

WPF *orum* NEWS



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Kris Landrum

The New Anti-Ager?

Every month at the WPF meeting we acknowledge birthdays occurring during the month. I've noticed that when I ask for members celebrating birthdays to stand, no one immediately jumps to her feet. True to what seems to be a cultural trend, none of us wants to recognize the passing of another year and the accompanying aging process. As a culture, we're told, we're obsessed with looking younger and living longer.



Isn't 40 the new 30 and 50 the new 40? Certainly you can't pick up a magazine or a newspaper or surf the web without being inundated with tips and suggestions for denying the aging process. One article I read recently analyzed a variety of products aimed at "looking younger." There were anti-aging creams, wrinkle erasing lotions, skin tighteners, age-spot removers, and on and on. Each was rated against its peers and estimates of apparent years removed were provided...3 years for this potion, 7 for that, 2 for another...and I wondered. What if you used one of each? Would you return to puberty?

Then there are the myriad of articles about living longer. We should eat right (hi-fiber diets, no sugar, reduced salt, no fat, lots of fruit), reduce calories, lose weight. We should exercise daily. We should get the right amount of sleep...if only we can figure out what that is. I was convinced that I had to get at least 7 hours a night to help memory and also help with weight reduction, but I recently saw a study that said the optimum number of hours of sleep to live longer is 5 1/2 to 6 a night. So, I guess you can live longer, but have no memory and be fat, or die a little sooner with your mind intact! At any rate, all of these suggestions for living longer have one thing in common...self-discipline and some element of sacrifice. Where's the fun in that?!

Continued on next page



November Meeting

Wed., November 9 @ 12:00
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

November 9 - Next Meeting - WPF Bazaar

November 15 - Board Meeting, Tuggle Duggins & Meschan PA,
100 N. Greene St., 12pm - 1pm

November 18 - December Newsletter deadline

Continued from page one

But wait! A massive compilation of studies of over 300,000 people shows that having friends is more beneficial to health and life expectancy than either exercise or losing weight and has as much impact as quitting smoking. Wow! Something fun that's actually good for us! The study results indicated that friends were even more important than family in increasing longevity, but that it's the quality, not quantity, of friends that counts: about having the kinds of friends you can hang out with, or call with big news, or travel with, or turn to for support.



Lucky us! Here we are, members of an organization of around 150 potential friends! Each of us comes to WPF from different backgrounds, life situations, needs, and ages. For many of you, WPF may be simply an organization providing networking and an interesting monthly meeting. You look to your church or neighborhood or work for your circle of friends, and that's great! For others, the combination of work and the need to spend time with husbands, children, aging parents, or significant others precludes the ability to find time for friends. You are the ones that I want to encourage to look at the resources WPF has to offer and the wonderful friends you could have, all of whom have experienced some of the same demands on their time.

If all of your friends are part of couples, or parents of friends of your children, or buddies at work, they're undoubtedly wonderful, but I urge you to expand your horizons. You also need friends of the heart, friends with whom you can be silly, bare your soul, drop all pretense, and to whom you can tell your deepest secrets. Trust me. When you lose a loved one or your health or your job, you'll need these friends. Make them now and find time to enjoy them. You'll be happier, maybe you'll also be healthier, and if you live longer, you won't be alone!

WPF is a great place to start and November has plenty of activities to offer! If you have friends outside of WPF with whom you want to share a fun WPF event, invite them to the Holiday Bazaar. We welcome non-members to this event so that we can support our vendors and our Foundation. And this event offers much more opportunity to socialize with fellow members than the regular monthly meeting. It's always fun to watch friends spend money! Who wouldn't enjoy this fantastic opportunity to shop for Christmas (or ourselves)?! Just be sure to make a reservation for any guests (or yourself, if you're supporting or emeritus) so that we have plenty of food for everyone.

