

WPF *orum* NEWS



A Publication of the Women's Professional Forum • P.O. Box 38594, Greensboro, NC 27438 • www.wpforum.org



Kris Landrum

Mirror, Mirror On The Wall...



The gym where I work out seems to be blessed with an inordinate number of mirrors, and I suspect that this is a conspiracy of all gyms. It's as if they're saying "See?! You really do need to be here!" What other purpose could there be? Surely most of us don't want to watch sweat dripping and see ourselves grimacing as we lift weights or pretend to pedal up an unending mountain slope!

The room where I do a body pump class is worse than any of the others...three walls are mirrored and the fourth is comprised of windows so that everyone can watch as we squat and lunge. However, the interesting thing that I've discovered as I glance at the mirrors to check my stance (knee not extending over the toe, back not arched, etc.) is that there is one section of mirror near me in which I look about 10 pounds thinner. Not tall and stretched out, like a circus mirror, but just thinner. It's a bit addictive... step back a couple feet, lose 10 lbs, looking pretty good, step forward again and I'm back to normal. Sometimes when I'm marveling at this phenomenon, I think to myself, "Maybe the thinner version is the true version and the rest of the mirrors are the distorted ones." I mean, how would you really know?



So, as I was waxing philosophical on this question, I started thinking about how many mirrors there are in our lives, and how many different images they reflect (the one in the elevator in my building is guaranteed to

Continued on next page



October Meeting

Wed., October 12 @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

October 12 - Next Meeting

October 18 - Board Meeting, Tuggle Duggins & Meschan PA,
100 N. Greene St., 12pm - 1pm

October 21 - November Newsletter deadline

Continued from page one

add pounds and make you look frumpy!) But it's not the reflective glass mirrors that I've been focused on so much as the other people in our lives that act as mirrors. I hope I'm not the only one of us whose self-image is shaped in large part by what I see reflected by others. I look to my children to see if I'm a loving mother, to my co-workers to see if I'm competent in my job, to my friends to see if I'm a valued companion, and in each "mirror" I see a different person.

As I was meeting with our enthusiastic group of new members recently at their orientation, we were reviewing the original purposes of WPF and discussing the many ways in which we come together to nurture and support one another. What we hope to provide to each other is positive feedback, to be the "skinny" mirror. We want to look at one another and be uplifted, to feel good about ourselves. However, to truly reflect the multi-faceted women that make up our group, we have to see each other in many settings, or we're only reflecting the single dimensional person we see in business attire at Wednesday lunch. In this newsletter, we try to keep you informed of the varied ways in which we can connect other than at a monthly luncheon, and there are a number of announcements of events that you should put on your calendar.

However, the event that we hope you make a priority this month is a Small Group Dinner. Small Group Dinners are an annual event, usually held in October. You should have received an announcement from Carol with an attachment listing all of the Small Group Dinners and assigning you to a hostess and dinner date. There's obviously no way that Julie Lapham, the organizer of this event, could have assigned each of you to a time and place that would fit your calendar. We'd love it if you could make it to the assigned event, but, (this is the important part!), if you can't go to your assigned dinner, contact your hostess and let her know, then contact a hostess who is holding a dinner at a time that works for you and ask if you can come. You don't want to miss this opportunity to get to know other WPF members better. Small Group Dinners are fun events because

- You gather with an intimate group in a home setting conducive to conversation, and thus have the opportunity to form new friendships and nurture old ones;
- You only have to fix one item, but you have a great meal;
- You are able to see the home of a fellow member, which is another mirror of that person, (and possibly a source of decorating ideas!);
- You have the chance to provide your input on one or two questions that we think are important to WPF.

If for some reason you didn't receive an email announcing the small group dinners or if your name was inadvertently omitted from the assignments, please contact Julie Lapham, or Carol, or me, and we will make sure you have a place to go.

An upcoming event that doesn't get a lot of press (and therefore isn't announced elsewhere), is a trip to New York City that a group of us makes each year over the Martin Luther King holiday. This is a loosely organized trip with members making their own plane and hotel reservations, but coordinating with each other on places to stay, travel arrangements, and play tickets. It is sometimes incorporated with Women on Wall Street as part of that group's activities, but in recent years we haven't spent much of our time in New York discussing investments! We generally travel on Friday morning of the Martin Luther King weekend and return on Monday afternoon or evening. Shopping, museums, plays, dinners out, sight-seeing, are all on the agenda, with everyone doing her own thing. If you think you'd be interested in this event, contact Laura Stroupe Barrier, Michele Smith, Judy Garner, or me and we'll give you some additional information.

