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## Thamm Receives Grant for Sabbatical

Jackie M. Thamm, executive director of the Friend to Friend Crisis Center in Carthage is one of five leaders of nonprofit organizations to receive a \$25,000 grant from the Z. Smith Reynolds Foundation to take sabbaticals from their work for up to six months.

Thamm has spent 20 years -- the last eight as executive director -- with Friend to Friend Crisis Center in Carthage. The organization provides services to victims of domestic violence and sexual assault, including a 24-hour crisis line, counseling, court advocacy, child assault prevention programs, and a shelter.

"As director of a nonprofit domestic violence and sexual assault center in a small community, mine is truly a 24-hour position," Thamm said. "I have often said that I am blessed and honored for individuals to share their lives with me, and I believe I am a better person for this experience. I have been to too many funerals, stood beside too many families at the grave of a loved one trying to make sense of the past and come to terms with their future. At times, I am beyond sad. After this wonderful rest, I see myself being ready to take on new projects."

The other recipients are Gregory M. Bounds, CEO of Goshen Medical Center in Faison; James L. Brooks, executive director of Project Compassion in Chapel Hill; Doris A. Howington, executive director of The Wright Center in Rocky Mount; and Lisa D. Twiggs, executive director of Family Resources of Cherokee County in Murphy

The Z. Smith Reynolds Sabbatical Program, now in its 20th year, allows recipients to take extended breaks from their jobs for personal renewal that enables continued work in the nonprofit area.

Trustees of the Z. Smith Reynolds Foundation pioneered sabbaticals for nonprofit leaders when it established the program and made its first grants in 1990. Having made thousands of grants to nonprofit organizations in North Carolina, trustees saw that some of the most creative and inspired nonprofit leaders were experiencing burnout from the ongoing challenges of sustaining and managing their organizations, a news release said. Recipients of the grants are free to structure their leaves as they

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choose -- to travel, work on special projects, spend time with family and friends, read, relax, or simply reflect. Sabbaticals may last from three to six months.

The five 2009 recipients of the Z. Smith Reynolds Foundation sabbaticals were chosen on the basis of need for time away from the stresses and challenges of their work environment, the innovation and creativity they have demonstrated in their past work achievements, and their potential to continue to make significant contributions to public service in North Carolina.

Recipients must have worked at their nonprofit for at least three years, including two in a leadership position.

The Z. Smith Reynolds Foundation was established in 1936 as a memorial to the youngest child of R.J. and Katharine Smith Reynolds. During its history, the foundation has made grants of more than \$442 million to projects in all 100 counties in North Carolina.

The foundation's current focus areas are community economic development, the environment, social justice and equity, democracy and civic engagement, and pre-collegiate education.

Anyone wanting more information about the sabbatical program should visit [www.zsr.org](http://www.zsr.org) or contact the Sabbatical Program Coordinator, Z. Smith Reynolds Foundation, at (800) 443-8319 toll-free.

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