As you'll read in the cover story of this issue, manufacturing is needed to meet the demands of today's manufacturing environments. Science, math, technology and communication — the critical skills Forsyth Tech is helping fill that gap by training students in jobs waiting to be filled.

According to a 2011 Manufacturing Institute and Deloitte study, there is a current deficit of 600,000 skilled workers. Right here in the Winston-Salem area, we have several hundred manufacturing jobs waiting to be filled.

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As you'll read in the cover story of this issue, manufacturing is making a robust comeback. It's not the same industry it was 10 to 15 years ago. And Forsyth Tech is stepping up to the new challenges.

This fall, we added state-of-the-art equipment to our machining and welding programs as well as a third-shift welding class. We are one of the first community colleges in the country to offer nationally recognized credentials to our advanced manufacturing students that increase their opportunities to find good, well-paying jobs and increase the pool of qualified candidates for manufacturers. We will continue to receive student demand and employer need, and expand programs to enroll more students as that becomes necessary.

Creating pathways to the jobs of the future is an essential part of our mission. Establishing a Forsyth Tech presence at Wake Forest Innovation Quarter is one example of how we constantly strive to be at the forefront. When we move in next year, we will increase the training and education we offer in emerging industries and create new career paths for our students, even as we support the growing research and development efforts under way in Innovation Quarter.

As a community college, we have a responsibility to serve students and employers by utilizing technology and encouraging innovation, and by offering the skills training for the jobs of the future — even those that have not yet come into being.

From the President

Dr. Gary M. Green

We've been hearing for quite a while that this country is in the middle of an economic recovery. This recovery is different from those in the past, in part because job recovery has been slower than market recovery.

We have rising rates at work: a labor surplus — and a labor shortage. Unemployment rates are still high: the surplus. Yet employees are having a difficult time finding a highly skilled workforce to fill openings that exist: the shortage. Nowhere is this phenomenon more pronounced than in the manufacturing sector, as I wrote in a recent blog for Huffington Post.

According to a 2011 Manufacturing Institute and Deloitte study, "Bridging the Skills Gap in U.S. Manufacturing," this industry has a current deficit of 600,000 skilled workers. Right here in the greater Winston-Salem area, we have several hundred manufacturing jobs waiting to be filled.

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With The Help Of Your Organization, Our Organization Can Do A Lot More

In 2012, the Woman's Club of Winston-Salem gave Forsyth Tech $25,000 to endow an unrestricted scholarship for students with need. Many local groups and organizations support the college in this way, because they know that a well-educated workforce will bring better jobs and raise the standard of living throughout our community.

To learn how your group or organization can make a difference by helping us make a difference, contact Kim Moore, Program Coordinator, Therapeutic Massage, at 336.734.7520 or Kmoore@forsythtech.edu.

Want to make a donation now? Just use the envelope in this magazine or visit Foundation.ForsythTech.edu.

*To learn more about why the Woman's Club supports Forsyth Tech, see page 29.
Designing with a Purpose

When Forsyth Tech interior design students are invited to create a 12’ x 12’ room using only items found in the Habitat ReStore, magic can happen! This year, two teams of students entered the Restore Spaces 2013 design competition, an annual fundraiser for Habitat for Humanity of Forsyth County – and both were rewarded for their creativity and originality. Team 1’s meditation/Moroccan/ethereal-themed design was rewarded for its initiative: aviationtriad.com.

A “Simulating” Experience

Forsyth Tech added another level of real-world, cutting-edge training for Health Technologies students this fall with the opening of a new, state-of-the-art interdisciplinary simulation lab. The lab features high-tech manikins, actual monitoring and diagnostic systems that enable students to gain skills in interpreting and accessing vital patient information, real working oxygen and air capabilities as well as an actual vacuum system for suctioning. Students from different disciplines, such as nursing and respiratory therapy, can learn, for example, how to work as a team to conduct a code blue scenario on a “patient” that needs emergency intervention.

By Design

North Carolina Lt. Gov. Dan Forest stopped by the Forsyth Tech architecture programs when he was in town recently to learn about the award-winning work the architecture students are producing. The lieutenant governor has a personal interest in this program: He graduated from UNC-Charlotte with a degree in architecture, along with his classmates Todd Shoaf, program coordinator for Architectural Technology at Forsyth Tech, and Jamaul Redmond, an Architectural Technology instructor.

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World-Class Education

The GOAL program is a new educational partnership that provides full-time students working full-time the opportunity to complete their bachelor’s degree and earn a master’s degree in education. Evening classes are being held Monday through Thursday on Forsyth Tech’s West Campus.

GOAL offers bachelor’s degrees in nine curricular areas, including accounting, business administration, computer information systems, criminal justice, healthcare management and human services. Students also have the option to complete their master’s degree in education through GOAL.

Another First!

In November, 15 Associate Degree Nursing students were inducted into Alpha Delta Nu, the national honor society associated with the National Organization for Associate Degree Nursing. Forsyth Tech’s chapter, called Beta Theta, is the first chapter in North Carolina and recognizes academic excellence in the nursing program.


Christopher Reyes

But as the result of recent and rapid incorporation of technology into many manufacturing processes, three new ‘D’s have emerged to reflect the modern manufacturing environment of today: Dynamic. Digital. Disruptive.

And here lies the rub...

Manufacturing Makeover


The 3-Ds, as they are called, are commonly used to describe long-held beliefs about the manufacturing industry dating back over 100 years.

