

# WPF *orum* NEWS



A Publication of the Women's Professional Forum • P.O. Box 38594, Greensboro, NC 27438 • [www.wpforum.org](http://www.wpforum.org)



Sandy Doyle-Jones

## From the WPF Foundation President

It is such an honor to address you as the new President of Women's Professional Forum Foundation. When I joined WPF ten short years ago, I knew many members as friends and was asked to share my fundraising experience with the growing foundation. Most of you know how connected I feel to WPF, for I see the possibilities that our endowment affords us to give back to our community, where we live and work.

For the past few years, our funding focus has been "nurturing girls to be tomorrow's leaders," with strong support from our membership. This theme touches so many of us who may mentor young women or who see the importance of these skills in the girls we love. Is this focus important? I believe that leadership, undiscovered, is a lost resource for all of us!

Just think of the stories we've heard at our past May meetings: the young woman who found a new way to "fit in" through the NCCJ AnyTown experience, the girl from UNCG's foster care project who learned that listening to the ideas of others made stronger group leaders, or the Peggy Willkes Scholar who amazed us with her experiences of leading a study group in China.

The agencies we fund are identifying the girls and providing training, mentoring and opportunity for leadership. I recently heard a story of success that gives me confidence in the support we provide. Vanetta, was a teen parent who received one of the



**Win a lovely spa basket at the May meeting. All members who write the check for annual donation will be entered. (Actual basket not shown.)**



### May Meeting

Wed., May 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](mailto: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

May 9 - Next Meeting - 12:30 pm

May 10 - Board Meeting - 12:30 pm - 1:30 pm, Pho Hien Young, 4109 Spring Garden St Ste A, Greensboro

May 18 - June Newsletter deadline



*Continued from page one*

first WPF/Family Life Council college scholarships. She graduated, worked for many years to support her family while continuing her education, and feels that FLC gave her “the faith that she could do it.” She is currently working on her PhD in Global Leadership and inspiring her daughter to work on a Master’s degree. She is one....we know there are many more waiting for us.

At the May meeting you may once again network with friends, you may meet mentors and moms from our members, and you may find a spirit of hope in a story you hear from one of our girls. Our May meeting is also the time to celebrate the stars in our lives. I am excited to welcome your Mothers & Mentors to our May meeting, knowing that women who have helped us grow are often the pattern-makers for how we mentor other women. I ask that you consider bringing a woman you may be mentoring; we can honor her as well. Please consider who you want to honor and reserve their seat for May so we have their names for recognition.

Each of us has the power to share our knowledge and support with a young woman. Let us join in our efforts to extend opportunities to girls we might otherwise miss in our daily contacts, girls being nurtured and encouraged by our community sisters and leaders. Please consider your annual gift to WPF Foundation with an eye and heart toward the future; give until it feels good, knowing your support can truly make a difference to young women.

As a girl, I was always impacted by creative leadership and by women who inspired me. As the first girl in the Doyle-clan to graduate from college, I needed a great diversity of mentors and inspirational women to urge me into new and challenging ventures. Some of these women were mentors-from-afar...women like Gloria Steinem (“we are the women our parents warned us against, and we are proud”); but most were friends or community leaders, women like you.

As we carry the purpose and generosity of WPF into the community, be proud of all we’ve done and will do. It’s the amazing talents of the women who fill the WPF meetings who make it all possible...and I am so thankful to be among you. [WPF](#)

DATES  
TO  
REMEMBER  
IN  
MAY

MAY 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 WPF Meeting	10 Board Meeting Salon SIG	11	12
Happy Mother's Day	14	15 Summer Social	16	17 WOW	18 June Newsletter Deadline	19
20	21	22 Whine Divas	23	24	25	26
27	28	29	30 Dining Out	31		

# Make plans to attend the 2012 WPF Summer Social!

*Altina Layman*

Join us as we celebrate summer and the joys of being a member of WPF on Tuesday, May 15th, 6:30 – 8:30 PM at the home of Deidre Frisby, 300 Staunton Drive in Greensboro. The evening will be a delight – from tasty bites prepared by Chef Reto Biaggi of Home Cuisine to sipping a glass of chilled wine by the backyard pool. See you there! [WPF](#)

## Summer Social

May 15, 2012  
6:30pm

Home of  
Deidre Frisby  
300 Staunton Drive  
Greensboro

## SALON SIG

*Paula Sinozich*

We had a raucous good time at Salon in April, in which we talked about a variety of current issues. We've moved to a more organic format in which a topic is not set beforehand -- and it was wildly successful. So, we'll probably continue in that vein for the foreseeable future. We will meet this month on Thursday, May 10 at Paula Sinozich's home, 2608 Sherwood Street from 7 to 9. If you are inclined to bring a bottle of wine or a snack to share, please do. It's great to hear from a variety of views; we welcome what everyone has to say, or if you just want to come listen, that's okay too. Our guess is that you'll be drawn into it all and find that time flies when you are in a great conversation!