At the Holiday Bazaar, look for two special booths that you don't want to miss. One will be run by Foundation board members who will be selling honor cards and also the opportunity to win some fantastic door prizes. The other unique booth will be dedicated to our website and our new Bulletin Board. If you've ever complained that you can't get on the website or wished that we had a better mechanism for communicating with each other, check out this booth and learn what we've done to remedy these problems.

Read on for other events you don't want to miss and a four-minute special from one of our members. I look forward to seeing you at the Holiday Bazaar! **WPF**

2011 WPF Board Members

President WPF/Foundation Board
Liaison
Kris Landrum
271-5243
klandrum@tuggleduggins.com

President-elect
Nancy Radtke
510-1864
Nancy.Radtke@allentate.com

First Vice President
Lynn Ritchie
931-1055
LRApp@bellsouth.net

Second Vice President/Holiday Bazaar
Coordinator
Nikki Kober
282-7901 xt 211
Nikki.kober@expresspros.com

Secretary
Cindy Farrand
832-6505
Cindy.Farrand@mosescone.com

Treasurer
Pamela Alexander
617-8382
palexandercpa@gmail.com

Membership Committee Chair
Kate Weaver
707-4514
Weaver.kate@gmail.com

Membership Chair-elect
Miriam Barkley
334-3205
mcbarkle@gmail.com

Directors at Large/Summer Social &
Small Group Dinners
Paula Pile
273-3116
imagolady@aol.com

Julie Lapham
379-1000
jnlapham@gmail.com

Past President/Nominating Committee
Chair
Laura Burton
378-5566
Laura.Burton@smithmoorelaw.com

WPF Foundation President
Melanie Tuttle
370-8808
Mtuttle@sbaal.com

Executive Assistant
Carol Matznick
605-9108
Carol4wpf@aol.com

ANNUAL HOLIDAY BRUNCH AT GRANDOVER

Beverly Williams

Jeri D'Lugin and I invite you to attend WPF's Annual Holiday Brunch on Sunday, December 4th at 11:30 a.m. in Grandover's main dining area. Since we only have a total of 30 seats, please email your reservation by 11/18 to:

bevfloreywilliams@bellsouth.net. Cheers! WPF



Annual Holiday
Brunch

December 4, 2011
11:30 pm

Grandover Resort
Main Dining Area
Greensboro

DATES
TO
REMEMBER
IN
NOVEMBER

NOVEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
6	7	8	9 HOLIDAY BAZAAR *	10	11
12	13	14	15 WPF Board Meeting	16	17 Mothers of Young Children
18	19	20	21	22	23
24	25	26	27	28	29
30					

* Whine Divas meeting on Nov. 9.



WPF Holiday Bazaar

Wednesday, November 9, 2011, 12 Noon-2 PM at The Painted Plate,
2001 North Church Street

Jewelry

Costume, Silver, Semi-Precious Stones, Crystals, & More!

Cookie Lee, JDL Creations, Designs by RO, Custom Creations, Silpada Jewelry, Silver
Pines Jewelry

Art, Gifts, Accessories

Lamps, Ornaments, Pottery, Paintings, Note Cards, Seasonal Crafts, Artistic Photography,
Soy Candles, Books from the Authors & More!

Interior Design by Madge, Crow Hill Pottery, Clairography, Candles by Simply Kelly,
Marshall Art Gallery, Author Terrence Zepke, JayBee Designs, Wendy Riley Photography,
Brenda's Arts & Crafts, Pottery by Joan, CP Logan Originals, Saddle Bags Gift Shoppe, Tiny
Hands, Greetings by Lena, Forsyth & Kirby-Smith Designs, Topsy Stixs, WPF Honor Cards
& Door Prizes, Web Page Demonstrations by Matilda & Katrina

Scarves, Handbags, Accessories, Salon Products, Confectionaries

Zell Bell Designs, Atelier Rue Papaye, Beijo Handbags, Overtones, BeautiControl, Bag Lady,
Create-a-Cake (Emerald Event Center), Nutcracker Confections

Door Prizes From:

