I'm also obsessed with Law & Order: SVU.
- Favorite League experience: I loved serving breakfast at Urban Ministries last year. The people there was so thankful and very appreciative of the food and our help. It meant a lot.

Jane, thank you for stepping up to lead within the League!

## Membership Monday – Lindsay Michel

Posted on 10.31.16 by Katie Barrett



Lindsay Michel is the 2016-2017 Strategic Planner. Now serving her second year in the position, Lindsay is overseeing the JLDOC transition to its new membership model. She joined the League in 2014 in order to learn more about Durham, connect with the community, and make a positive impact through volunteering. After serving on Touch-a-Truck, Lindsay moved into leadership by sharing her enthusiasm for the AJLI-led strategic initiatives for League transformation. Leading the membership model evolution was how she found a way to contribute to the League's transformation efforts.

Through her service on the Board, Lindsay has met even more of our smart and dedicated League members and gained a greater understanding of and appreciation for what it takes to make the JLDOC successful. She says, "I look forward to contributing again on the committee level with the insights and perspectives I've gained at the Board level; helping ensure that all we do aligns with and supports our overarching League objectives and vision."

What is her advice for future League leaders? "Question everything! If something doesn't feel right or make sense, raise your hand and ask 'Why?' If the answer doesn't address your concern, share your perspective with a Board member or other League leader. We will only become a more effective, more successful organization if our members are engaged in the strategic aspects of our League. We count on everyone to think about new ways for us to engage members and our community in our mission."

Lindsay contributes her success in balancing competing demands to learning how to set limits. She says, "When I respect them, set a schedule that allows for time to work, to do yoga and to give back through the League, I feel more balanced, more organized and more successful!"

One of the things that helps her feel successful is volunteering at the Carolina Campus Garden, which is Lindsay's favorite Extra Hands event. When she was an editor for The Daily Tarheel, her team reported on the low-wage workers who were instrumental to life at the University and often were overlooked. Many of the house- and groundkeepers who help keep the university clean and safe cannot afford access to nutritious food. The Campus Garden helps address that need through its annual contributions of thousands of pounds of produce to these amazing people.

Here are a few things you might not know about Lindsay:

- Occupation: Associate Director, Corporate Communications, Quintiles
- Family: Ursula, my one-year-old hound-pit mix
- Community involvement outside the League: 200 hour Yoga Teacher Training with Hot Asana, Girls on the Run
- Favorite restaurant in Durham or Orange Counties: That's tough, but I'll have to go with Dashi
- Best book you've read recently: The Four Agreements: A Practical Guide to Personal Freedom by Don Miguel Ruiz
- Best movie you've seen recently: Can I do a TV show instead? Because I am obsessed with "Stranger Things"
- Favorite Sports team(s): Denver Broncos, UNC Tar Heels
- What do you like to do for fun? Practice yoga, cook (and eat), play with my pup, bike around and explore Durham, travel/hike/camp/backpack



## Membership Monday – Kathleen Harrell

Posted on 11.07.16 by Katie Barrett



Kathleen Harrell is the 2016-2017 Community Council Assistant Vice President. She joined the JLDOC in 2009 to connect with her community and develop new friendships. Since joining, she has worked with the Face of the League and Community Connection. Kathleen most recently led the Issues-2-Impact (I2I) initiative to identify a community focus for the JLDOC, one of her favorite League experiences. “I enjoyed putting together the membership feedback pieces of I2I and seeing where and how it led us where we are.” That, and she loves our monthly General Membership Meetings: the people, food, and information – all of it!

Kathleen got involved in leadership through her own interest, asking questions, and building relationships within the League. She believes in the power and impact

of the League, and serving as a League leader enables her to see and participate in the greater vision of the JLDOC. To her fellow League members, she advises, “Be open. Trust yourself and the people in the room to be vulnerable. Be open to being pushed in new directions. Be open to the League and remember that it’s what you make it.”

In her life outside the JLDOC, Kathleen is a literacy coach and interventionist. She is active in her school and church communities. Balancing the competing needs of her work, family, and JLDOC lives entails “keeping a good calendar and taking it all as it comes.”

Here are a few things you might not know about Kathleen:

- Family: married to Chad, 3-year-old PJ, Belle the wild dog
- Favorite restaurant in Durham or Orange County: Nanataco
- Best book you have read recently: Water for Elephants by Sara Gruen
- Best movie you have seen recently: Finding Dory
- Favorite sports teams: ECU Pirates and UNC Tar Heels
- What do you like to do for fun? Travel, read, cook, reality TV (guilty pleasure). I love my city – hanging out in Durham.

Kathleen, thank you for helping us make our League members’ visions a reality!

## Membership Monday – Halley Bogart

Posted on 11.14.16 by Katie Barrett



Halley Bogart is the 2016-2017 Vice President for Community Council. She joined the Junior League of Charlottesville in 2010 and transferred to the JLDOC after a year of service. The JLDOC was instrumental in helping Halley learn more about and meet people in her new community. She has served in many capacities during her League tenure, from Fundraising and Development (in Charlottesville) to Community Connection and Membership.

Halley's foray into leadership came after serving on an ad-hoc Membership Action Learning Team, which evaluated flexible membership options. Through sharing her ideas and demonstrating her initiative, Halley gained the Nominating Committee's notice and was asked to serve as the Assistant Vice President for Membership. On the Board, she has many opportunities to interact with women of various backgrounds, inter-

ests and skills. Halley especially enjoys "the ability to have direct input on our League's involvement in the community." While it can be difficult to juggle many different commitments, she encourages us to "do what you say you're going to do, and only say what you can conceivably do."

