

WPF *orum* NEWS



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Kris Landrum

“I’ve decided to focus some of the articles this year on specific special interest groups so that you can get a flavor of what these groups have to offer from an insider perspective.”

As all of you undoubtedly know, or have surmised, one of the duties of the WPF president is to write this newsletter article each month. I must confess that this is my least favorite duty, primarily because I’m lazy and writing this article is hard work! Coming up with a topic is nearly as difficult as writing the article, so I’ve decided to focus some of the articles this year on specific special interest groups so that you can get a flavor of what these groups have to offer from an insider perspective. You may have guessed from last month’s newsletter that I’m a big fan of special interest groups because they provide such a unique opportunity to get to know other WPF members. Since Health and Wellness is our newest special interest group and had its first activity in January, I figure, what better place to start?!



Rumor has it that a number of you have the erroneous impression that I am an exercise fanatic. In actuality, my dirty little secret is that I really don’t like to exercise. If I followed my natural inclination, I’d spend my spare time curled up with a book and leave the exercise to those of you running marathons or doing two-day walks. However, I’ve found that

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February Meeting

Wed., February 9 @12:30
The Painted Plate
2001 N. Church St.
Greensboro

Cost

Active members - prepaid. Supporting or Emeritus members and Guests -\$15.00.

Reservations

Please contact Carol Matznick, 605-9108 or carol4wpf@aol.com if:

- You are a Supporting or Emeritus member and would like to make a lunch reservation
- You would like to invite a special guest
- You are an active member and need to cancel your reservation

Cancellation of reservation is a membership requirement.

Important Dates To Remember

February 9 - Next Meeting

February 15 - Board Meeting, Tuggle Duggins & Meschan PA,
100 N. Greene St.

February 18 - March Newsletter deadline

2011 WPF Board Members

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President's Pen, continued from page one

regular exercise helps to keep me sane, flexible and an OK (not great!) weight without enduring starvation. One of my more traumatic moments in recent years was reading that studies now show that for women over 50 (yes, that would be me!), it takes an hour of exercise 5 days a week just to maintain (not lose!) weight. Which, I guess, explains why those of us who see each other regularly at the gym are continually asking "Why aren't we getting any thinner?"

The camaraderie of working out in a class makes exercising a little less painful for me, so I was thrilled to learn that a Zumba class would be the first activity of our Health & Wellness special interest group. Remember the days of Jazzercise? Somehow the combination of dance and exercise made the exercise so much more bearable. How could Zumba not be equally fun if I could just manage to participate without making a fool of myself? But everyone would know me, right? And surely there would be others looking equally uncoordinated...right?... someone?

Monday, the 17th, found about 20 of us gathered in a room at the Bryan YMCA for what was, for most of us, our first Zumba class. It was a trip! One of those experiences designed to keep us humble! There we were, a room full of professional women with an average age far greater than the young, energetic woman leading us through the Latin rhythms of Zumba, and trying hard to mimic her movements without tripping over our own feet or those of our neighbors. To say that we were somewhat inhibited, especially when it came to the hip swaying, jiggling, and bumping, would be putting it mildly! Sweat poured and water breaks were numerous...especially when they provided a legitimate way to take a break. "No...(puff, puff)...I'm not tired...just trying to stay hydrated!"

Someone provided a statistic that one can burn 1000 calories in a Zumba class, but we admitted to ourselves that our level of activity probably didn't make it! And then there were the delicious smoothies provided by the Y at the class conclusion...they were small but we speculated that we probably only broke even on calories for the evening. I think the consensus was that it was a great way to exercise, especially among friends who are sworn to secrecy as to the skills of fellow participants (assuming anyone was coordinated enough to look at someone other than the instructor.) I, for one, haven't a clue how anyone else was doing. I was too busy trying to pretend that I knew how to salsa or rumba or do the Maringa!

All in all, it was a great introduction to our newest special interest group and it definitely put fellow WPF'ers in a new light...but you'll never get the details from any of us!