Cookie Lee Jewelry, CP Logan Art, Crafts by Brenda, Designs by RO, JayBee Designs, JDL
Creations, M'Coul's Public House, Saddlebags Gift Shoppe, Snell Designs, Terrance Zepke
Novels, Window Works Studio, Greetings by Lena

GRAND DOOR PRIZE FROM BAKER FURNITURE (Debra Sommerville)



Upholstered Chair (\$4,545 List Price)

INVITE YOUR FRIENDS! \$15 LUNCH FEE PER GUEST
(Don't forget to call in reservation for guest Friday before the Bazaar)

WPF Special Interest Groups

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

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

Dining Out
Janice Lanier
333-3659
janice.lanier@evonik.com

Golf
Judy Piper
286-9788
jrpiper@uncg.edu

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

Donna Riechmann
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@mullanepr.com

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

Mothers (and Grandmothers) Of Young Children SIG

Laura Burton

LUNCH AND LEARN: HOLIDAY PHOTOGRAPHY OF CHILDREN

Please join us on Thursday, November 17, 2011, at 12:00 for a presentation by Wendy Riley, principal of Wendy Riley Photography in Greensboro. She will give us tips and tricks for taking photos this holiday season of our children, dogs, and families. This is sure to be a fascinating and useful topic for both the experienced and budding photographers among us. We would love to have you join us for this brown bag lunch program. The meeting will take place at Smith Moore Leatherwood (300 N. Greene St., Suite 1400). Please RSVP to Laura Burton, 378-5566 or laura.burton@smithmoorelaw.com.
WPF



Mothers Of Young Children

November 17, 2011
12:00 pm

Smith Moore Leatherwood
300 N. Greene St.
Suite 1400
Greensboro

Salon

January 2012

Home of
Paula Sinozich
923 Benfield Dr.
Greensboro

THE SALON SIG

Meryl Mullane

With all the activities in November and December, we've decided to wait until January to meet again. So please hold your thoughts for a couple of months and then we'll catch up! If you have any topics you'd like to talk about next year, please email them to Meryl@MullanePR.com and PSinozich@ConnorsLegal.com. WPF

4-Minute Special

Mona Edwards

Playing outside and spending summers with cousins. That's what I enjoyed most about childhood. I spent part of my early years in Smithfield, Virginia (ham capital of the U.S.!) We lived on a street with lots of kids my age and after school but especially in the summer, we rode bikes together, played softball, dodge ball and anything else we could think of doing before the porch lights got turned on (our cue to come inside).



Both of my parents came from large families (8 or more children on each side) and during many summers my older sister and I would go with them to Lawrenceville, Virginia (in the 'country' as many would call it) to play in the fields, run across dirt roads, sleep 2-3 to a bed and use an 'outhouse' ugh! when we had to go to the bathroom. We got a sense of what it was like for my father to have to walk miles to get to school when he was a boy. My parents were the first in their families to go to college and educa-

tion was critically important to them. It was a way off of the farm and a way to a better life. They passed that philosophy on to my sister and me.

I was considered a 'very good' student and was accepted into the college of my choice, the University of Virginia. College was harder than I'd expected. I survived through my faith, support of my family and friends, and through music – dancing to it and singing it.



I was a member of a gospel choir called Black Voices and it was my 'rock' in lots of ways. It helped me to remember there is a power greater than me to help me in difficult times. I was raised in the church and that was a period where one of my favorite scriptures "I can do all things through Christ who strengthens me" enabled me to keep going. My faith has sustained me not only when I was in college but when I was facing any challenging task, when I was confronted with racism, sexism, public criticism or a family crisis.