Halley's advice to future League leaders is to be bold: "Don't be afraid to go to an event or a training where you don't know anyone. My very first week living here [in Durham], I attended my first GMM. I walked up to strangers, stuck out my hand, and said, 'Hi, my name is Halley, I just moved here.' The Junior League is a safe place, among like-minded, service-oriented women, to do something like that!"

Here are a few things you may not know about Halley:

- Occupation: Regional Director of Development at Duke Law School
- Family: 1 pet – kitty named Jazzy
- Community involvement outside the League: President of UVAClub of the Triangle
- Favorite restaurant in Durham or Orange counties: Parker & Otis
- Best book you've read recently: Devil in the White City by Erik Larson
- Best movie you've seen recently: The Big Short
- Favorite Sports team(s): UVA Cavaliers!
- What do you like to do for fun: I like to work out, read, do anything outside, explore new activities, and spend time with my boyfriend.
- Favorite League experience: Starting an after-school program.

Thank you, Halley, for sharing your initiative with the JLDOC!

## Membership Monday – Carrie Harbinson

Posted on 11.21.16 by Katie Barrett



Carrie Harbinson is the JLD OC Finance Vice President. She joined the League in 2010 in search of an outlet outside of work that allowed her to make a difference and meet like-minded women. Since then, she has served on Event Planning and Bargain Sale, which she chaired in 2014.

“My favorite experience in the League was working side-by-side with Bargain Sale ladies to pull off the 75th annual sale.” She also likes doing Extra Hands with community organizations such as The Good Samaritan Inn, North Carolina Children’s Hospital, and Crayons2Calculators. Serving on the Board has been very rewarding for her. “I love having an impact on multiple fundraisers and facets of the League, and I love knowing what’s going on from a big-picture perspective.”

Carrie encourages future League leaders to take risks. “Go for it even if you wouldn’t necessarily have seen yourself as the person leading the charge on something! The League is a really awesome place to learn about your strengths as an individual and grow tremendously as a leader.” It can be difficult to balance work, family, and the JLD OC. Carrie recommends, “Stay very committed to what you have set out to accomplish but [do] not feel bad about putting family first when you need to. Finding ways to be creative and get things done with limited time and resources is something us women are pretty darn good at!”

Here are a few things you might not know about Carrie:

- Occupation: Corporate Relations at UNC Kenan-Flagler Business School
- Family: A very smiley and sweet toddler named Audrey, a laid-back engineer husband named Erik, and our crazy labradoodle Annie
- Favorite restaurant in Durham or Chapel Hill: Piedmont
- Best book you’ve read recently: Astonish Me by Maggie Shipstead
- Best movie you’ve seen recently: Star Wars: The Force Awakens
- Favorite Sports team(s): Carolina Tar Heels and Carolina Panthers
- What do you like to do for fun?: Hanging out with my family & best girlfriends, spending time outside on my front porch with a glass of wine, playing nerdy board games, and watching a variety of TV shows from “Game of Thrones” to “The Bachelorette”

Thank you, Carrie, for your dedication to the JLD OC!

## Membership Monday – Shannon Gatlin

Posted on 11.28.16 by Katie Barrett



Shannon Gatlin is the current JLDOC Assistant Vice President of Finance. Shannon is a dental hygienist who joined the League in 2010 because she longed for a close group of girls she could hang out with. After graduating from UNC, all of her close friends moved away. Through the League Shannon has met additional life-long friends.

During her time in the League, she has served on the Bargain Sale, Bingo, and Cookbook committees. When her good friend Carrie Harbinson asked her to join the leadership team, Shannon couldn't say no.

Shannon loves that as a League leader she can serve as the type of example so many of us women look for in life. How does Shannon balance her time? "I love the League. I love my family. I commit to what I think is important to both."

In addition to getting involved in the League, Shannon encourages future leaders to keep an open mind and an open heart. "We are a group of diverse women with a diverse thinking process. We all want to get to Point B but we may think of or take a different path to get us there."

Here are a few things you may not know about Shannon:

- Favorite League experience: Bringing Grey to meet Santa at the Santa Brunch when he was just a few weeks old. I can't wait to bring him again!
- Family: married to Steven, mommy to Grey, fur mommy to Ginger
- Favorite restaurant in Durham or Orange County: We just had a rare date night at Mother and Sons Trattoria in downtown Durham, and it was fantastic!
- Best book you've read recently: The Light Between Oceans, by M. L. Stedman
- Best movie you've seen recently: I'm usually watching Disney or Pixar these days. I just watched Inside Out with Grey. It does a great job of explaining emotions—much needed with a three year old!
- Favorite Sports team(s): I'm not big into sportsballs, but I guess I'd have to always say Carolina since I am an alumnus. Ole Miss and New Orleans Saints are big teams in our house thanks to my husband.
- What do you like to do for fun? I am a thrift shop and rummage sale junkie. I'd much rather have an item with a story rather than something newly manufactured. I am a sucker for a piece of furniture with good bones. Paint and elbow grease can do wonders!

Thank you, Shannon, for leading by example!

## Membership Monday – Amanda Lumsden

Posted on 12.05.16 by Katie Barrett



Amanda Lumsden is this year's JLDOC Treasurer. Amanda, a 4th grade teacher and longtime Durham resident, joined the League in 2011 to rediscover the community as a volunteer and advocate. Through her service on the Bargain Sale Committee she has also met many new people and created new friendships.

Amanda's experience on Bargain Sale began as a committee member, and she later became the committee's Marketing Manager and then Business Manager. By taking on a little more responsibility every year, she found herself working toward a League leadership position.