In September, a group of paralegal students from Forsyth Tech traveled to Raleigh to observe four hours of oral arguments before the North Carolina Supreme Court. To prepare for this trip, the students read and discussed the four cases that would be argued on the day of their visit in order to follow the legal arguments made before the court by the various parties.

After the cases had been heard, three of the justices – Paul Newby, Mark Martin and Cheri Beasley – came out to address the students. The justices were curious to learn more about the only group in recent memory that had ever visited the Supreme Court and paid attention to oral arguments for the entire four hours.

The students so impressed Associate Justice Beasley that two weeks later she called Warren Hodges, department chair of Paralegal Technology, and offered to come to Forsyth Tech in October to continue the conversation with the paralegal students that she had started with them a month earlier in Raleigh.
... public perception of manufacturing’s updated image isn’t shifting as fast as the advanced technology itself, and thus is creating challenges for the industry, not only on a global scale but right here in the Piedmont Triad.

“It wasn’t that long ago when workers left manufacturing floors at the end of the day, and the first thing they did when they got home was to put their shirts in the washing machine and jump in the shower to clean up,” explains Todd Bishop, department chair of Forsyth Tech’s Integrated Manufacturing department and program coordinator for the college’s Mechanical Engineering Technology and Computer-Integrated Machining programs.

“But today’s manufacturing environment is much different,” he says. “Many of the traditional manual processes have been integrated into sophisticated and highly automated machines, some of which are located in clean rooms that are as spick and span as a research lab. Today’s manufacturing floors are bright, freshly painted and air-conditioned.”

As recently as five years ago, it would have been hard to predict the turnaround that has quickly but quietly been taking place within the manufacturing sector, despite the effects of the recession.

Innovative and cutting-edge technologies, such as computer-controlled processes, networking and automation have been combined with traditional technologies, such as machining and welding, to create more efficient processes that are also more cost effective. This in turn has contributed to renewed growth and job creation in the manufacturing sector – and even the “re-shoring” or returning of manufacturing jobs from overseas.

What this phenomenon has also done is contribute to a shortage of skilled labor.

“Today’s manufacturing jobs require much higher skill levels than the manual, labor-intensive work of traditional manufacturing jobs,” Todd points out. “That’s where Forsyth Tech comes in. We deliver the sophisticated, state-of-the-art education our local manufacturers need to build their workforce, and we turn out well-rounded students who can hit the ground running from day one in good-paying jobs.

“We tell students that if they take the time to invest in the education we provide, they can have a job for life. Manufacturing isn’t dead. It’s alive and thriving here!”

According to a 2011 Manufacturing Institute and Deloitte study on the skills gap in manufacturing, there are 600,000 unfilled manufacturing positions in the U.S. today, primarily for skilled production workers, such as machinists, operators, craft workers, distributors and technicians.

“These highly skilled technicians are the new knowledge workers, requiring applied math and science, critical thinking skills and an understanding of lean manufacturing and supply chain,” says Dr. Gary Green, Forsyth Tech’s president. “To paraphrase the old car ad, ‘these are not our grandfathers’ plant workers.’ Dr. Green brings the skills gap reality down to the local level.

“Dover-Hitch is adding jobs that require advanced welding skills that also include robotics,” he says. “In the energy sector, Siemens is growing a workforce that has certified skills in welding, machining and robotics coatings. Caterpillar is looking for CNC-prepared machinists with an associate degree. In aviation, TIMCO Aviation is looking for highly skilled machinists and assemblers and FAA-certified technicians. And Herbalife is creating new jobs in bioprocessing.”

“Manufacturing isn’t dead. It’s alive and thriving here!”

— Todd Bishop, Department Chair, Integrated Manufacturing and Program Coordinator, Mechanical Engineering & Computer-Integrated Machining
A generation ago, the entry-level production workers for jobs like these would have been high school graduates who might have taken a shop class or two. Today, with advanced manufacturing grounded in the STEM-curriculum of science, technology, engineering and math, it is the partnership between the community college and employer that creates the pipeline of skilled workers, Dr. Green emphasizes.

A National Training Model

To help fill that pipeline, Forsyth Tech is stepping up to meet the training needs of local manufacturers by offering one of the most diverse manufacturing training programs in the state. The college has become a national model for how that is done.

> Forsyth Tech offers the Manufacturing Institute’s NMM-endorsed Skill Certification System designation, nationally recognized, third-party certifications for Computer Integrated Machining, Mechanical Engineering Technology, Welding Technology and Industrial Systems Technology, which ensure students are trained in core competencies and enhance their value to employers in the workplace.

> With support from the Golden Leaf Foundation, Forsyth Tech recently purchased a new five-axis computer-numeric-controlled (CNC) machining center with state-of-the-art FANUC controls. The college has become the first FANUC® Certified Education CNC Training (CECT) Program in the country that’s not owned by FANUC.

> The fall, the college installed a new welding lab and expanded its schedule by adding a third shift overnight welding class.

> The college now offers a two-year associate degree in Computer Integrated Machining Technology.

Educating students for the 21st-century manufacturing environment isn’t only about providing technical training. It also involves teaching students “soft skills.”

“The number one thing we hear employers asking for are workers with good communication skills,” says David Dinkins, a Mechanical Engineering Technology instructor. “In response, we incorporate communication skills classes into the curriculum that emphasize written communication, report writing, presentation preparation and public speaking.”

On the manufacturing floor, Dinkins points out, workers are not just drafters, designers and assemblers. They’re also communicators who are expected to record data into spreadsheets for statistical process control and share that information with other parts of the organization to ensure operations run smoothly and data is properly interpreted. “Students also need to know how to process what they read in technical manuals,” he adds.