Contacts: Paula Sinozich, 333-7907, [PSinozich@ConnorsLegal.com](mailto:PSinozich@ConnorsLegal.com), Meryl Mullane 312-3381, [Meryl@MullanePR.com](mailto:Meryl@MullanePR.com). [WPF](#)

## Dining Out

*Janice Lanier*

Dining Out for the month of May will be at Leblon Churrascaria Brazilian Steakhouse, 106 S. Holden Road, Greensboro, NC, on Wednesday, May 30 at 6:30 p.m. Ashley Wigglesworth will be your Host.

I know many of you have said that you had not been to Leblon at or, or since they moved to Holden Road. 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 describe 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 isn't a traditional menu.

If you would like to join us for this wonderful experience, please contact Ashley at [ashley.wigglesworth@gmail.com](mailto:ashley.wigglesworth@gmail.com). [WPF](#)

Leblon  
Churrascaria  
Brazilian  
Steakhouse

May 30, 2012  
6:30pm

106 S. Holden Road  
Greensboro



### 2012 WPF Board Members

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# WHINE DIVAS

Is it possible to “enjoy” Tax Day? Or did you have the blues? The REDS? Well the WhINE Divas managed to make it another reason to taste good wines!

Donna Riechmann was so clever in turning the theme of TAXES into a 4-choice tasting event.

“I’m getting a BIG refund” (and spending some bucks on a good wine) – **Jean-Luc Joillot, Cermant de Bourgogne (France)** – a lovely, smooth bubbly wine from pinot noir, chardonnay and aligote grapes. Served with steamed shrimp and sushi made it a luxurious start. And popping the cork on her

lovely patio was a great way to start the evening, even if we were not getting that refund.

“Woe is me, I owe Uncle Sam a LOT of \$\$” (and

only have enough for a

low priced Costco brand) – **Kirkland Chardonnay, Sonoma, 2009** – with very little aroma and a thin, sweet taste it was not our favorite. A reminder that we need more deductions and less paying-in next year! But the egg/cheese/bread casserole was very tasty and a good match for chard. (Bet Donna returned that second bottle to Costco for a trade-up).

“It’s a wash...even-steven this year” (maybe a mid-priced Pinot?) – **J Lohr Pinot Noir, Falcon’s Perch, from Monterey County CA 2010** – the first aroma was vanilla, then a berry/oak toasty nose (yeah). J Lohr is a very dependable winery with a richer Pinor Noir that we all enjoyed. The berry with spice taste was good with roasted chicken salad and strawberries. It was a nice spring pairing and enough to feel tax day start to slip away.

“Who cares? I’m just relieved that tax season is over!” (now this should be the theme for all the accountants that couldn’t make it to this tasting!)

– **14 Hands Merlot, Washington State, 2009** – This is the first time that a wine has appeared for a second tasting in our 3.25 yrs. But it’s a good one to have a second time. Not much nose but a mouth full of taste. Boysenberry and cherry tastes with a smooth, lingering finish. Donna brought out the spicy noodles to pair, and many Divas opened the chocolate coins to balance the merlot.

So you now know what you missed on 4/16/12. Whatever your tax day feelings, bet you wished you’d had a sip with us. And plan ahead for next year...or for next month!

Our May tasting is planned for 5/22, Tuesday, 5:30pm, at Kris Landrum’s home (704 Plummer Dr.). Hosts are Ruth Wooten and Kris Landrum. They will take us on a tasting tour of Spanish wines...Ole!

RSVP to Ruth Wooten @ [rwooten2@triad.rr.com](mailto:rwooten2@triad.rr.com) before 5/15 if you want to sip with us. Space is limited. WPF



## Whine Divas

May 22, 2012  
5:30pm

Home of  
Kris Landrum  
704 Plummer Dr.



Here’s to you, Uncle Sam!

# Four Minute Special

*Portia Mount*

Welcome to my four-minute special! Let's start with the basics and then get down to a few things that you might not know about me.

You may have noticed I don't have a Southern accent. That's because I am a born and raised California girl. I was born in the East Bay in Oakland, California but grew up in sunny San Diego. I am the oldest of three kids. You could say I am a typical oldest child in that I've always been high-achieving and somewhat bossy (I'm working on the bossy part).

My parents would probably tell you that even as a small child I was very self-directed and a bit stubborn. My mom likes to share the story of when I was two years old and had a red, white and blue skirted bathing suit that I loved to wear. My parents referred to it as "that damn bathing suit." I loved it so much that I refused to wear anything else for an entire year and I wore it every day until it fell apart. If you see pictures of me during that time, I am indeed wearing The Bathing Suit sometimes with a jacket or sweater or socks and shoes during colder months.