Through leadership on the Board, Amanda likes that she can see all aspects of the League coming together, something that was more difficult to witness on a single committee. "We truly are an amazing and inspiring group of women!"

Her strategies for maintaining work/life/JLDOC balance include organization and transparency. This includes keeping up with your commitments and knowing when to say no in order to avoid stretching yourself too thin.

That said, Amanda encourages League members to have fun and enjoy the friendships made in the JLDOC along the way. "Be willing to ask others for help, and be there for your League members when they need you. The relationships you build with one another can become lifelong friendships and make a lasting impact on others in the community through your service!"

Here are a few things you may not know about Amanda:

- Favorite League experience: Volunteering with the Kramden Institute, hands down! I was one of the volunteers chosen to reward families of deserving students with free computers. I sat with the students and walked them through setting up the computer and learning how to use their new computer. The excitement on the students' faces coupled with the gratitude of the families is something I'll never forget. It was a wonderful morning for us all.
- Family: Treve Lumsden (husband), Treve (son, 4 years old), and one on the way!!! We also have an English springer spaniel named Fisher and 2 cats, Hurley and Boogie.
- Favorite restaurant in Durham or Orange County: There are so many to pick from!!! I guess I would have to say Only Burger. I love a good burger and a beer.
- Best book you've read recently: Kid-lit all the way! Right now anything by Rick Riordan (I know, I'm a dorky teacher!).
- Best movie you've seen recently: I haven't had time to watch very many movies recently, but I'm obsessed with all British television. My current obsession is "Poldark."
- Favorite Sports team(s): UNC (GO HEELS!), Atlanta Braves, Carolina Panthers, and Carolina Hurricanes.
- What do you like to do for fun? Spend time with my family, travel, go to concerts and games, and watch TV.

## Membership Monday – Candace Anderson

Posted on 12.12.16 by Katie Barrett



Candace Anderson is the current JLDOC Vice President for Membership. Candace joined the JLDOC in 2010 to get involved in the community and to make new friends. Since joining she has served as a Community Connection committee member, Membership Advisor chair, and JLDOC Board Member-At-Large.

A seasoned League member recognized Candace's enthusiasm and leadership potential, and that led to Candace taking on the Assistant Vice President for Membership role last year. She feels lucky to have an opportunity to expand her communication and management skills. The various personality types and situations she interacts with has helped her work on conflict management and move toward resolution.

Serving on the Board requires attending a lot of meetings and being as present as possible in League events. To balance it all Candace says, "It's very helpful to have open communication with your council leaders or those you support so that the delegation of any tasks can be smooth and effective."

Leadership is as rewarding as it is challenging, and Candace encourages others to get involved. "Showing up to events, offering to help, and volunteering for tasks is a great way to be recognized. You may not think so, but the League is hungry for women who can make things happen."

Here are a few things you may not know about Candace:

- Favorite League experience: I've loved preparing meals for the local fire departments on September 11th as an Extra Hands event.
- Occupation: Clinical Research Associate
- Family: Husband – Everett, dog – Peanut
- Community involvement outside the League: Volunteer with Meals on Wheels.
- Best book you've read recently: The Stand by Stephen King
- Best movie you've seen recently: Inside Out
- Favorite Sports team(s): Panthers, Tar Heels
- What do you like to do for fun? Exercise, travel, attend concerts (all types!)

Thank you, Candace, for stepping up!

## Membership Monday – Elizabeth O’Quinn

Posted on 12.19.16 by Katie Barrett



Elizabeth O’Quinn is the current Membership AVP of the JLDOC. She joined the Junior League of Raleigh in 2011, back when she was a youth minister who spent most of her time with teenagers. “I was craving adult interaction and wanted to develop myself outside of my professional world.” Shortly thereafter she transferred to the JLDOC, where she worked with the Membership Enrichment committee. Her favorite aspect of the League is attending the year-end meeting and “celebrating all the work of these amazing women.”

Elizabeth’s leadership began in Raleigh when she co-chaired the Provisional committee, and she pursued leadership positions once she transferred to the JLDOC. She enjoys building relationships with other driven, community-oriented women, and building her own skills as a leader. She advises her fellow League members, “Set your intention for the year. Know your unique value-add – you have one!”

Outside of the JLDOC, Elizabeth is a director of operations at Teach for America. Additionally, she is involved with the Cedar Grove United Methodist Church, Anathoth Community Garden, and the Kappa Alpha Theta Advisory Board at Duke. How does she balance it all? “It’s all about alignment. I’m always looking for ways these different parts of my world intersect and interact. I pay attention to when the ‘heavy’ seasons are in each part of my world so that I can balance that out.”

Here are a few things you might not know about Elizabeth:

- Family: Spouse – Jason, son, pets – Bella and Bailey
- Favorite restaurant in Durham or Orange County: I’m going to Hillsborough since it’s my town – Radius Pizza
- Best book you have read recently: *Between the World and Me* by Ta-Nehisi Coates
- Best movie you have seen recently: I haven’t seen a lot of movies lately, but I’m obsessed with the show “Parenthood.” Add it to your Netflix queue ASAP!
- Favorite sports teams: Duke Blue Devils, Atlanta Braves, Wofford Terriers
- What do you like to do for fun? Watch sports and cheer on my teams!

Elizabeth, we are glad you came to share your talents with the JLDOC!

## Membership Monday – Jaronda Ingram

Posted on 12.26.16 by Katie Barrett



Jaronda Ingram is the JLDOC Training and Development Vice President. She is leading the charge to build this new Council and in doing so draws from her experience as chair of the Membership Enrichment committee. Jaronda joined the League in 2013 to learn more about Durham and to serve her community.