The Power of Partnerships

Local manufacturers have come to rely on Forsyth Tech’s commitment to educating and training workers for the 21st-century manufacturing environment.

“I am impressed with the amount of investment Forsyth Tech has made in manufacturing,” says Mike Young, a project engineer for and 50 percent owner in

> Wayne’s Tire and Wheel. “I am impressed with the amount of investment Forsyth Tech has made in manufacturing,” says Mike Young, a project engineer for and 50 percent owner in...
Emerald Tool and Mold Inc., in Kernersville that produces plastic injection molds. He himself graduated from Forsyth Tech with an Associate of Science degree in Drafting and Design. “Forsyth Tech has an intense program, and it’s clear the college plans to support manufacturing going forward. We’ve already hired one student from the college’s engineering program and hopefully will be hiring more as we become more competitive.”

As CEO of Wally Wallace, a German-based rubber tubing manufacturer and the largest employer in Stokes County, Tom Baker says he’s been blown away by his company’s partnership with Forsyth Tech. “I’ve only been in this position for 18 months, but my German colleagues and I are very impressed with Forsyth Tech’s new welding and machining facilities—they are a very good platform for us.”

“We believe in continuous training. Almost 30 percent of our workforce—around 150 people—has received training through Forsyth Tech. Our relationship with Forsyth Tech goes beyond technical training. We just sent 30 people through the leadership training program so we can move them into supervisory positions.”

Mr. Baker credits Dr. Green’s foresight in providing state-of-the-art manufacturing education. “Dr. Green recognizes the issues manufacturers face. For the past 10 to 15 years, it’s been un-cool to be in manufacturing. But manufacturing is coming back. It’s a challenge to attract skilled labor to our company, because there’s a gap in technical skills. We don’t just need engineers and welders—we also need electricians, people who can help us maintain our equipment. Forsyth Tech fills these needs.”

Manufacturing with a Mission

In Rural Hall, Siemens Energy seeks workers with special skill sets and looks to Forsyth Tech graduates to meet their workforce needs. “We look for machinists who can run our machines and controls, who understand the ins and outs of programming,” explains Operations Manager Cory Phillips. “We also need skilled welders. We hire students directly from Forsyth Tech, because the college teaches the critical skills we require.”

Mr. Phillips says Siemens also relies on Forsyth Tech’s flexibility in crafting curriculum around the company’s specific needs. “We use specialized materials in our operations. We donate those materials to Forsyth Tech, so that students can become familiar with them before they are hired.”

The manufacturing industry’s reputation is a concern for Mr. Phillips. “A lot of people think of manufacturing as dirty, out-of-date and manual. But, in manufactoring today, you see cutting-edge advanced technologies. Our tools and processes are constantly changing and growing. We make steam and gas turbine engines. We create things that people use every day and affect their lives in a positive way. It help people keep their power on.”

And because of the training and education they receive, many Forsyth Tech grads are thriving in that mission.

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<tr>
<th>Manufacturing By The Numbers</th>
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<tr>
<td><strong>PIEDMONT TRIAD</strong></td>
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<tr>
<td>Number of Piedmont manufacturing categories, most of any region in NC</td>
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<tr>
<td>Number of manufacturing firms in the Piedmont</td>
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<tr>
<td>Total manufacturing employment in the Piedmont</td>
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<tr>
<td>$53,480 Average manufacturing worker’s pay in the Piedmont</td>
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<tr>
<td><strong>NORTH CAROLINA</strong></td>
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<tr>
<td>Number of manufacturing jobs in NC</td>
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<tr>
<td>$53,337 Average annual manufacturing wage</td>
</tr>
<tr>
<td>$40,425 Average annual private, non-manufacturing wage</td>
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<tr>
<td>26% Manufacturing contribution to NC GDP, making it the largest single sector</td>
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* Source: NCD invisibility.net

As the Piedmont Triad’s manufacturing sector continues to rebound and grow, the number of manufacturing jobs is increasing along with the demand for a highly skilled workforce. Forsyth Tech is helping to meet those needs by educating students for real-world, in-demand jobs that can land them the opportunity they’ve always wanted.

For three graduates of the Mechanical Engineering Technology program, finding their dream job in manufacturing was directly related to the training they received at Forsyth Tech.

Mike Willeford
Emerald Tool & Mold

For 15 years, Mike Willeford sold parts at a local car dealership. But having grown up with a father who was always tinkering with mechanical projects, Mike had a smoldering curiosity about how things work—and whether he could turn that interest into a career. In 2009, he decided to find out. Mike enrolled in Forsyth Tech’s Mechanical Engineering Technology program. During his last semester, an instructor mentioned that Emerald Tool & Mold, a plastic injection mold manufacturer in Kernersville, was hiring, and encouraged his students to apply. Mike took his advice and got the job as a mechanical technician, starting right after graduation in May 2011. “Forsyth Tech prepared me for this job,” says Mike. “The program is well rounded and practical. I learned on the same software as I use at my job.”

Wally Wallace
Deere-Hitachi

Wally Wallace also credits Forsyth Tech with teaching him the practical skills needed to be successful at his job. Deere-Hitachi is known for quality and performance in the heavy equipment industry, specifically with the excavators manufactured in their Kernersville plant, where Wally has been employed for nearly 25 years. He started as a welder, and knowing that he wanted to move up in his career, he enrolled at Forsyth Tech’s Mechanical Engineering Technology program. “I went to Forsyth Tech with the purpose of furthering my education so I could move up into the engineering department at Deere-Hitachi,” says Wally. “I use almost everything I learned at Forsyth Tech on a daily basis in everything I do.”