As a child, I wanted to be a teacher (both of my parents were educators and started out as teachers) or a lawyer. I chose lawyer and got my J.D. from Washington and Lee University School of Law. It was one of the most difficult things I've ever done – both because of the pressure of the Socratic method (Anyone remember the television show Paper Chase?) and because there were very few women and even fewer African Americans. But with God's help I made it through and passed the bar! My husband Emanuel and I met while I was in law school (in a legal office actually!) and got married a year after I graduated. We actually practiced law together for a short period. I was a lawyer for five years in Virginia before changing careers and moving to the public sector. The government role I held the longest was Assistant/Deputy City Manager for the city of Greensboro. I could write a story on that experience all by itself. Suffice it to say it was a good leadership development experience, I worked with some very committed colleagues, and there was never a dull moment!



While working at the City I had a chance to attend a leadership development program at the Center for Creative Leadership (CCL). I left thinking, that would be a really neat place to work one day not really believing I'd ever end up there. I've now been at CCL for 10 years and I oversee our education, non-profit and advancement (grant seeking) work – in addition to serving as Chief of Staff. It's a good match for me. I grew up hearing about educational issues, and I love nonprofits and community organizations. I serve on several community boards and committees and would feel incomplete if I wasn't doing that. I've also been active in groups which support my children's growth and development. I've been on PTA Boards, Band Boosters, chaperoned field trips and even now serve on a Parents and Family Council for the UNC School of Medicine where my daughter April is a 4th year medical student. (My children have teased me (with love) about being connected in this way but we've all realized there are both intangible and tangible benefits of teachers knowing who the parents are, knowing the senior administrators personally, and knowing how to access key information and resources that aren't written down anywhere.)

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"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And when we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

Maryanne Williamson



My son Ian has gone off to college and now Emanuel and I are empty nesters. Ian is a third year civil and environmental engineering major at my alma mater, U.Va. Actually it's also my husband's alma mater too though he and I weren't there at the same time.

I never thought I'd end up having a child go there but I'm happy he's there and it's such a good fit for him. He LOVES it there and is doing well.

As for my loves, in addition to God, my family and friends, giraffes, Barnes and Noble, John Grisham books, Earth Wind and Fire, the musical Wicked, dancing, chocolate cake, and silver jewelry are a few of my favorite things. I'll close with one of my favorite quotes of all times because I think it is an unofficial life's compass for me:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And when we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others." - Maryanne Williamson WPF



Pink Pulsing Amoeba

Jeanie P. Duncan

I could hear it before I could see it. Walking down Green Valley Road, the thumping music grew louder and, topping the hill, I could see a huge, pink, vibrating mass of women dancing, moving and laughing. Turns out, it was a giant pre-event jazzercise demonstration to warm up the nearly 3,500 female walkers and runners for the 19th annual Women's Only 5k Walk and Run for Women's Hospital.

I've never been in the presence of this many women in one place before, and it was such an inspiring experience.

There, I participated with our team of 30 WPF-ers, saw many friends, and felt this indescribable connection to the sea of women I'd never met. Somehow we had this instant camaraderie... 'soul sisters' convened around a common activity – walking and running – for a common cause – raising money for the Mammography Scholarship Fund – and with a common stealth mission – kicking breast cancer's ass.

Two of my favorite things were the personalized t-shirts and signs – many of them very funny; others with endearing messages to loved ones – and the cheering spectators lining much of the event course. I couldn't help but slap some high fives.

Combining with my sense of joy; however, is a sobering reality. Each year, I participate in this event in memory and honor of friends and family impacted by breast cancer – one



of whom was diagnosed only about four weeks ago. Today, if I were to ink these names on my shirt, it would be completely filled. I run for them all.

WPF



WHINE DIVAS

First, we want to thank the WPF WhINE DIVAS who recently supported an event for Susan G Komen NC Triad held at XYZ Beverage store in the Cardinal. With 47 different wines, prices ranging from \$14 – \$369/bottle, it was a great way to explore tastes we loved.

Happy 2nd Anniversary to XYZ



And then, on Oct.23rd, we took our annual road trip to visit another NC vineyard. We spent a glorious fall afternoon winding our way to Dobson, to the **Shelton Vineyard**. The Divas had 3 honorary guests with us who added some extra fun to the day. We started with a private tasting, took the tour, had a delicious lunch at their Harvest Grill (worthy of your own road trip), and then back to the store that they kept open after-hours for our shopping.