Jaronda quickly moved into leadership in order to have a voice in the future direction of the League. Leadership allows her to serve the community in a more strategic way. She urges League members to be mindful that “just because things are done one way doesn’t mean it’s the only way to get them done.”

Her favorite League experience has been doing Extra Hands that benefit children, and anything at the Museum of Life and Science. How does this consultant and mother of a toddler maintain balance? “I set aside the same time period each week to work on League activities.”

Here are a few things you might not know about Jaronda:

- Family: married with one toddler
- Community involvement outside the League: Community Mentor, Meetup admin for Mocha Moms
- Favorite restaurant in Durham or Orange County: Pomegranate Kitchen
- Best book you have read recently: TBD (see above: toddler!)
- Best movie you have seen recently: Minions
- Favorite sports teams: Carolina Panthers! and SEC football: Georgia and Auburn
- What do you like to do for fun? Make things! Paper crafting was my gateway drug.

Jaronda, thank you for making time to serve the League!

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## Membership Monday – Kelly Preussner

Posted on 01.02.17 by Katie Barrett



Kelly Preussner is this year's Assistant Vice President for Membership Development. She joined the League in 2014 in order to meet more people outside of Duke, where she works, and to become active in the community she now calls home.

After joining the JLDOC, Kelly served on the Membership Enrichment Committee, where she tried to be an active and engaged voice. Her efforts were noticed, and when asked if she was interested in moving into leadership, she said she definitely was.

Working with all of the committees that form the Council is important to Kelly, and she appreciates the opportunity to lead the amazing women involved. It can be a lot to juggle her position as the Duke Athletics Assistant Director of Academic Support and her League commitments. Kelly says that communication—and a good dose of fun—are her secrets to staying on top of everything.

Kelly's advice for future League leaders is to get involved: do many different types of Extra Hands and get to know the ladies in the League. Her favorite League experience is the September 11th dinner for the Durham firefighters, which she has helped serve for the past three years. She says, "I think giving back to those who protect us is so important!"

Here are a few things you might not know about Kelly:

- Community involvement outside the League: Involved in my church and volunteering with my athletic teams in the community
- Favorite restaurant in Durham or Orange County: Guasaca Arepa & Salsa Grill!
- Best book you've read recently: The Best Yes: Making Wise Decisions in the Midst of Endless Demands by Lysa TerKeurst
- Best movie you've seen recently: I don't go to many movies but I am sucker for all Nicholas Sparks movies so I'd say The Best of Me
- Favorite Sports team(s): Duke Blue Devils!! Otherwise Atlanta Braves
- What do you like to do for fun? Go to sporting events, travel, golf

Thank you, Kelly, for sharing your voice with the League!

## Membership Monday – Sarah Motsinger

Posted on 01.16.17 by Katie Barrett



Sarah Motsinger is one of the JLDOC's 2016-2017 Sustainer Liaisons. As Sustainer Liaison, she represents the interests of the sustaining members on the JLDOC Board of Directors. Sarah joined the League in 2009 following the footsteps of her mother and grandmother, who were also JLDOC members. She remembers growing up filling her family's "bargain sale box" and helping her mom at the Middle School After-School Projects (which continues as the JLDOC's After School Program).

Sarah's commitment to the JLDOC is not tied solely to her family legacy. She says, "I love the connection that the JLDOC has to community. Both the community that we support and serve, but also the community of women in the Durham and Chapel Hill areas and beyond."

In her time with the JLDOC, Sarah has served on the Leadership Development, Home Room, and Cookbook committees. It was during her service on the Cookbook committee that Sarah realized she wanted to be more involved in a leadership role. She was about ready to become a sustainer, and Sarah explains that serving as a Sustainer Liaison "would allow me to stay connected to the heart of league while exploring new ways to connect sustainers as well."

Sarah adds, "My heart and soul can be found in the pages of Taste of Tobacco Road, so the journey and completion of that project is certainly my proudest League accomplishment. However, these sustainers know how to have fun, so I feel like I am embarking on another exciting journey now!"

The endless opportunities her position provides is something Sarah appreciates. She recognizes that she is standing on the shoulders of giants who over the years "have raised thousands of dollars and changed countless lives through the JLDOC's programs. We are able to meet our objectives today because of the hard work and vision of our sustainers and I want them to know our gratitude and to feel celebrated."

For those who aspire to become sustainers, Sarah encourages, "Know who you are and do not overcommit yourself. Let your no mean no and your yes mean yes, and do not apologize for that." Additionally, "find something—an event, a projects, a cause—that you are passionate about and go for it! Narrow your lens so that your JLDOC time is being spent on something you truly enjoy and are willing to invest in."

Here are a few things you might not know about Sarah:

- Occupation: Fundraising and Event Planning
- Family: Married for nearly 12 years to AJ Motsinger. We have two children: Lilly (5 years) and Jack (1 year).
- Community involvement outside the League: Sunday School and Nursery, Church of the Good Shepherd
- Favorite restaurant in Durham or Orange County: Vin Rouge
- Best book you've read recently: Truly Madly Guilty by Liane Moriarty
- Best movie you've seen recently: Finding Dory
- Favorite Sports team(s): Carolina Tar Heels
- What do you like to do for fun? I love reading, having fun at lake with my family, playing around with DIY design projects.

Thank you, Sarah, for continuing your family's legacy and establishing your own!