Mark McSweeney
TE Connectivity

Mark McSweeney is very happy with his job as a quality technician at TE Connectivity—a company that makes plastic and composite automotive components. As part of the quality team, Mark is responsible for assuring that these parts adhere to strict standards. But if it weren’t for the Mechanical Engineering program, Mark might never have been hired for the job. As a welder, Mark knew the only way to go further in his career was with more training. So, he enrolled at Forsyth Tech, working during the day and taking classes at night, staying in school even after being laid off. During his last semester, he heard of the job at TE Connectivity, applied and got hired. “Having been a welder, I already knew how to read blueprints,” says Mark. “But I didn’t know geometric dimensional tolerance, which was critical. I got the GD&T training, got qualified and got the job I’ve always wanted because of Forsyth Tech.”
Vivian’s transition was made easier through an English as a Second Language (ESL) class coordinated by Forsyth Tech’s International Center and taught on-site at the medical school. The class is just one way the International Center works with students and professionals from other countries to help them find the path to success in the United States.

Vivian is part of an exchange program that brings top Brazilian science students to Winston-Salem each year. Generally, the students stay here for about six months working on a research project at the medical school.

Dr. Mark Chappell is the director of the U.S.-Brazil Science without Borders program as well as a professor in the Hypertension and Vascular Research Center at Wake Forest University School of Medicine. He says the International Center’s ESL class is one of the highlights for the Brazilian students.

“It’s a very important class. They get a lot out of it, and it also suggests to them that we care, that we want to reach out to them and help them with their English skills,” Dr. Chappell says.

The class consists of students in the U.S.-Brazil program as well as other international medical school students. Vivian says the class helped with the transition to a new country. “You have more confidence when you take those classes,” she says.

The International Center opened in 2001 under the auspices of seven local agencies and was funded through an ECHO grant from the Winston-Salem Foundation. Two years later, Forsyth Tech became the sole agency behind the center and moved it to its current location at the Forsyth County Central Library in downtown Winston-Salem.

In addition to ESL classes, the center offers many services to the international community, including GED, human resource development classes, computer classes in Spanish, assistance with validating foreign degrees and certificates, referrals to doctors and lawyers as well as individual start-up business counseling, and is a resource for individuals regarding all aspects of education, employment, health, and housing.

The center supports four different classifications of international professionals, including students who are working in their profession, students who trained in their country as professionals but are attending Forsyth Tech classes, students who are transitioning from public school into the professional world as well as entrepreneurs who trained in their own country and run successful businesses there.

Pauline Morris, the director of the International Center and coordinator of Forsyth Tech’s ESL program, says more than 60 countries are represented in the center’s client base. For Melinda Deer, the human resources manager for Artistree in Kernersville, the center’s services allow the international members of her workforce to get the communication and leadership skills they need to move up the career ladder.

Artistree is the frame and molding manufacturing center for the craft store Michael’s. Ms. Deer says that of Artistree’s 200 employees, many are highly skilled workers whose English-language skills may need sharpening. Since 2010, the International Center has worked with Artistree to schedule and teach an on-site ESL class.

“If your staff is made up of associates from all over the world and they all have this great knowledge but they can’t communicate with you, Forsyth Tech can help you bring those associates up to speed. That really opens the door to continuing education,” Ms. Deer says.

Forsyth Tech also recently helped SciWorks bring an international professional in as its new executive director. Paul Kortenra, a Canadian, was able to acquire an H-1B U.S. work visa as a result of an agreement to partner between Forsyth Tech and SciWorks, where the two parties decided to work together with specific mutually aligned goals. Mr. Kortenaar obtained his H-1B U.S. work visa as a result of this partnership due to SciWorks’ ability to demonstrate a collaboration with an education organization in the U.S. Among other projects, Mr. Kortenaar has worked with Forsyth Tech on the Forsyth County Invitational Robot Run, a Lego robotics competition for ages 9-14.

Even though the help provided by the International Center is free, the clients who benefit value the services they’ve received. “They are very grateful people,” Pauline says. “They don’t just walk away and forget about it. Often they say, ‘Can I pay you something?’ Our payment is that you turn around and help someone else, and they are.”
RENÉE ROGERS
Nonprofit Leadership & Management Coordinator

Reneé Rogers is doing exactly what she wants to do—serving humanity. As program coordinator for Forsyth Tech’s Nonprofit Leadership & Management program, she prepares students for leadership roles in the nonprofit sector. Reneé’s passion for service extends beyond the many boards and organizations for which she volunteers. It’s all about helping others to serve.

“Many people have transitioned from the for-profit sector into nonprofit, but lack training. That’s where we can help,” says Reneé.

Forsyth Tech is the first—and only—community college in North Carolina offering an AAS in nonprofit studies. A small committee—appointed by Forsyth Tech President Dr. Cary Green—developed the concept, and it was approved by the NC Community College System in July 2011. Reneé was named program coordinator a month later.

Prior to her current role, Reneé was director of Graduate Enrollment at High Point University, earning her MBA while working there. After graduating, she applied for a part-time teaching position at Forsyth Tech.

“I was so excited to teach that I didn’t even ask what the salary would be,” says Reneé. “I just wanted to get into a classroom.” Soon, she was a full-time faculty member, then coordinator of the program.