We tasted their line of reserved wines, plus a few extra vintages that we requested as we sipped. The group chose our favorites:

Estate Cabernet Sauvignon '07 – a light mellow cab with a touch

of pepper. It's the wine we chose for our lunch also and most of us carried bottles back home.

Estate Chardonnay – we preferred the crisper taste of this style to the Family Reserve Chard that was 100% aged in oak (and 2x the price). Guess we like the brighter taste over the buttery version.

Estate Port – we are branching into all types of wine this year and most of us liked Shelton's light version of this port. It is 18% alcohol for an after-dinner sip and should be wonderful near a fall fire on a cool night.

(Eddie Cook will need to add the chocolate to really enjoy it!)



After the official tasting, most of us went on a tour of this unique winery. Founded in 1999, Shelton is the largest family owned estate winery in NC. Their winemaker is a woman from Walla Walla, WA. It is the first time we heard of the gravity flow system where the grapes are processed above the vats (40 steps straight up!) so there is less pumping and damage of the juice. We had a great tour guide who also wowed us with the cask aging room where you can adopt-a-barrel (we think Geoff had an *ah-ha* moment).

The facility and hills of grapes just climb toward the sky in Surry County; it's such a lovely environment. We hope you, too, will consider drinking some local grapes and support viniculture from NC.

Our November tasting is planned for 11/9, Wednesday, 5:30pm, at Donna Riechmann's home. She will challenge us to use our senses to "Find the CAB". You red-lovers will really enjoy this tasting.

RSVP to Donna (youcanleadtoo@aol.com) if you are interested in attending.

Fyi- December Divas party is in the planning process for Dec. 15th, 6:00-??

2011 WPF Foundation
Board Members

President
Melanie Tuttle
370-8808
Mtuttle@sbaal.com

Vice President
Tara Sandercock
379-9100
tsandercock@cfgg.org

Treasurer
Pat Price
294-4494
pprice@brccpa.com

Recording Secretary
Beth Barr
378-4085
bbarr@triad.rr.com

Corresponding Secretary
Denny Kelly
275-7000
dkelly@bouvierkelly.com

Directors:

Cindi Dorman
509-4917
Cdorman1@triad.rr.com

Beverley Gass
255-3173
beverleygass@gmail.com

Maureen Hartigan
852-5660
mfthartigan@triad.rr.com

Meryl Mullane
545-8838
meryl@mullanep.com

Nancy Radtke
510-1864
Nancy.radtke@allentate.com

Donna Riechmann
323-1463
youcanleadtoo@aol.com

Paula Sinozich
333-7907
psinozich@connorslegal.com

Effie Varitimidis
641-5532
evariti@co.guilford.nc.us

Jeri Whitfield
378-5270
Jeri.whitfield@smithmoorelaw.com

Ruth Wooten
664-0444
Rwooten3@triad.rr.com

Looking for the Ideal Gift?

Maureen Hartigan

We've got a gift that fits everyone! As you attend the Holiday Bazaar, remember to stop by the WPF Foundation table for those on your shopping list. The Foundation will once again have Honor Cards for sale. The cost is small—only \$5 each—and people appreciate a meaningful gift that shares in Nurturing Girls to be Tomorrow's Leaders. You can take the Honor Cards as party gifts, use them as stocking stuffers, or just slip one into the mail for a friend or loved one. Not only can you make their holiday season, you know the money you spent on that gift won't be hanging in your closet with the tags still on next holiday season. Some young woman will be wearing a smile as she pursues her dream! Now that's a happy holiday!

And don't forget—if you're in need of a year-end tax deduction, a contribution to the WPF Foundation is a wonderful place to put those funds. THANK YOU for all you do for the girls who will follow us and contribute to the world, helping others someday as we helped them succeed. **WPF**