## Membership Monday – Christy Graves

Posted on 01.23.17 by Katie Barrett



Christy Graves is a Chapel Hill native and the current Nominating Chair. She joined the JLDOC in 2006 after graduating from UNC. She turned to the Junior League as a way to meet new friends and to get involved in her community.

Involved she has been! Before being elected to Nominating Chair, Christy welcomed and advised new members on the Provisionals Committee and led the JLDOC's largest fundraiser, Bargain Sale. She loves volunteering for the JLDOC Extra Hands events. "It's so much fun to work alongside other JLDOCers and to meet new League members all while having a tangible impact on the community. It's always a fulfilling experience!"

Christy is dedicated to helping the League move forward. The Nominating Committee is in charge of vetting League leaders to identify candidates for JLDOC Board positions, so as chair, Christy is able to help further the strategic mission of the League.

After serving on Bargain Sale, Christy has gone on to chair the Nominating committee. She says, "It sounded like a fun, new challenge I was ready to accept...I was ready to take on a new role that had a stronger impact in the future of the League."

Christy advises, "Playing a role in shaping the future of the League is an opportunity that no one should pass up. Our leadership is vital in choosing how and why the League moves in a particular direction. If you love the JLDOC and care about the choices we make, get involved in leadership and have your voice heard!"

On serving in leadership positions and balancing life, Christy offers sage advice, "Understand what you're taking on. Ask questions, talk to former leaders, talk to us on the Nominating committee and truly wrap your head around what will be expected of you. This kind of preparation will set you up for success and make you an active contributor in shaping the future of the JLDOC!!"

Outside of the JLDOC, Christy and some of her friends organize The Polar Challenge, an annual golf tournament in Durham that raises money for the American Cancer Society. She is also one of the brains behind Chapel Hill Toffee, a company founded and owned by the Graves family, where she does "a little bit of everything."

Here are a few things you might not know about Christy:

- Family: Husband, Mark, and son, Griff
- Favorite restaurant in Durham or Orange County: Piedmont, Nana's, NanaSteak, Jujube, 411 West, The Pig, I can't pick just one!!
- Best book you have read recently: I Totally Meant to Do That, by Jane Borden. She's a writer who went to UNC and moved to NYC, and she is absolutely hilarious! I enjoyed relating to her and I laughed out loud multiple times!
- Best movie you have seen recently: The Imitation Game – so fascinating and based on a true story!
- Favorite Sports team(s): Carolina Tar Heels!
- What do you like to do for fun? Explore new cities, try new restaurants and go to UNC football and basketball games.

## Membership Monday – Julie Williams

Posted on 01.30.17 by Katie Barrett



Julie Williams serves as a Sustainer Liaisons on the JLDOC Board. She began her JL career in Raleigh in 2001 and transferred to the JLDOC in 2007. By day she is a senior recruiter for First Citizens Bank, and by night—when she isn't volunteering with the JLDOC—she is a Girl Scout troop co-leader.

She joined the League to meet new people and get involved in the community. When she became interested in leadership, she began by talking with JL leaders to learn what she needed to do to work toward a position with more responsibility. Serving in a leadership position on the Board has allowed Julie to remain active in the League as a sustainer. She appreciates the opportunities her position affords to weigh in on League issues from the Sustainer perspective.

To maintain balance, Julie advises members to remember that we can only do what we can do. “Me time” is important to schedule in order to recharge and avoid spreading herself too thin. It isn't all work and no play, however. Her advice to future leaders is, “have fun and make a difference!”

Julie's experience in the League is diverse, ranging from membership advisor and placement chair to nominating chair and transfer chair to event planning and Bargain Sale. The opportunities created by the Little Leaguers Committee have been Julie's favorite experiences. It's a great opportunity for her to share her love for volunteering with her children. Recently, her daughter told her Girl Scout troop about volunteering with the NC Diaper Bank, and the troop rallied to donate a percentage of their cookie sales to the organization.

Here are a few things you may not know about Julie:

- Family: Husband Cole, 2 daughters Regan (10 years old) and Kendall (7 years old)
- Favorite restaurant in Durham or Orange County: Mateo
- Best book you've read recently: The Girl on the Train by Paula Hawkins
- Best movie you've seen recently: I am embarrassed to say “Trolls: since it seems the only movies these days we watch are kid movies.
- Favorite Sports team(s): ECU Pirates
- What do you like to do for fun?: Spend time with my friends, shopping, reading and going on trips

Thank you, Julie, for your leadership!

## Membership Monday – Megan Sterlina

02.06.17

Megan Sterlina has been with the JLDOC since 2008 and is now the Nominating Assistant Chair. Megan grew up in Chapel Hill, went to UNC, and cares for patients as a physician assistant at UNC Hospitals. She joined the League because, as she says, “after graduation, when my friends re-turned home, I wanted to find a way to meet new people and to see my community in a new way.”

Megan’s service to the League has been diverse, ranging from working with Kids in the Kitchen (KITK) and Home Room to serving on the Community Connections committee and leading the Transfers committee. Her reach extends even beyond the JLDOC. She recalls, “My favorite experience was going to the JL Boston Annual Gala. It was fun to meet League members from Boston and good to learn about their focus and interests.”

How did Megan become a League leader? “I said yes!” Megan began her leadership stepping up to fill in for a League leader who moved. “After that, I realized how fun and rewarding leadership could be.” Leadership has deepened Megan’s knowledge of the League. “You have the ability to understand the reason things are done but also the opportunity to share ideas and opinions to help make the League better.” She encourages League members to get involved in leadership. “Your opinions and ideas matter – don’t be afraid to share them and to speak up with constructive, League-centered feedback. Invest in the League and care about the work you do, and your League experience will be even more enjoyable!”