If you missed this activity, read on for other opportunities to get together during the month of February. Dining Out, Whine Divas, Salon, and Health and Wellness all have activities planned. If some of these activities don't make the newsletter, watch for blasts from Carol or announcements at the meeting so that you can catch these events. And don't forget, it's time to sign up for Wild Women in the Mountains. If you haven't joined us for this weekend in Blowing Rock, you have no idea what a fun time you've been missing! The expression "What happens in the mountains stays in the mountains" was coined for a reason! No matter how desperate I am for material for the newsletter, you'll only learn about the good stuff by going to Blowing Rock yourself! See details about signing up further on.

And, finally, don't miss this month's meeting where we will hear a fascinating speaker who has a lot to share about forgiveness and the resilience of the human spirit. Look for the feature about our speaker in the newsletter to learn more. I hope to see you all at the meeting and at one or more of our many February activities! **WPF**



MEET JENNIFER THOMPSON

Judy Garner

The speaker for February is Jennifer Thompson & the title of her talk is "Trauma to Triumph". After being raped Jennifer positively identified her attacker, Ronald Cotton, and he was convicted based on Jennifer's testimony. She could never forget the person who violated her. All the while Ronald maintained that he was wrongfully accused. After serving eleven years in prison Ronald was given a DNA test that proved his innocence. Jennifer was



stunned by the revelation and in the aftermath a unique friendship was formed. Her story will tell the rest. **WPF**



Mothers of Young Children SIG

Laura Burton

Traveling with Family -- March McHenry

Tired of the same old family vacations to the beach or Disney World? Have family and friends made it not-too-subtly clear that you and the family are wearing out your welcome to their lake house? Marcy McHenry (who has spent way too much of her free time researching this topic, and SOME time actually enjoying such trips) will lead a discussion of other family friendly vacation ideas just in time to start making summer plans.

Please join the Mothers of Young Children SIG for a brown bag lunch on Wednesday, February 23 at

12:00. Location:
Smith Moore
Leatherwood,
300 N. Greene St.,
Suite 1400.

RSVP: laura.burton@smithmoorelaw.com
or 378-5566. **WPF**



Mothers of
Young Children

February 23, 2011
12:00 noon

Smith Moore Leatherwood
300 N. Greene St.
Suite 1400

WPF Special Interest Groups

Anything Goes
Madge Megliola
286-3441
madgemeg@gmail.com

Books & Arts
Rose Pfaff
274-1426
Rosepfaff2000@yahoo.com

Dining Out
Kris Landrum
271-5243
KLandrum@tuggleduggins.com

Golf
Judy Piper
286-9788
jrpiper@uncg.edu

WhINE Divas
Sandy Doyle-Jones
282-3412
sdoylejones@bellsouth.net

Donna Reichmann
323-1463
youcanleadtoo@aol.com

Women of Wall Street
Peggy Ward
834-6950
Peggy.Ward@ubs.com

Working Mothers of Young Children
Laura Burton
378-5566
Laura.burton@smithmoorelaw.com

The Salon
Paula Sinozich
333-7907
psinozich@connorslegal.com
Meryl Mullane
545-8838
meryl@mullanep.com

Women's Wellness
Cindy Farrand
832-6505
cindy.farrand@mosescone.com



A Special Dining Out

Janice Lanier

First, I would like to thank you all for your help and support as I attempt to take the reins - for Dinning Out from Kris Landrum. Kris always did a wonderful job and I have very big shoes to fill! I am looking forward to many exciting dinning experiences with you all.

I am still looking for hosts for 2011. So, if you are interested please let me know.

Dinning Out for the month of February will be at Leblon Churrascaria Brazilian Steakhouse, 106 S. Holden Road, Greensboro, NC, on February 23rd at 6:00 p.m. I will be your hostess for this month.

Leblon has been in Greensboro for many years and they recently moved to the building that was

formerly occupied by The Chop House. It is a beautiful, warm and inviting restaurant. If you have never eaten at Leblon, now is your chance to try and enjoy this wonderful experience! They deem themselves as "Greensboro's Most Unique Continuous Dinning Experience."

