

WPF *orum* NEWS



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



Nancy Radtke

Spring Fever

Okay, so 75 degree weather this time of year is wonderful but it's driving me crazy! I want to plant flowers, sun bathe and play hooky. It's a good thing I love my work, or I would be using my free time to play outside.

Along with the freshness of spring is the task of switching the closet from fall to spring, washing windows, changing to spring home décor and flipping rugs. The flower beds need to be cleaned out and it's time to lay new mulch. I loved the daffodils with their friendly faces, but they have fallen down now.

I wish my excitement over this was not so short lived. Just writing this down is exhausting. And in the process of starting my "free-time" work, I've kicked up more dust and pollen than tolerable!

Would more free time make me happy? Real Simple Magazine says that "50% of women who schedule their free time regularly are happy with their lives. But 41% of women who postpone their free time until they finish other tasks are satisfied with their lives." Also "55% of women who delegate to their spouses more than once a week feel very satisfied with their lives."

The numbers look low to me being basically a happy girl.

Delegate some chores this month and join a SIG!

Check the calendar for the Special Interest Groups and other events

for times and dates:

- WhINE Divas • Dining Out
- The Salon
- Women of Wall Street
- Books and Arts • Wellness

I would like to hear your

feed back through

the year and

look forward

to seeing

you at lunch

on April 11 at

noon. (Please

remember to

email your

regrets

and guests

to Carol.)

WPF



April Meeting

Wed., April 11 @ 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

April 11 - Next Meeting

April 12 - Board Meeting - 12:30pm - 1:30pm, 717 Green Valley Rd.,
3rd floor Board Room (the Allen Tate office)

April 20 - May Newsletter deadline

Want To Sponsor A New Member?

Miriam Barkley

If you have your eye on a talented woman whom you'd like to sponsor, here are some things you need to know:

- Applications (including photographs and bio blurbs) for the next membership cycle are due June 30.
- The latest month for starting the application process for this round is April. Your prospective member will need to be a guest at three WPF luncheons, so she'll have to be there April, May, and June.
- New membership documents are forthcoming, so wait for the word that they're on the website before starting the paperwork.

The membership committee thanks everyone who helped us make the Class of March 2012 feel welcomed.

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**NEW
MEMBER
DEADLINE**
Next
Membership Cycle

June 30, 2012

**DATES
TO
REMEMBER
IN
APRIL**

APRIL 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 WPF Meeting	12 WPF Board Meeting Salon	13	14
15	16	17	18	19 WOW	20 May Newsletter Deadline	21
22	23	24	25 Dining Out	26	27	28
29	30					

Wear Red In April

Cindy Farrand

Our April program will be focused on our hearts. Heart disease is the number one killer of women and more women die from heart disease than all cancers combined. These are astounding statistics that warrant our attention. As professional women, we find ourselves in sometimes very stressful positions. How we manage our stress and how we nurture our mind, body and spirit are indicators of our heart health. Do you know your numbers (cholesterol, blood pressure, etc.)?

Our speakers will be Julia Sims, a heart attack survivor, and Eleanor Schaffner-Mosh, Chair of the inaugural **Go Red For Women Luncheon and Expo in Guilford County**.

While Julia will share her story, Eleanor will provide information about ways you may get involved in raising awareness of heart disease in women. We invite you to wear red to our meeting on April 11th and join us in spreading the red throughout Guilford County. WPF



SALON SIG

Meryl Mullane

We had such a good time talking about different things at last month's Salon that we decided not to have a topic this month! We'll just see what we want to talk about! Please join us on Thursday, April 12, 7- 9 PM at the home of Paula Sinozich, 2608 Sherwood Street. The Salon meets on the second Thursday of each month.

As always, a wine or a snack is welcome but not needed. We hope to see you there!

Contacts: Paula Sinozich, 333-7907, PSinozich@ConnorsLegal.com, Meryl Mullane 312-3381, Meryl@MullanePR.com . WPF

The Salon

April 12, 2012
7:00pm

Home of
Paula Sinozich
2608 Sherwood Street
Greensboro



2012 WPF Board Members

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Anything Goes
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Books & Arts
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Meryl Mullane
312-3381
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Women's Wellness
Cindy Farrand
832-6505
cindy.farrand@mosescone.com



Dining Out

Janice Lanier

April's Dining Out will be on Wednesday, April 25th 6:30 PM at Southern Lights Bistro. Southern Lights is located in The Shops at Kirkwood, 2415-A Lawndale Drive. This restaurant is a favorite for the group. Each time we attend we always get great reviews.

Southern Lights Bistro has been around for more than two decades. If you have not eaten at the new location, this is a great time to try it!

Denise Lloyd will be our host for the evening. We are looking forward to another fun and delicious evening. If you would like to join us please contact Denise at:

Denise@greensbororubberstamp.com

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Dining Out

April 25, 2012
6:30pm

Southern Lights Bistro
2415-A Lawndale Dr.
Greensboro



WPF ONLINE BULLETIN BOARD

Miriam Barkley

WPF members have joined the Online Bulletin Board on LinkedIn. If you're not among them, go to wpforum.org and click on "Tutorial" under the LinkedIn logo on the left-hand menu. Here, you'll download a PDF file that gives you all the info you need. Still need help? Contact me at mcbarkle@gmail.com. WPF



2011 WPF Foundation Board Members

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