Megan maintains work, home and JLDOC life balance by remembering that each is a part of her life. The priorities among these facets change, and Megan reminds herself to be flexible and shift her focus as needed. Most importantly, Megan says, “I am not an island, so I rely on my team to help and support my endeavors.”

Here are a few things you might not know about Megan:

- Family: I recently got married to my husband, Doug. We live in Durham with our cat, Percy.
- Community involvement outside the League: Lineberger Comprehensive Cancer Center and the Leukemia Lymphoma Society
- Favorite restaurant in Durham or Orange County: Pizzeria Toro (Durham), Kipos (Chapel Hill)
- Best book you have read recently: The Emperor of Maladies (not new, but I loved it!)
- Favorite sports team: UNC!
- What do you like to do for fun? I like to cook, host get-togethers, tailgate, try new restaurants, ride bikes, and travel with the hubby!

Megan, thank you for saying YES to the League. We are thankful you chose us!

## Member Spotlight – Shamieka Rhinehart

02.13.17

The Junior League of Durham and Orange Counties is proud to include the Honorable Shamieka Rhinehart among its members. A member since 2011, Shamieka has served on Extra Hands, Kids in the Kitchen, on the Board as Community Council Vice President, and now is on the Nominating Committee.

Judge Rhinehart is passionate about service to her community. The JLDOC has helped her build close relationships with organizations such as SEEDS, Museum of Life and Science, Kramden Institute, and Families Moving Forward™.

These relationships were also important in shaping her career as an Assistant District Attorney. Shamieka says, “Volunteering with [these] organizations has given me more exposure to the issues that people bring with them to the judicial system such as poverty, homelessness, domestic violence, and mental illness. Working on these issues prior to the people appearing in the court system gives me an opportunity to find solutions to complex issues that many face.”

Judge Rhinehart was sworn into her position on January 2, 2017, and she now brings these experiences into the Durham County courts. She remains committed to continuing to improve the court system for those who experience mental illness. The mental health system is in crisis, and those who present to the courts with mental illness have special needs. She says, “When I began running for office, I wanted a mental health court to divert those who had committed non-violent crime from the jail into a court to get treatment, life skills training and housing. Well, we are getting a mental health court in Durham.” Now, Judge Rhinehart will continue to work on improving our court system for the mentally ill.

Shamieka has paved new paths within the JLDOC and now is doing the same within the Durham County courts. She encourages her fellow League members to do the same: “Never be scared to fail. Oftentimes, as women we are scared to test our talents and abilities in new areas that are unknown to us. I say be bold and brave. As my father used to say, ‘Nothing beats a failure but a try.’ Some of our best talents are birthed on untraveled roads.”

Here are a few things you may not know about Shamieka:

- Favorite restaurant in Durham or Orange County: Nana’s Restaurant
- Best book you’ve read recently: Reconstructing Amelia by Kimberly McCreight
- Best movie you’ve seen recently: Hidden Figures
- Favorite sports team(s): UNC Tarheels
- What do you like to do in your free time: “I love to dance and laugh, but most of all I like to binge watch television shows.”

Thank you, Shamieka, for sharing your passion with the JLDOC!

## Member Spotlight – Nina Dhillon

Posted on 02.20.17 by Katie Barrett



Nina Dhillon was an avid volunteer throughout her college career. Getting involved in the community became more difficult after graduation, so she joined the JLDOC as a member of the Spring 2016 class. The League offered a variety of opportunities that fit with Nina's interests and schedule, and it was a great way to meet women who share her interests.

The opportunity to develop strong friendships was a big selling point for Nina, and she has found it to be true! Although these friendships are important, Nina asserts the JLDOC is far from being just a social club. Not only has she met awesome women, but she really likes being involved and knowing more about what's happening in her community. She says, "I'm from Durham and now have a greater connection to this awesome place!" For those thinking about joining, she says, "Just do it, like Nike."

Nina's favorite League experience was visiting Neal Middle School for the Girls PLUS program, which provides after school enrichment for girls in 5th and 6th grades. "While waiting for everything to be set up, I sat with some girls at a table and just talked with them about how their day was going. They were so fun and silly. It reminded me of when I would volunteer with Big Brothers Big Sisters...exactly why I wanted to join the League."

Here are a few fun facts about Nina:

- Occupation: Intellectual Property Paralegal
- Family: my cat Izzy
- Favorite restaurant in Durham or Orange County: The Boot for sure!
- Best book you've read recently: The Girl on the Train by Paula Hawkins – I get all of my book recommendations from my sister, the family bookworm J
- Best movie you've seen recently: Actually, just watched Finding Dory with my nephews and it was so good! Also, Hidden Figures is AMAZINGG!! Hope it wins all the awards!
- Favorite sports team(s): duh, Duke!
- What do you like to do for fun? I'm pretty close to my family, so I love hanging out with them. I love doing things with my nephews (3 and 4 years old). I also love to travel.... hoping to do more of that this year!

Nina currently serves on the Spring Tee and Tour Committee, so get your tickets to see Nina and her team on April 20th and 22nd.

## Member Spotlight – Mollie Williams

Posted on 02.27.17 by Katie Barrett



Mollie Williams is an experienced Junior Leaguer who currently serves on the BINGO Committee. Mollie joined the Junior League of Miami in 2009 as a way to give back to her community while she was home caring for her newborn son. She transferred to the JLDOC in 2014 and has served on the Extra Hands, Bargain Sale, and now the BINGO committees.