"Churrascaria (choo-rah-scah-REE-ah) is the name used to described a restaurant that serves meat, mostly grilled and, Rodizio is a method of serving different cuts of meat that originated in the South of Brazil in the early 1800's. The concept is to serve a wide variety of different cuts of beef, pork, lamb, chicken, etc. in succession, to each dinner individually right at their table, thus there is not a traditional menu. The restaurant features a fixed-price continuous tableside service. Be ready to tantalize your taste sensations!!"

If you would like to join us for this wonderful experience, please let me know by 4:00pm on February 21st. You can email me at janice.lanier@evonik.com or call me at 336-333-3659. WPF



Dining Out

February 23, 2011
6:00 pm

Leblon Churrascaria
Brazilian Steakhouse
106 S. Holden Road
Greenboro

The Salon

February 16, 2011
7:00 pm

Home of
Paula Sinozich
923 Benfield Drive
Greensboro

The SALON

Meryl Mullane

If you've been to one of the WPF Salon gatherings, you know how it's fun, stimulating and refreshing to talk about big ideas. If you haven't attended yet, it's time to give it a whirl. This month's topic is The American Dream: can we get there from here?

No need to prepare but here are a couple of very different viewpoints: Fareed Zakaria on How to Restore the American Dream <http://www.time.com/time/nation/article/0,8599,2026776,00.html>
George Carlin's view: <http://www.youtube.com/watch?v=acLW1vFO-2Q>
Wednesday, February 16 7 – 9 p.m., home of Paula Sinozich, 923 Benfield Drive.

Contact: Meryl Mullane 545-8838 Meryl@MullanePR.com or Paula 333-7907
PSinozich@ConnorsLegal.com WPF



Meet Our Newest Members

Kate Weaver

Please welcome and get to know our nine new WPF members. They will be introduced at the March monthly meeting.

Tamiaka M. L. Howell, MD, is a physician with PrimeCare Urgent and Family Medicine in Greensboro, often serving un- or underinsured patients. She is also involved in occupational medicine. Dr. Howell brings WPF a never-ending sense of adventure (she has both a pilot's and a motorcycle license), a love of athletics (she has been an amateur boxer and a rugby player), and a commitment to philanthropy (especially the Leukemia and Lymphoma Society). She has been a volunteer with Big Brothers/Big Sisters, and she has been to Honduras on a medical mission trip. Dr. Howell also has a one-year-old daughter.

Betsey Baum (yes, Betsey with an "e") is the long-term executive director of the Southern Theatre Conference. This 62-year-old nonprofit organization has a mission to connect people to opportunities in theatre, both in the professional and the academic realms. More than 4,000 theatre folks attend the annual conference, which Betsey produces. Betsey is also a freelance creativity facilitator; one local project was for the Center for Creative Leadership in using art-making to enhance leadership abilities in executives and managers. She is active in the Historic Aycock Neighborhood Association, and she serves on Greensboro's Cultural Center's Council.

Barbara Stewart is a business lawyer at Forman Rossabi Black, P.A. She is a graduate of the University of Texas law school. She moved to Greensboro to be Corporate Counsel for Lucent Technologies which she was until 2001. She is bilingual in Spanish and specializes in real estate transactions and advising small businesses. She is cofounder of the Single Parent Adoption Association. Barbara is the type of person who gives 100% at whatever she is involved with.

Iris Ramey moved here last year from Virginia to be the Associate Vice President for Institutional Advancement for Bennett College. She has 12 years of Fundraising experiences and 5 years of senior development experience with specialization in major gifts. She has had similar positions with the College of William and Mary in Virginia, and Belmont University and Meharry Medical College in Nashville, Tennessee. She graduated from Virginia State University and has a M.S. in Urban Affairs and Planning from Hunter College in New York.

Jane Walker has a PH.D. in Textiles Product Marketing with over 25 years of university level teaching. Jane is a professor and researcher in merchandising and design at North Carolina A & T where she teaches both undergraduate and graduate level students. She finds that the students keep her young at heart and enthusiastic about the future. She has served on many committees in professional associations at both the state and national levels. Her recent leadership role was serving as president of the North Carolina Association for Family and Consumer Sciences, a professional association that is the state affiliate to the American Association of Family and Consumer Sciences.