I've always been interested in international travel, languages and the arts. As a high school student I studied Japanese, Latin and Spanish which gave me a life-long love of other cultures and a desire to see the world.

A major turning point in my life came when I was a sophomore at Mills College. My parents had run out of money to send me back to college. The summer after my freshman year, my parents told me they couldn't afford to send me back. I was devastated. At the time, my father was an administrator at a community college. The college had just set up an exchange program with a school in Japan. His school couldn't get any students to enroll in the program in Japan and so my dad suggested that I go.

I thought, "Why not?" Three months later, I packed my bags and went to live in Japan for a year where I went to school completely in Japanese and lived in a girls' dormitory where we had a 9pm curfew, nightly roll call and compulsory 5am dorm cleaning! It was the experience of a lifetime and from that moment on, I was hooked on traveling and wanting to see as much of the world as I could. Today, I am a true travel junkie.

Since that time I've lived and travelled extensively all over the world. I've lived in Japan and China and have been to most countries in Asia except for Australia and Papua New Guinea. One of my very favorite places in the world right now is Cambodia. The art, history and the culture are incredible. And the people are so resilient even after having faced so much tragedy and loss. Visiting the Killing Fields and S-21 (Tuol Sleng) torture camp was one of the most profound and moving moments in my life. I hope to go back to Cambodia this later this year. When I'm not traveling, I'm thinking about traveling and where I would like to go next. Places on my bucket list include Bhutan, South Africa, and Ecuador. I hope to take my son to the 2016 Olympics in Rio.

Something else people probably don't know about me? I met my husband on a blind date....arranged by my mother. I have to explain. I was living and working in China at the time and had come home for a two-week vacation. My mother told me there was someone I just had to meet. Of course, I was suspicious because, after all, who wants to be set up by their mother? "Just have coffee with him," she said. Actually, she bullied me in to it. Well, we had coffee and really hit it off. Problem was that I was due to get back on the plane for China the next day. I got back on the plane and thought that would be the last I would hear from David. It wasn't. He called me every day for six months and when I returned home to the US, we were inseparable. We just celebrated our sixth anniversary. I guess sometimes moms do know what's best!

I think I've accomplished much in the five years since I've moved to North Carolina but I'm proudest of finishing my Executive MBA at Wake Forest University while pregnant and working full time. It definitely wasn't easy (and I don't recommend it). Right after I finished writing my team's final paper for the semester, I went into labor. Thirty-two hours later



*"Something else people probably don't know about me? I met my husband on a blind date.... arranged by my mother. I have to explain..."*



2011 WPF Foundation  
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*Continued from previous page.*

our son, Gideon Mount, was born.

Gideon's birth was hands down the best day of my life. I continue to be amazed at how blessed my husband and I are to guide this little person through life. At 2 ½ he's a holy terror right now but I wouldn't trade him for all of the gold in the world. Being a mom has changed me in very profound ways. I'm a lot less selfish and I worry a lot more! Heck, I worry about everything and have the pediatric advice nurse on speed dial. I'm trying to relax on that. I think a lot about the kind of world I want to leave behind for Gideon and other children.

I volunteer for a number of causes I'm really passionate about. I'm on the board of Community Housing Partners, which is a Virginia-based community development company that builds affordable green housing for low-income families. I'm a volunteer for the UN Foundation's Shot@Life Initiative which advocates funding for life-saving vaccines for children in developing countries.

One of my real labors of love is my blog Boss Mom ([www.bossmomonline.com](http://www.bossmomonline.com)). I started Boss Mom, a lifestyle and career blog for working moms, while out on maternity leave. I write about all kinds of things from how to find a good daycare to how stay fit on the road. The blog has really become a passion of mine and I hope to build Boss Mom into a major brand in the next five years. I hope you'll stop by, leave a comment and subscribe!

Besides writing for my blog and volunteering, I love to read and cook. What I read tends to go in phases. I had a long stretch where I was obsessed with Indian writers like Jhumpa Lahiri, Vikram Seth and Arundati Roy. Now I find myself drawn to biographies. I'm in the middle of reading Walter Isaacson's biography on Steve Jobs and it is captivating.

I'm a pretty good cook (at least that's what the husband says). I love to experiment with different spices and recipes. One of these days I hope to combine a trip with cooking classes, which would be the ultimate vacation for me. If anyone is planning a culinary trip to Italy, sign me up! [WPF](#)

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## MEMBERSHIP HURRAY FOR SPONSORS

*Miriam Barkley*

As we celebrate our mothers and the other wonderful women in our lives this month, let's remember another set of special women – the sponsors who introduced us to WPF and fostered our membership. I am grateful that my primary sponsor, Meryl Mullane, and my secondary sponsors, Sarah Shoffner and Anne Willson, saw that WPF and I would make a good match. Now I feel as though I have 150 sisters who are there for me, giving me professional support and sharing both my joy and my grief.