These days, much of Reneé’s time is spent with area nonprofits, recruiting candidates for the program. And the numbers speak for themselves. There was just one class in Fall 2011. Currently, there are four classes. Next spring, there will be nine.

“A Journey of Reinvention

For more than a decade, Reneé held two full-time jobs—one as a businesswoman and one as a caregiver for her two ailing aunts. After they passed away, Reneé wondere[d], “If I’m no longer a caregiver, then who am I?” Then came a journey of reinvention.

Today, what makes Reneé happy is volunteering, painting, Zumba dancing, expanding her social circle and being active in her sorority. One of her favorite activities is singing in a gospel choir.

“My great-grandparents were early members of Providence Baptist Church. It brings me so much joy to sing in the choir there!”

No matter what she’s doing, Reneé is happy. “I have family, friends, a job I adore and a purpose,” she says. “What more could a person want?”

AARON CRANFORD
Student, Paralegal Technology

Aaron Cranford is an example of being in the right place at the right time. And Forsyth Tech made it possible.

Aaron enrolled in Forsyth Tech’s Paralegal Technology program, and will graduate with an associate degree in December. Afterward, he plans to attend Gardner-Webb to pursue a bachelor’s degree in Business Administration. But except for a random article on Yahoo, Aaron’s direction in life could have been very different.

Since age 15, Aaron has been a food-services worker, managing restaurants and working around Forsyth County. After high school, he attended Western Carolina University, but it wasn’t the right time or place.

Back home and working in food services again, Aaron saw an article on Yahoo about the top 10 jobs in the future. Number three was “paralegal.” Curious, Aaron called Forsyth Tech—and he was sold. He enrolled in Paralegal Technology immediately. “After taking the Wills, Estates & Trusts class, I knew I found my calling,” says Aaron.

Last semester, Aaron took an internship at the Forsyth County Register of Deeds office, claiming he was able to network with an attorney specializing in real estate and simple family law—was impressed with Aaron and offered him a job. He started that job in October.

“My internship made all the difference,” says Aaron. “Forsyth Tech provided the opportunity for me to learn a new skill set, and the internship allowed me to apply those skills in a practical setting. If it weren’t for Forsyth Tech, I might have spent the rest of my career in a kitchen instead of a law office.”

Opportunity Knocks

Aaron is an admitted opportunist. “I’ve had lots of opportunities in my life,” says Aaron. “I like to think that I’ve taken advantage of the ones that make me a better person.”

For example, Aaron was an Eagle Scout in the Boy Scouts—something that taught him responsibility, respect and perseverance. He also took advantage of an opportunity to talk with a pretty waitress at a restaurant one day, and that woman is now his wife of eight years.

At Forsyth Tech, Aaron took advantage of the opportunity to serve as president of the Paralegal Association, which helped him improve his leadership skills.

“I’ve learned three things that I want to share with future students,” he says. “First, get to know your classmates; they are your future network. Second, get involved in your professional association. Those relationships can open doors. And third, do an internship. I’m proof that they really work.”

www.forsythtech.edu
What does a student ambassador do?
~ Conducts campus tours
~ Represents Forsyth Tech at community events
~ Speaks at local high schools and various events
~ Is involved in service projects
~ Attends leadership training
~ Greets visiting dignitaries
~ Participates in high-profile events sponsored by the college
program and will transfer to a four-year university to study either chemistry or biochemistry. Ultimately, she wants to work in regenerative medicine.

"Until I became a student ambassador, I was unaware of everything Forsyth Tech has to offer," says Alexis. "I wasn’t really involved in anything beyond my classes. But student ambassadors are pushed to excel and reach our potentials we were never aware of, which means being exposed to new situations and challenges. I am much more focused now and feel as if the whole staff of the college is supporting me in my endeavors."

Byron Pinargote is another new ambassador pleasantly surprised by the program. "Not only has the Student Ambassador program made it possible for me to attend college," says Byron, "it's helping me become a better leader and a more confident public speaker — two goals I set for myself at the beginning of the program."

Currently enrolled in the Automotive Systems Technology program, Byron is still trying to decide what career best suits his strengths. "Being the only student ambassador located in the Transportation Center, I’m the ‘go-to’ guy for any questions about Forsyth Tech. When they ask questions I can’t answer, it’s a learning experience for me. People look at me differently… with respect. It’s a good feeling to be recognized as someone people look up to and depend on for help."

For Brendan Fortune, the Student Ambassador program has opened doors for him that he never knew existed. "Next semester I will be shadowing a neurologist to gain hands-on experience and knowledge that will greatly assist me when applying to graduate school in the future," he says. "Without the leadership and communication workshops I have been exposed to as well as the title of being a scholarship student and the confidence that comes with that title, this opportunity would have remained unknown to me."

As with the other four student ambassadors, Charlie Fulk’s plate is full. He is layout editor for the school newspaper, Technically Speaking, vice president of Phi Theta Kappa, a national honor society, and technical assistant for the staff of the college is supporting me in my endeavors."

...one of only 60 students from more than 1,000 applicants accepted into the UNCC program...

As the end of her first semester at UNCC approaches, Melaine knows she made the right decision. "I know that Forsyth Tech prepared me well for this. If I had entered this program without the knowledge I gained at Forsyth Tech, I’d be completely overwhelmed. When I started at Forsyth Tech, there were more than 30 students in my Architecture Technology class. Only five or six graduated, which tells me not only how challenging the program is, but the level of my own drive and determination."

