

# Junior Women's League of Smithfield

February  
Issue No. 10

# Talk of the League

Founded in Smithfield ~ Dedicated to Johnston County ~ [www.jwlsmithfield.com](http://www.jwlsmithfield.com)

## Member Spotlight

### Gloria Peedin

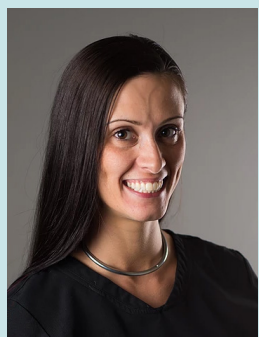
**Occupation:**  
Senior Technical  
Accountant

**JWL Involvement:**  
Serving on the  
Member Directory  
committee and  
the Nominating  
committee



**Favorite thing about JWL:**

I have enjoyed volunteering at different events especially Touch-A-Truck as well as serving on the committees and getting to know great women in our community.



### Destiny Savage

**Occupation:**  
Dental Hygienist

**JWL Involvement:**  
Currently a  
provisional member  
but am helping with  
BNO decorating

**Favorite thing about JWL:**

I really enjoy the SMART girls project. The girls are sweet and respond well to what we are teaching. My group had a girl tell us they could talk to us if they needed to which was great to hear!

## American Heart Month

Did you know that February is American Heart Month? According to the American Heart Association, one out of every three female deaths in 2017 will be due to heart disease.



The AHA has created the Go Red for Women campaign to increase heart health awareness for women. The good news is that there are some simple steps you can take now to lower your risk. First, know your numbers: Blood Pressure, Cholesterol, Blood Sugar, and Body Mass Index (BMI) paint an overall picture of your heart health. Second, know the signs; heart disease can present differently in women, symptoms can include shortness of breath, back and/or jaw pain, and nausea. Finally, take small steps now to improve your heart health; such as scheduling regular activity breaks during the day and eliminating unhealthy fats and sugars from your diet.

Follow #GoRedGetFit on social media for additional tips and inspiration.

## Harbor Valentine's Ball

Love was in the air at the 2017 Harbor Valentine's Ball held February 11 at the Country Club of Johnston County. Attendees filled the ballroom for a fun night of food, dancing, and more importantly to come together to fight domestic violence.

As Johnston County's only nonprofit agency for victims of domestic violence, sexual assault and women in transition, Harbor provides safe, compassionate, and advocacy services, resources, and programs. Harbor is one of JWL's partner organizations that we support through volunteer services and fundraisers. We want to thank all of our JWL volunteers who worked with Harbor to make this a successful event!

Submit Announcements  
for JWL Newsletter Here



[www.jwlsmithfield.com](http://www.jwlsmithfield.com)  
member login: goVolunteer  
[jwlsmithfield@gmail.com](mailto:jwlsmithfield@gmail.com)

*The Junior Women's League of Smithfield is dedicated to making a positive impact on Johnston County by strengthening connections throughout our community, promoting volunteerism, and developing leaders.*

### Upcoming GMM: Feb. 16

Help us stuff the Me Fine Bags by bringing donations to the February GMM! Needed items include:

- ◇ Shampoo/conditioner (travel size)
- ◇ Soap/body wash (travel size)
- ◇ Toothbrush/tooth paste
- ◇ Deodorant
- ◇ Slipper Socks



### Announcements

Stephenie and Daniel Oliver welcomed their son, Luke Thomas, on December 6, 2016. Congratulations on your new addition!

### February Birthdays

Austin Yansom 2/4  
Laura Hill 2/5  
Jill Bragg 2/9  
Carson Cataliotti 2/18  
Melissa Parnell 2/23  
Cameron Flowers 2/29

### Harbor Dinner - February 14, 21, 28

Two volunteers are needed to help prepare a meal for the Harbor House on February 14 & 21 and one volunteer is needed for February 28. Email Austin Yansom at [austinyansom@gmail.com](mailto:austinyansom@gmail.com) to sign up. Dinner needs to be dropped off at 5:30 p.m. Due to temporary relocation from Hurricane Matthew the drop off location is undetermined. Austin will update volunteers prior regarding location and a head-count for the meal. Volunteers will receive 3 hours.

### Pizazz Resale Shop - February 18 & 25

Volunteers are needed to help employees sort clothing, design window displays, and prepare items to be sold. Dates and times are listed below.

- **February 18:** Clayton, 10 a.m. - 3 p.m.
- **February 25:** Smithfield, 1 - 6 p.m.

Volunteers receive 1 credit hour per hour volunteered (up to 5 hours). RSVP to Austin Yansom at [austinyansom@gmail.com](mailto:austinyansom@gmail.com).

### Habitat for Humanity - February

Habitat needs 8-10 volunteers to help with the Benson home project. Be on the lookout for the start date. Exact location is TBA, but hours are from 8:30-11:30 a.m. Volunteers will receive 3 credit hours. Please make sure you have a signed waiver to Jena Andrews or Jill Bragg and watch the safety video on the JWL Facebook page. Details on location, etc. will be sent to volunteers prior to their volunteer date. Please RSVP to Jena Andrews at [jen.andrews9@aol.com](mailto:jen.andrews9@aol.com).

### Good 2 Grow - March 19 & 20

Good 2 Grow needs 5 volunteers per shift to help sort items still unsold. Dates and times are:

- **March 19:** 3-6 p.m., 6:30-9:30 p.m. (dinner served 6-6:30)
- **March 20:** 9 a.m.- 12 p.m., 12:30-3:30 p.m., 3:30-6:30 p.m. (lunch served 12-12:30). The 3:30-6:30 shift will need help with picking up items/loading.

Email Amber Stancil at [amber@interstateoutdoor.net](mailto:amber@interstateoutdoor.net) to sign up. This event is worth 3 credit hours; please keep in mind that JWL members can sign up for multiple shifts, but will receive a maximum of 3 hours for the Good 2 Grow sort.

### SECU Hospice House

Dates in February are filled for dessert nights! Please see the calendar for upcoming dates.

### Me Fine - February & March

The Second Annual Bag Stuffing Event on 4/11 is filled! We can't say enough about our members' generosity. Please keep in mind that donations are still needed to fill the bags. You will receive two credit hours for donating. In order to receive credit for your donation(s), please make sure your name is on your bag. Drop boxes will be at the February and March meetings. Our JWL goal is to donate 200 bags! Please contact Amanda Brown at [akbrown816@yahoo.com](mailto:akbrown816@yahoo.com) or Dana Satterfield at [dsatt82@gmail.com](mailto:dsatt82@gmail.com) if you have any questions.