Would you like to honor your sponsors at the May luncheon? The Membership Committee will have a place in the lobby where you can write the names of your sponsors on a tag and attach it to your name badge. Let everyone know who connected you to WPF and how appreciative you are for their support of your membership, regardless of how long ago it's been.

### Charter Members

Some in WPF, Sarah Shoffner among them, didn't have sponsors – they were our founding mothers who saw the potential in organizing a group of professional women in Greensboro. Let's honor our charter members in May with a shout-out of appreciation.

CHARTER MEMBERS	Linda Helgerson	Sarah Shipman
Martha Alley*	Peyton Hudson	Sarah Shoffner
Barbara Bell	Kathryn Keese	Gwendolyn Strange
Alice Carnell*	Barbara Kennedy	Mary Sue Tessau
Barbara Cashman	Linda Kimrey	Gloria Thompson
Edith Conrad	Lynda Lewis	Sarah von Foerster
Frances Daily	Sandra Lichauer	Barbara Walker
Katie Dorsett	Mary Magrinat	Clara Washam
Frances Franks*	Sarah Nelson	Nancy Wolf
Rachel Gray	Aileen Oldham*	*deceased
Rita Hatcher	Mary Seymour*	<a href="#">WPF</a>

# A Bump In The Road

*Lynn Ritchy*

Since April has been designated for Heart Health month for women, our president, Nancy Radtke, has asked that I share the following incident with you. I will start at the end to let you know that I am now fine and back to my normal routines. On March 16, I had two stents inserted into arteries, one artery was 80% blocked, the other 100% blocked. There were virtually no symptoms of any problems.

It all began on February 20 on a routine annual visit to our family doctor. I mentioned that I had lost 10-15% of my stamina while walking the golf course (we typically walk nine holes several times a week and have done so for years). I noticed this only when I was walking a steep incline. A year earlier, walking the same incline had not bothered me. I felt great with no loss of stamina for normal activities, so my attitude was this has to be due to aging. My doctor ordered a stress test, my first ever. The stress test revealed abnormal results and they immediately ordered a catheterization test

where dye is released into the blood stream by entering the femoral artery in the groin. This test revealed two blockages. The right coronary artery was completely blocked and their concern was that the plaque may be too dense for the insertion of a stent. The LAD artery, left anterior descending artery, also nicknamed the "Widow Maker", (or the "Widower Maker" in my case) was 80% blocked and had a kink in it. This was the blocked artery that caused the death of Tim Russert. Mine also had a "tributary artery entering the LAD artery at exactly the wrong place at the partial blockage, making things more complicated. A bright spot was that the test showed my body had grown collaterals (blood vessels growing around the blockages to circumvent them).

Heart specialists gave me the option of bypass surgery or insertion of the stents. I simply could not wrap my mind around having my sternum opened and my heart stopped for the bypass surgery, especially feeling as good as I did. The bypass surgery was presented as the most permanent of the two solutions. There were 2-3 days of angst and turmoil with family becoming involved, a few wanting me to go to the Cleveland Clinic, others, to Duke and I didn't want to leave Greensboro...weighty decisions to be made in a short time frame. We met with the doctors and left the meeting confident that we had made the right decision. I would try the stents first, and if that didn't resolve the problems, then we could talk about bypass surgery. As it turned out, the surgeon was able to insert the stent into the totally blocked artery with very little trouble and the "kinked artery" straightened.

The stents used were less than an inch long, smaller in diameter than a pipe cleaner (they come in all different sizes), and made of stainless steel mesh. Stents were first approved for use in the United States in 1994, but, of course, with complications and controversy. The first ones were not medically coated and because it was a foreign object being inserted into the body, it incited an immune system response with the chance of scar tissue forming and/or a blood clot. Second generation stents were medically coated to reduce the body's rejection response, but these had problems, too, causing blood clots in some cases. From 2003-2006, the FDA issued warnings about increased risk of blood clots in patients using coated stents. The latest stents are the "new, improved coated stents". There is not a lot of history yet due to the newness of the procedure. However, one recent study indicated these newer generation stents fail less than 10% of the time. After the procedure, medications such as blood thinners, beta blockers, and cholesterol lowering drugs, are prescribed to lessen the risk of failure. The medical experts have also concluded that the success of the stent greatly depends on the right size stent being inserted as well as it being correctly inserted. I'm a lucky person. It is good to be alive and I hope this morbid story is helpful to at least one of my WPF sisters. God Bless! [WPF](#)