During her time at Forsyth Tech, Melaine was a full-time student and worked a full-time job as a life coach in the mental health field. "It wasn’t easy," she says, "but I’m proud to say that all my hard work is paying off."

"Melaine isn’t the only one proud of these accomplishments. ‘I’m the first person in our family to get a degree,’ she says. ‘My mom can’t talk about it without crying.’"
rubbing people the right way

An Interview with Kim Moore, Program Coordinator, Therapeutic Massage

When Kim Moore starts discussing the field of massage therapy, you become swept up by her passion and enthusiasm for this alternative health practice, which has been her vocation and avocation for more than 15 years. In addition to coordinating Forsyth Tech’s rigorous massage therapy program, Kim is owner of the Massage & Bodywork Clinic of Kernersville. She also serves as government relations chair and secretary of the NC chapter of the American Massage Therapy Association (AMTA) and president of the NC Community College Council on Therapeutic Massage programs. In this column, Kim demystifies massage therapy by explaining what it is — and isn’t — and the health benefits it provides.

Q: Can you give a simple explanation of what massage therapy is?
A: Massage therapy is a way of using touch to manipulate the soft tissue muscles of the body to relieve pain, rehabilitate injury, reduce stress, increase relaxation and aid in general wellness.

Q: Is a massage therapist the same thing as a masseuse?
A: Technically, yes. Historically, a massage therapist was called “masseuse” or “masseuse.” Today, however, therapists prefer to be called “massage therapists” or “therapeutic massage practitioners.”

Q: What are some of the biggest misunderstandings about massage therapy?
A: A lot of people think massage therapy is a spa-type treatment that people only use to feel more relaxed. Some believe that all we do is “fluff and buff.” While massage therapists do offer treatments designed to provide overall relaxation, the therapy is also used to effectively manage pain, stress and chronic illnesses.

Q: Who is qualified to give a therapeutic massage?
A: You should always make sure you are receiving treatment from a licensed massage therapist. Massage therapists should display their License Number & Bodywork Therapists (LMBT) license in their workplace. You can go to American Massage Therapy Association at www.amtamassage.org and use the locator on the home page to find licensed massage therapists in your area and their specialties.

Q: What types of medical conditions can be treated with massage therapy?
A: Different medical conditions require different types of therapeutic massage. For example, if someone is undergoing cancer treatment, they might benefit from oncology massage, which takes into account the medications the person is on and what those drugs are doing to the body. In this case, we might avoid a circulatory massage, which could cause a negative interaction with the drugs. Or, we might use a lymphatic drainage massage technique to relieve the person’s edema (water retention).

Q: Can massage therapy be an alternative to medications?
A: Yes, depending on how involved the muscles are. I’ve had a number of patients with leg pain come to me while they are taking pain medications and muscle relaxants. As I work with them, they often find that their need for medications changes after a few sessions. With their medical doctor’s cooperation, we can assist in helping reduce the clients’ need for medications, but changing medications ultimately should be done only by their doctor.

Q: Do you recommend massage therapy for “routine maintenance” or only when someone has a problem?
A: I look at the body like you might look at your car. Your car needs gas and oil to run, right? What would happen if you don’t put those things in? Your car stops working. The same thing will happen to your body if you don’t give it what it needs. Massage therapy is like a tune-up for your body. One of my favorite quotes is “if you don’t take care of your body, where are you going to live?” I’ve had clients for up to 15 years who come back to me every four to six weeks for regular “tune-ups,” which help them maintain their optimum health.

Q: How long does a massage last?
A: The average full-body massage lasts about an hour. We can also give partial massages in about 30 minutes on certain areas, such as the neck and shoulders. But, for optimal benefit, most of my clients prefer a 60- to 90-minute session.

Q: What should people wear to a massage therapy appointment?
A: Anything they feel comfortable in. They can undress to the level of their comfort before getting between the sheets on the massage therapy table. We always make sure our clients’ modesty is respected and maintained and that they are fully draped at all times. However, a client might remain fully clothed while receiving a massage in modalities like seated massage or sports massage.

Q: What kind of homework do you give your clients?
A: Yes. My clients who are the most invested in what they’re doing with me see much better outcomes with massage therapy. Let’s say a client comes to me with neck and waist pain. After completing her initial assessment, I learn that she sits at a computer all day long and types. I determine the source of her pain to possibly be the repetitive motion of her hands on the keyboard. After working on her, I send her home with a number of different stretches to do each day to keep the muscles in her forward loose.

Q: How often would you recommend a person come for massage therapy?
A: A client who is new to massage therapy often comes once a week for nine months. However, a client who has had massage therapy for years might see the same difference after three visits.

Q: How do you know when your patients are benefiting from therapy?
A: As I work with them, they often find that their pain come to me while they are taking pain medications and muscle relaxants. As I work with them, they often find that their need for medications changes after a few sessions. With their medical doctor’s cooperation, we can assist in helping reduce the clients’ need for medications, but changing medications ultimately should be done only by their doctor.

Q: Do you have a favorite client success story?
A: One of my clients, whom I had been seeing for 10 years, was diagnosed with pancreatic cancer. She was diagnosed in April and was told she wouldn’t make it through the summer. She wanted to continue with the massage therapy, because it allowed her to be totally pain-free for up to three hours after each of our sessions, which made her feel wonderful. She continued to see me once a week until she was no longer able to travel. She died the following April, outlining her doctor’s expectations by nine months. While it’s always hard to lose a client, I was grateful that I could use therapeutic massage to help relieve her pain for even short periods of time throughout her illness. I knew I had made a difference in the quality of her life during her final months.