Despite my constant and redundant refrain urging you to get involved in activities other than our monthly luncheon, please don't short-change the luncheon itself. As usual, our program committee has done a great job, and we have an outstanding speaker for October in the person of our state treasurer, Janet Cowell. You don't want to miss this chance to hear firsthand about a topic critical to all of us. I'll hope to see you at this and many of the other events scheduled for the month. Read on for more info. [WPF](#)

2011 WPF Board Members

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klandrum@tuggleduggins.com

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Laura.Burton@smithmoorelaw.com

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

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

Membership Dates

Kate Weaver

Relax with the girls and get to know our new members, Thursday, October 6, 6:30 PM.

At Jeanie Duncan's home at 4003 Friendly Acres Drive, Greensboro, NC, 27410.

Please RSVP to Kate Weaver, Membership Committee, at weaver.kate@gmail.com or at 336-707-4574. WPF



New Member Social

October 6, 2011
6:30 pm

Home of
Jeanie Duncan

DATES
TO
REMEMBER
IN
OCTOBER

OCTOBER 2011

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Mothers (and Grandmothers) Of Young Children SIG

Laura Burton

LUNCH AND LEARN: THE VALUE OF INDEPENDENT SCHOOLS

Please join us on Wednesday, October 19, 2011, at 12:00 for a presentation by Burns Jones, Head of Canterbury School, regarding the value of independent schools and current education issues. Burns has also been the Middle School Director for Heathwood Hall School in Columbia, SC, and Director of Advancement at Christ School in Asheville, NC. 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

October 19, 2011
12:00 pm

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



2011 WPF HOLIDAY BAZAAR

Lynn Ritchy



Holiday Bazaar

November 9, 2011
11:30 am - 1:30 pm

The Painted Plate
2001 N. Church St.
Greensboro

The Holiday Bazaar is coming soon on Wednesday, November 9 and, as always, takes the place of our November meeting. We have a wonderful list of member and non-member vendors for this year's event. The Foundation will be drawing for lots of door prizes, many more than last year thanks to the generosity of vendors and members. If you're bringing a guest, please remember to notify Carol by Friday, November 4. Lunches for non-members is \$15 each. The Bazaar Committee contact information is as follows:
Lynn Ritchy at LRAPP@bellsouth.net
Christine McCuen at christinemccuen@hotmail.com
Anna Fesmire at afesmire@bellsouth.net
Nikki Kober at nikki.kober@expresspros.com. WPF

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
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jrpiper@uncg.edu

WhINE Divas
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Donna Riechmann
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Working Mothers of Young Children
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Meryl Mullane
545-8838
meryl@mullanep.com

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



OUR SPECIAL SPEAKER

Judy Garner

Taking the Lead: Challenges (and Opportunities) Facing Women in the Workforce



We are excited to have as our guest speaker, State Treasurer Janet Cowell. Janet will speak about her roles and responsibilities as the first woman treasurer elected to the post in North Carolina. She also will discuss some of the challenges facing women in managing finances, maintaining a career, and holding elected office.

Elected in 2008, she is the state's 27th popularly-elected Treasurer and is the first woman to win the post. As the state's fiscal advisor, Treasurer Cowell oversees more than \$74 billion in pension fund investments, affecting more than 850,000 public employees including teachers, firefighters and other government employees.

Janet Cowell and her staff manage the issuance of several billion dollars of debt each year and help cities, towns and counties by monitoring their financial condition while providing professional technical assistance on audit and financial reporting. Her expertise in government operations comes from hands-on experience as a member of the North Carolina Senate and the Raleigh City Council.

Janet is at the forefront of economic development in North Carolina, serving as chair of the State Banking Commission and on the boards of State Education and Community Colleges.

An investment professional, Cowell earned an MBA from the Wharton School of Business and a Master's degree in International Studies from the Lauder Institute. She worked as a financial analyst with HSBC Bank and Lehman Brothers before making her home in North Carolina. [WPF](#)

THE SALON SIG

Meryl Mullane

Our next fun and interesting conversation will be Thursday, October 20, 7 – 9 at the home of Paula Sinozich, 923 Benfield Drive.

Topic of the month: Free Will – How much control we have and to what degree we're a product of environment and happenstance.

Wine or a snack is welcome. We hope you'll join us!

Contacts:

Paula Sinozich, 333-7907

PSinozich@ConnorsLegal.com

Meryl Mullane, 312-3381

Meryl@MullanePR.com [WPF](#)