Mollie's true passion was working with Therapy Dogs in Miami. When her cocker spaniel, Mack, became certified, Molly and her pup joined up with "Paws to Read." The organization sent owners and their dogs to local libraries where they worked with kids to help them overcome their fear of reading. Sweet Mack, who passed away last May, served as a therapy dog for 6 years.

Here are some fun facts about Mollie:

- Occupation: Mom of two active children and part time interior decorator.
- Family: Husband Adam, Parker (almost 9) and Lily 6
- Favorite restaurant in Durham or Orange County: Rue Cler
- Best book you've read recently: When Breath Becomes Air by Paul Kalanithi
- Favorite sports team(s): After living here for 3 years – DUKE!
- What do you like to do for fun? I like the outdoors and I especially love hiking in NC.

Stop by BINGO on March 8th to say hi to Mollie in person!

## Member Spotlight- Katie Kinsley

Posted on 03.13.17 by Katie Barrett



Katie Kinsley joined the JLDOC in 2012 in order to get involved in her community and meet other women who share her interests. She has served on the Extra Hands and Kids in the Kitchen committees since joining.

Now on Event Planning, Katie says she has really enjoyed planning the Annual Dinner most recently: "It's one of my favorite events because we bring our families, enjoy the beautiful May weather on the lawn, and give recognition to special League members."

Katie encourages new members to get involved and attend as many events as their schedules allow. She says, "The more you put into it, the more you get out of it!"

Here are some fun facts about Katie:

- Occupation: Stay-at-home Mom
- Family: husband Hank and son William (15 months)
- Favorite restaurant in Durham or Orange County: Nantucket Grill on Fayetteville Road (free cake nights on Tuesdays and Saturdays!)
- Best book you've read recently: Preparation for Parenting: The Original Feed-Wake-Sleep Reference Guide to Nurturing a Newborn (Along the Infant Way), by Gary and Anne Marie Ezzo (read if you want your baby to sleep through the night!)
- Best movie you've seen recently: The Girl on the Train
- Favorite sports team(s): Dallas Cowboys, New York Rangers, and New York Mets
- What do you like to do for fun? Try new recipes, go for long walks with William in the stroller, and meet up for playdates. I watch Jeopardy every night with my husband because we love trivia and can't go out as much these days!

## Member Spotlight – Amy Jones

Posted on 03.27.17 by Katie Barrett



Amy Jones joined the JLDOC in 2016 after moving to downtown Durham in 2015. She quickly fell in love with Durham's vibrancy and quirkiness. As she came to know her new home, she realized its residents have unique challenges and wanted to be part of the solution. The Junior League gave Amy a way to maximize her impact in a profound and long-lasting way.

Although Amy is a newcomer to the JLDOC, she has had many meaningful experiences. As a member of the Extra Hands Committee, she has worked closely with SEEDS in Durham. Amy learned the organization was thrilled to partner with committed women and has since developed an even closer relationship with the organization, which is right in her neighborhood.

Here are some fun facts about Amy:

- Occupation: Non-profit strategy and management
- Family: Me and my pup, Penny
- Favorite restaurant in Durham or Orange County: Most of my favorite meals come from my own kitchen or a potluck with friends. But if I'm venturing out, I might head to NanaTaco or Picnic.
- Best book you've read recently: I'm in the middle of *The Book of Joy*, by the Dalai Lama and Desmond Tutu (with Douglas Abrams) and am finding it very inspiring, encouraging, and even personally challenging – a great way to start the year!
- Best movie you've seen recently: I rarely go to movies, but I love seeing live shows at the DPAC. A recent favorite was *An American in Paris*.
- Favorite sports team(s): Kentucky Wildcats (audible groan from all the UNC and Duke fans)
- What do you like to do for fun? Hit the trails throughout Durham and Orange counties with my pup.

## Membership Spotlight – Kate Walton

Posted on 04.10.17 by Katie Barrett



Kate Walton, a Chapel Hill native, joined the JLDOC in 2013 after she moved back to the area from Washington DC. The League offered a way for Kate to give back to her community and also expand her social group. As the Durham and Chapel Hill areas continue their rapid growth, Kate has found that the JLDOC has helped her keep up with the many community changes. She also loves that, having met many of her dearest friends through the League, she is able to share these meaningful volunteer experiences with people she loves and admires.

One of her favorite experiences to share is Touch a Truck, where she gets to see kids get so excited to turn on a police car siren or watch a fire truck ladder extend up to the sky. Kate says, “I became a first time mother of a little boy in 2015 and it has clearly made me a softy...ha!”

For current members and people thinking about joining the JLDOC, Kate encourages you to ask questions and voice your opinions. She shares, “Something I’ve really admired about the League is its willingness to listen to its members and create new systems to ensure everyone has a positive experience.”

Here are some fun facts about Kate:

- Occupation: Assistant Jewelry Designer, Gabrielle Jewelry. We take antique lace and other fabrics and cast them in metals to create one of a kind pieces.
- Family: My husband, Hunter, and my almost two year old son, Rhett.
- Favorite restaurant in Durham or Orange County: So tough! My favorite thing is probably an extra dirty martini and the whole fish special at Lantern, though.
- Best book you’ve read recently: I just finished Today Will Be Different by Maria Semple. I laughed through most of it, in a good way!
- Best movie you’ve seen recently: I don’t really watch movies, but I always put on Gone with the Wind when I can’t sleep.
- Favorite sports team(s): Georgia Bulldogs
- What do you like to do for fun? : Sketch or paint, go on adventures with Rhett, and unfortunately, shop.