Q: Do you think massage therapy is considered an alternative health option? Can it work with traditional medicine as well as other alternative therapies?
A: I frequently consult with medical doctors on my clients’ medical and therapeutic needs. After all, we’ll all healthcare providers working to improve the health of our patients and clients. I often work with chiropractors, acupuncturists and physical therapists. All of these treatments can be complementary. For example, sometimes acupuncture can be the first course of treatment for chronic pain, reducing a patient’s pain to the point where massage therapy becomes the next most effective treatment.
2013 REPORT TO THE COMMUNITY: Expanding Our Reach

THE PAST YEAR HAS SEEN FORSYTH TECH BUILD ON THE SUCCESS OF THE LAST SEVERAL YEARS, EXPANDING ITS SPHERE OF INFLUENCE IN MANY SIGNIFICANT WAYS. WHILE STILL FOCUSED ON PROVIDING EDUCATIONAL OPPORTUNITIES LOCALLY, THE COLLEGE IS ALSO REACHING OUT TO WORK WITH REGIONAL AND NATIONAL ORGANIZATIONS AND COMPANIES. THROUGH THESE EFFORTS, FORSYTH TECH IS BECOMING A LEADER IN THE COMMUNITY COLLEGE ARENA, PUTTING THE COLLEGE AT THE FOREFRONT OF WORKFORCE EDUCATION.

Money to Learn

In the past year, Forsyth Tech received two grants to help expand and enhance bioscience education. Both indicate the growing acknowledgement of Forsyth Tech as a leader in the area of bioscience education regionally and nationally.

The first, from the Department of Labor, gave nearly $15 million to lead a nationwide Community College Consortium for Bioscience Credentials (c3bc), with the goal of better preparing trade-impacted and long-term unemployed workers for high-wage jobs in the bioscience and healthcare fields. The second, from the National Science Foundation, gave nearly $5 million to improve the quality of community college bioscience education by offering instructors the opportunity to participate in a three-year Biotechnology Industrial Fellows Program.

Work is progressing on both fronts. According to Russ Read, executive director of the National Center for the Biotechnology Workforce based at Forsyth Tech, the c3bc is currently developing skills, standards and curriculum to be used in the training.

The Biotechnology Industrial Fellows Program, meanwhile, is in the planning stage, with instructions from community colleges across the country scheduled to visit Forsyth Tech in June 2014 to visit companies, institutions and university settings observing how bioscience works. According to Russ, by the time they throw a month later, they will be able to transfer what they have learned to their own classroom teaching experience.

In May, 1,400 students graduated from Forsyth Tech, the largest class in the college’s history. As many of these students move on to work in manufacturing, healthcare, business and other fields, they will touch every aspect of the local economy. This has been the case for decades, with Forsyth Tech graduates helping local companies grow and prosper. And, as the number of graduates has grown, so has the college’s influence. Today Forsyth Tech stands as an important source of the kind of skilled, well-trained workforce that attracts new industries to Winston-Salem and surrounding communities.

Those 1,400 graduates included 26 from the first graduating class of Stokes Early College. After receiving their high school diplomas in the morning, the 26 went on to four-year colleges, thanks to the $300,000 in grants and scholarships they received. Stokes Early College is indicative of the role Forsyth Tech is playing in helping local students achieve greater academic success.

Forsyth Tech continues to find itself the subject of national — and now international — news. In May of this year, the Japanese business newspaper Nikkei (Japan’s Wall Street Journal) ran a story about how the college is meeting the workforce needs of the local economy. Written by chief correspondent Yoko Ogura, the story was based on a two-week tour of the college as well as visits with local manufacturers and an extensive interview with Forsyth Tech’s president, Dr. Gary Green. Dr. Green was also mentioned in The New York Times by columnist Thomas Friedman, best-selling author of “The World is Flat.” The men crossed paths and had a lengthy conversation about America’s skills gap in advanced manufacturing. Mr. Friedman was so impressed with Dr. Green’s take on the situation that he quoted Dr. Green in his next column.

In June, Forsyth Tech’s accreditation was reaffirmed by the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) for the next 10 years. This followed an extensive review of the college’s performance in meeting its objectives. This reaffirmation assures the public that a Forsyth Tech degree has the value it should have, and it assures legislators and other officials that the college is fulfilling its mission of serving the community.

One way the college is fulfilling that mission is by taking the lead in a new program to expand the National Association of Manufacturers’ Endorsed Skills Certification System in Computer Integrated Machining, Welding, Mechanical Engineering Technology and Industrial Systems. This expansion will allow Forsyth Tech and four other community colleges to offer industry-recognized, third-party credentials to more students, creating pathways for them into manufacturing. Funded by a grant from the Golden Leaf Foundation, this initiative will bring more higher-paying, long-term jobs to the region and create a better economic future for everyone.

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The 2012–2013 Annual Campaign
Thanks to all our generous donors from the past year (07.01.12 to 06.30.13)
Building Momentum

Forsyth Tech at Innovation Quarter

The Momentum Campaign for the health technology programs and state-of-the-art educational center that North Carolina community college. The Forest Innovation Quarter in downtown Winston-Salem.

“We’ve been waiting a long time for this day,” said Forsyth Tech President Dr. Gary Green in his opening remarks before a group of supporters in the Atrium of Biotech Place in Innovation Quarter. “One of the key goals of our capital campaign was to fund a state-of-the-art educational center that addresses emerging industries and future career opportunities throughout the Piedmont Triad. We are now making that happen.