Denise Lloyd was in the magazine publishing industry for 27 years which allowed her to travel around the country calling on corporations and advertising agencies. In November 2006, Denise relocated to Greensboro from Akron, Ohio, when she purchased Greensboro Rubber Stamp & Sign Company, a small business with 5 employees and herself. She has successfully maintained her employees and has been able to offer them health insurance, a pension plan, paid vacation/sick days. This is rare for a business this size and was not offered by the previous owner. While completing the WPF application, she was on her third coffee pot!

Nancy Hertlein spent almost twenty years, early in her career, in the enviable position of being a Ship's Nurse and Chief Nursing Officer and seeing the world courtesy of Norwegian Cruise Line. Since returning to Greensboro in 2003 she has used the additional skills acquired in receiving her Master's Degrees in both Business Administration and Health Administration as Manager/Director of Moses Cone's Urgent Care Center where she is responsible for the design and delivery of all clinical services. Nancy was born and raised in Greensboro and previously worked as an instructor in the Emergency Medicine department at GTCC while working in emergency nursing at Wesley Long.

New WPF Members

Tamiaka M. L. Howell
Betsey Baum
Barbara Stewart
Iris Ramey
Jane Walker
Denise Lloyd
Nancy Hertlein
Quinn Dalton
Susan Williams



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2011 WPF Foundation Board Members

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Quinn Dalton, an award winning Greensboro author, has authored several books including *High Strung: A Novel*, *Bulletproof Girl*, and *Stories from the Afterlife*. She was named as one of the 20 who left their mark on the Triad Arts and Entertainment scene. Previously she has worked as a waiter, bartender, fundraiser, teacher, freelance writer and spin-doctor. Her latest venture, in partnership with another WPF member, is as owner of A Venue Management, a company that markets and promotes special events venues in the Triad. Quinn has accomplished all of this while being a full-time mother and community advocate.

Susan Williams is half of the second mother-daughter team presently in WPF. She has followed in her mother Joyce Richman's footsteps in the realm of career counseling and human resources. Susan recently returned to the Greensboro area from Blacksburg, VA. In her present position as Assistant Director Career and Internship Services at High Point University, Susan provides career counseling to both undergraduate and graduate students as well as networking with representatives of local companies to identify internship and full-time job opportunities; and she does all of this while successfully managing a modern family. She holds a BS in Sociology from Guilford College and a MS in Human Resources from NC A & T State University. **WPF**

Foundation Board Reviews Grant Program Strategy

Denny Kelly

At their first meeting of the year, the WPF Foundation Board reviewed and confirmed their strategy for WPF's philanthropic grants program. For the last several years, Foundation grants have been awarded to worthy programs that "nurture girls to be tomorrow's leaders." Each year, the Foundation considers whether to renew or revise that theme.

Following a lively discussion of the history of the grant process, a report on the Small Group Dinner responses to the question of whether to continue or change the thrust, and the organization's purpose as outlined in the Foundation's 1984 Articles of Incorporation and amended in 2009, the vote was unanimous to continue making awards to programs that "nurture girls to be tomorrow's leaders." Supporting reasons for this decision include:

- Member response to the question at the Small Group Dinners was overwhelming in favor of retaining this theme.
- Supporting programs in girls' leadership is a need that is not being specifically filled by any other organization, so WPF has developed a recognizable niche in the non-profit landscape.
- The continuity of addressing the same theme each year clarifies and reinforces WPF's philanthropic goals, which encourages giving and attracts quality grant applications.
- By supporting programs, rather than individuals or small groups, our grants make a bigger impact by influencing more girls. In other business, Committee Chairs were named for the following Foundation activities:

Grants – Beverley Gass

Fundraising - Effie Varitimidis

Annual Meeting – Tara Sandercock, Vice President

Marketing – Maureen Hartigan

Newsletter – Meryl Mullane **WPF**