## Member Spotlight – Sarah Murphy

Posted on 04.24.17 by Katie Barrett



Sarah Murphy joined the JLDOC in 2015 after moving to the Triangle from Los Angeles. She was new to the area and eager to get involved in her community. Always one to be socially engaged, Sarah found herself working from home and felt removed from her surroundings. The JLDOC offered a way for her to get to know many of the wonderful people and organizations here in Durham and Orange counties.

Sarah has loved serving on the Extra Hands Committee since she joined. Her service has allowed her to meet the JLDOC community partners and gain a better understanding of our local populations in need of assistance. She says, “The League does such a great job of connecting with these groups and helping in a way that complements, rather than competes with, existing support systems.”

Like so many of our members, Sarah has made great friends through the League. She enjoys running into League members around town – it’s nice to see friendly faces. When her daughter was born last year, one of her first doctors was in Sarah’s provisional class. She says, “It was great to have that connection in a relatively new town!”

Are you thinking about joining the JLDOC? Sarah’s advice is, “Go for it! Carefully consider why you are joining and find a placement that is going to really connect you to those objectives.” With so many avenues for engagement, there is something for everyone!

Here are some fun tidbits about Sarah:

- Occupation: Major gift fundraiser for the University of Southern California.
- Family: Husband, Hugh; Daughter, Sloane; Dog, Toby (Springer Spaniel)
- Favorite restaurant in Durham or Orange County: Vin Rouge in Durham, Kipos Greek Taverna in Chapel Hill, or The Farrington House Restaurant
- Best book you’ve read recently: I really enjoyed *The Nightingale* by Kristin Hannah
- Best movie you’ve seen recently: *Hidden Figures* was great!
- Favorite sports team(s): USC Trojans or NY Rangers
- What do you like to do for fun? I love to run, volunteer, travel, read, and spend time with my family.

## Member Spotlight – Courtney Brown

Posted on 05.08.17 by Katie Barrett



Courtney Brown, a Durham-based entrepreneur, joined the JLDOC in 2013. Courtney was looking for a way to make sure volunteering remained a priority within her busy schedule and to meet more people. Since joining, she has come to love the people and connections she has made and appreciate being able to see the JL grow and change.

After serving on the Community Focus Committee and Communications Council, Courtney now leads the JLDOC Annual Fund. It has been thrilling for her to help the two-year-old committee grow into an actual campaign. It took a full year of planning, but now the Annual Fund is actively engaging members and partners in the community to provide sustaining financial support for the League to continue its community action.

Are you still thinking about joining the JLDOC? Courtney's advice is to go for it! "It's a great group of supportive women, and while it is a time commitment, you make great friends and learn more about the community we all love." Opportunities like serving on fundraising shifts often pair Courtney with people she doesn't know, and she likes getting to know her fellow members a little better.

Here are some fun facts about Courtney:

- Occupation: Realtor at Hunter Rowe in our new Durham office!
- Family: 2 dogs and 1 indoor cat
- Favorite restaurant in Durham or Orange County: It varies on night. Staples include Juju, Mateo, The Federal, Taberna Tapas, Oval Park Grille, and Metro 8 Steakhouse.
- Best book you've read recently: I read too much. You should see my nightstand! That said, everyone should read *The Underground Railroad* by Colson Whitehead, and I am learning a lot reading *Pushy* by Jo Mangum.
- Best movie you've seen recently: *La La Land* or *Duck Soup* by the Marx Brothers
- Favorite sports team(s): Duke blue devils of course. Although my love for the Miami Dolphins runs deep.
- What do you like to do for fun? Read. Cook. Hike with the dogs. Needlepoint. Get drinks with friends. Follow the news and see what's new in the law. Get out of town if possible.

## Member Spotlight – Laina Balafas

Posted on 05.22.17 by Katie Barrett



Laina Balafas is one of the current JLDOC Provisional Advisors. As a provisional advisor, she helps new League members become trained as League volunteers and oriented in League operations and communications.

Laina herself joined the JLDOC in spring 2014 in order to connect with her community and meet new friends. Although she grew up in Chapel Hill, she moved away for college. When she came back, many of her friends had moved away, and it was almost like she had moved to a completely new town. The JLDOC was a great way for her to become reacquainted with the area.

The JLDOC has exceeded Laina's expectations. A variety of volunteer opportunities through "Extra Hands" events has helped her feel more connected with the community. Working with TABLE,

Inc. in Carrboro has been her favorite experience, as the organization directly helps students in the school district she grew up in.

Laina has also met many of her best friends through the JLDOC, and she encourages those who are considering membership to take the plunge. Although it may feel scary, she provides assurance to prospective members: "When I joined, I didn't know anyone else that was thinking of joining or even in the league, so I stepped way outside of my comfort zone and went to the Wine & Cheese Social to see what it was all about. A small conversation with the girls sitting near me made me realize they were all in the same boat."

Here are some "fun facts" about Laina:

- Occupation: Recruitment Manager in the Career Development Office at the UNC School of Law
- Family: Boyfriend Matt and an unnamed goldfish
- Favorite restaurant in Durham or Orange County: So many good choices in this area! Bin 54 for sure, also Nanatato, The Yogurt Pump ("YoPo"), and Chirba Chirba Dumpling Truck
- Best book you've read recently: Dark Places by Gillian Flynn
- Best movie you've seen recently: Manchester by the Sea and Sully
- Favorite sports team(s): Carolina Tar Heels and South Carolina Gamecocks
- What do you like to do for fun? Go to UNC football and basketball games, travel, sit on a beach or next to a pool, pure barre (though some days that's more torture than fun!)