“Our strategic move to Innovation Quarter enables us to immerse our students in a true landscape of the developing industries they are studying. The benefits provided by this proximity are boundless.”

The college launched the Momentum Capital Campaign in 2006, its first-ever public campaign and one of the first capital campaigns for a North Carolina community college. The campaign exceeded its $13 million goal by $700,000. In addition to the new space in Innovation Quarter, the campaign provided equity funds for the health technology programs and increased the amount of scholarships the college can award, including six independent scholarships endowed at Reynolds American Inc., and Dr. Kenneth Sadler (center), director of community & civic engagement, addresses emerging industries and resource support for the college’s renovated space at 525@Vine in October when Forsyth Tech moves into its newly renovated space at 525@Vine in October.

When Forsyth Tech moves into its newly renovated space at 525@Vine in October, it will occupy 23,000 square feet and provide educational space for more than 2,000 students each year, as well as training and resource support for the college’s corporate partners, Innovation Quarter tenants, and small business owners and entrepreneurs.

The Momentum Campaign at Innovation Quarter will become home to several named facilities and programs as a result of the capital campaign:

- A. J. Reynolds Corporate Training Center
- Southern Community Small Business Center
- RBAT Biotechnology Program
- Wells Fargo Nanotechnology Program

The Momentum Campaign

More Than You Know

Thanks to all our generous donors. (10.01.04 to 6.30.13)

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The Momentum Campaign

More Than You Know

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Ms. Carol E. Crooks
Dr. Dwaine M. Davis, Jr.
Ms. Carol P. O'Gara
Dr. Joseph L. Davis
Ms. Jennifer D. Davis

Our Donors
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The Woman’s Club of Winston-Salem: Why We Support Forsyth Tech

If cities were judged on the passion of their civic groups, Winston-Salem would be at the top of the list. The Twin City is home to some of the most generous and supportive organizations in the country, including one whose recent gift will enable deserving students to continue their education at Forsyth Tech – for years to come.

For nearly a century, the Woman’s Club of Winston-Salem has been serious about supporting the community — and education has been one of its primary focuses. "The needs of Winston-Salem employers have changed," said Piebe Kirkman, longtime donor to Forsyth Tech — a $245,000 unrestricted scholarship. They recently added another $12,000 to the initial endowment.

"Several of our members are former teachers," said Jane Yarrows, a retired educator who was Forsyth Tech’s cheerleader and outgoing advocate for her fellow club members. "We dedicated our professional lives to education, and now in our retirement years, we’re able to stay connected…"

For more information, visit ForsythTech.edu/womensclub.

Choose your level of support:

- Presidents Club $1,000 – 2,499
- Deans Club $2,500 – 4,999
- Presidents Club $5,000 – 9,999
- Leaders $10,000 – 24,999
- Champions $25,000 – 99,999
- Trustees $100,000 – $499,999
- Benefactors $500,000 – $999,999
- Patrons $1,000,000 and over

The Momentum Campaign

- Anonymous
- Dr. and Mrs. James L. Fortuna, Jr.
- Mr. Reginald M. Fleming
- Ms. Jennie Fentress
- Ms. Laura S. Durham
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- Ms. Rachel M. Desmarais
- Ms. Valeria J. Delp
- Ms. Alpha S. Dawalbhakta
- Ms. Pauline R. Davis
- Dr. Dwaine M. Davis, Jr.
- Ms. Carol E. Crooks
- Mr. W. Thompson Comerford, Jr.
- Ms. Kathy H. Coe
- Ms. Janet L. Cline
- The Momentum Campaign

The Club began in 1919 when a group of community-minded Winston-Salem women decided they wanted to make a difference. Recognizing that the power of a group is stronger than the power of one, they pooled their resources and purchased the Clem's Tire House. The impresario Clem's House — which is now on the National Register as a Historic District Home in the West End neighborhood of Winston-Salem — was where the club held meetings until the late 1950s. At that point the house was turned over to the Winston-Salem Foundation. "That’s when the magic happened," said Ms. Kirkman.

The Foundation then sold the house and allowed the Woman’s Club to spend the interest earned from the proceeds of the sale — in perpetuity. The only stipulation was that the money be used for philanthropic purposes. The Club committed its funds to four key priorities:

- Education
- Civic organizations
- Health care
- Historic preservation

In September 2012, the Club made its first donation to Forsyth Tech — a $245,000 unrestricted scholarship. They recently added another $12,000 to the initial endowment.

"Several of our members are former teachers," said Jane Yarrows, a retired educator who was Forsyth Tech’s cheerleader and outgoing advocate for her fellow club members. "We dedicated our professional lives to education, and now in our retirement years, we’re able to stay connected through our financial support of Forsyth Tech. It’s a perfect fit."

"There are so many good things happening at Forsyth Tech," she continued, "and we’re just glad to be part of it."

Jane Yarrows, a retired educator who was Forsyth Tech’s cheerleader and outgoing advocate for her fellow club members.
Creative Collaboration. Tom Pratt, supervisor for Grounds Maintenance at Forsyth Tech, saw an opportunity to put a final touch on the recent Oak Grove Center renovation by concealing an unsightly drain cover outside the main entrance of the building with a piece of original art. After receiving approval on his design, he enlisted the talents of Joseph Schwerzler, a teaching lab assistant in Welding, to construct it. The result? An abstract metal sculpture called the “Tree of Knowledge” that features branches that spin in the wind and a trunk made from rebar.