Salon

October 20, 2011
7:00 pm

Home of
Paula Sinozich
923 Benfield Dr.
Greensboro

ANNUAL HOLIDAY BRUNCH AT GRANDOVER

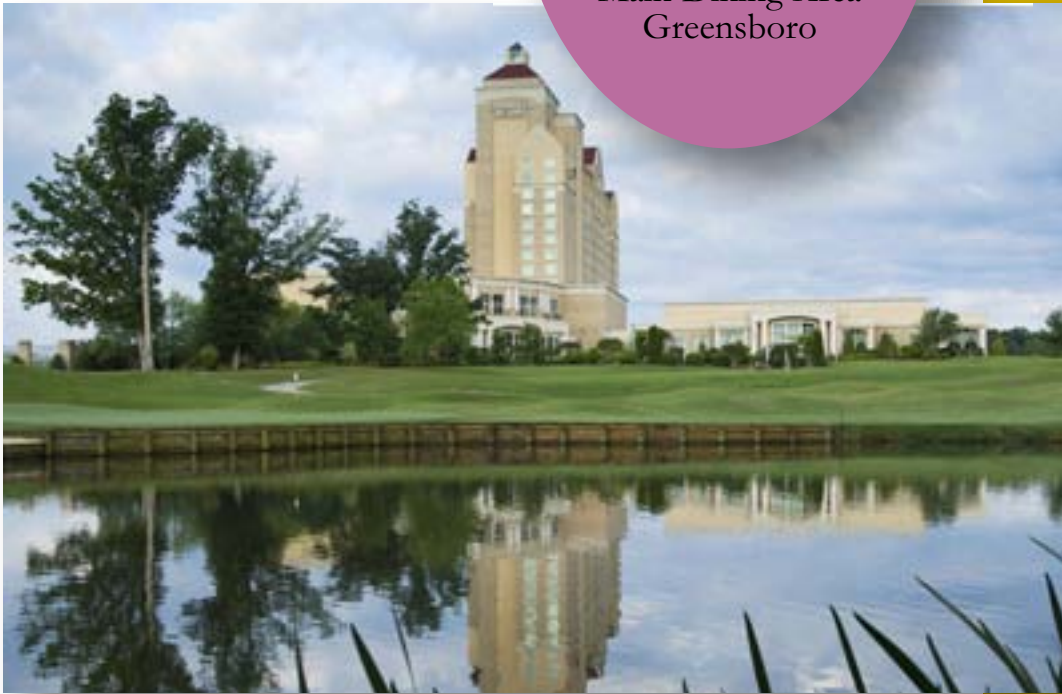
Beverly Williams

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: bevloydwilliams@bellsouth.net. Cheers! WPF

Annual Holiday Brunch

December 4, 2011
11:30 pm

Grandover Resort
Main Dining Area
Greensboro



2011 WPF Foundation
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Mtuttle@sbaal.com

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Ruth Wooten
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A New Way to Help Your WPF Foundation Make Progress in “Nurturing Girls to be Tomorrow’s Leaders”

Ruth Wooten

Donations from WPF members are treasured assets that help improve the lives of young women in Guilford County. Now there’s a way to provide a legacy of support in the future with Gift Planning, also called Planned Giving. Gift Planning or Planned Giving to a charitable organization involves establishing giving strategies today that will be implemented at some future date. You could possibly achieve this without giving up cash during your lifetime by naming the WPF Foundation as a beneficiary of your life insurance policy or other accounts payable upon death.

In October 2010 the WPF Foundation entered a partnership with the Community Foundation of Greater Greensboro (CFGG), which has allowed more flexibility in gift planning opportunities for our members as well as assuring that the grant awards will continue as an endowment. As of June 30, 2011, the reported balance for the WPF Foundation account was \$252,763.75, enabling the organization to make a difference through developing women’s leadership in our community through its annual grants. Your decision to establish Gift Planning for WPF will help us have a greater impact as years go by.

The more traditional types of gifts include stocks, mutual funds, retirement accounts, and life insurance policies.

Through our partnership with CFGG, we’re able to accept the following as part of planned giving in addition to those previously listed:

- Real Estate*
- Personal Property
- Closely held stock
- Charitable gift annuity
- Charitable remainder trust
- Gift of remainder interest in residence with retained life estate

Fourth quarter offers a great opportunity for you to review your will, financial accounts, and life insurance policies for any changes that may need to be made because of change in your life or that of any beneficiary’s life; tax law changes; or just because you decide to add a charitable gift in your plans.

WPF’s partnership with the Community Foundation provides a physical address for the sole purpose of planned giving related to legal documents such as wills and financial accounts. Please continue to use the WPF PO Box address for your annual campaign mailings.

The planned giving address for the WPF Foundation is:

Women’s Professional Forum Foundation
Foundation Place
330 S. Greene Street Suite 100
Greensboro, NC 27401

If you have questions regarding opportunities available through our partnership with the CFGG, you may contact Walker Sanders, President of CFGG, at 379-9100 or wsanders@cfgg.org.

Because of the complexity of any planned giving strategy, you should contact your tax advisor and attorney for appropriate advice.

*Whereas a gift of real estate may offer many opportunities, it also requires careful planning. Key considerations include professional appraisal, marketability, inspection and environmental review, transactional costs, mortgages and liens. [WPF](#)

