

# 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)



Lynn Ritchy

“...we are a little stressed, but we’re going to do our best to select a new home that will have all of these qualities, and maybe more.”

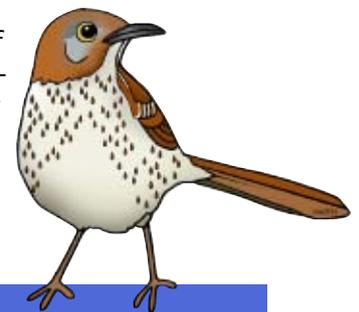
Over the past couple of years a little family of brown thrashers have built their nest in a flower box next to my kitchen window. It has been a small pleasure getting to watch them. I was able to see first hand how



industrious and conscientious the mommy and daddy thrashers were. They worked feverishly over a couple of days to build the nest. The mommy lay the eggs, and when the eggs had hatched, the little birds were ravenous, and their parents flew endlessly back and forth, trying to bring enough food. We never got to see them when they left the nest, one day we checked the nest and it was empty. This has happened three or four times over the past two years. The flowers in the box have changed from Impatiens to Begonias or maybe Caladiums, all shade-loving plants. They didn’t seem to care, as long as they were hidden from their feared predators. In the beginning, they were apprehensive of the grandchildren and me, but that seemed to change over time. This past June, they again built a nest...another bustle of activity over two or three days...but then, something must have happened. The nest was abandoned as if no one had ever moved in. Mommy Thrasher didn’t lay her eggs in the nest. I would love to know what made the thrashers want to change their location. I hope they’re okay. It may be as simple as they were tired of being stalked by the grandchildren and me. That’s my husband’s theory. I’m sure

some people will find it a little strange that I have personalized this and have gotten attached to a family of birds.

*Continued on next page*



## August Meeting

Wed., August 14 @ 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

August 14 - Next Meeting

August 15 - Board Meeting, 12:30pm - 1:30pm, American National Bank conference room, 703 Green Valley Rd., #101

August 23 - September Newsletter deadline

Continued from page one

I'm sure the reasons are different, but we are changing our location, too. The Painted Plate has been a really good "home" for us. I think everyone in general has enjoyed the easy access, good parking, the perfectly sized room for dining, and the consistency of the food quality. Their staff and management have been professional and easy to work with. So, yes, we are a little stressed, but we're going to do our best to select a new home that will have all of these qualities, and maybe more. Greensboro offers some amazing choices. Thanks to those of you who have shared your thoughts and experiences with us regarding our new meeting place. They are a big help and greatly appreciated.

On a different note, if you missed the Summer Social, you missed a really special event. Jane Hewitt offered her lovely home with the ample parking. The wine and appetizers were carefully chosen by Portia Mount and Terri Harris and they were especially tasty. These three women were gracious hostesses and made everything flow effortlessly. We cannot thank the three of you enough!

If you were at our last meeting then you didn't miss Mary Magrinat's surprise. She brought the Eastern Music Festival to us. A lovely young violinist performed. What talent and how lucky are we to live in an area that offers so much!

By the time you read this, it will be August. Now the focus is on school, sports weekends, cooling weather, the Holiday Bazaar, Small Group Dinners, etc. My head is spinning because time is moving so fast! [WPF](#)



Valda Boyd Ford, Women's health advocate, nurse, international consultant and diversity trainer will be our speaker on August 14, 2013.



DATES  
TO  
REMEMBER  
IN  
AUGUST

AUGUST 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Book Club	7	8	9	10
11	12	13	14 WPF Meeting *	15 WPF Board Meeting *	16	17
18 Book & Arts	19 Aviation Day	20	21	22	23 September Newsletter Deadline	24
25	26	27	28 Dining Out	29	30	31

# Our August Program

Charlotte Hamlin

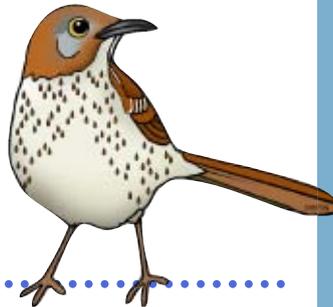
## Sex is not for Sissies!

### A Grownup Look at Sexual Literacy

Presenter: Valda Boyd Ford, MPH, MS, RN

Women's health advocate, nurse, international consultant and diversity trainer, Valda Boyd Ford has received many awards and honors for her work over the past 30 years in leadership, diversity and health advocacy—from innovative and effective workforce assessments to community-based programs for vulnerable populations.

Founder and CEO of the Center for Human Diversity, she has worked with organizations in more than three dozen countries on six continents ranging from Fortune 500 companies, health systems in Saudi Arabia and Africa, tribal chiefs, Afghani teachers and Buddhist monks with the goal of improving leadership skills, decreasing conflict, and improving health. Her Sex is not for Sissies! program was developed in response to questions posed after her women's health seminars. The fun, fact-filled, tell-it-like-it-is program covers issues of body image and physical changes with aging, sexual literacy, dating in the new millennium, and the pursuit of joy and satisfaction at any age. Holding graduate degrees from UNC Chapel Hill and Creighton University, she has taught nursing and intercultural communication courses, hosted a TV talk show, and served on prestigious national health advisory boards. [WPF](#)



## Books & Arts

Kris Landrum

For its August event, our Books and Arts special interest group will enjoy an informal gathering at MUSEP on August 18th. Please join us! The August 18th Music in the Park event will be at Lindley Park, starting at 6 p.m., with "funk and soul" music followed by Rob Massengale's group at 7:15.

We'll meet in the parking lot of Starmount Presbyterian Church next to the park at 5:45 and walk to the park together.

Alternatively, if you miss the gathering spot and time, call either Kris Landrum (209-2420) or Michele Smith (202-6815) and they will guide you to the WPF group in the park. Family and friends are welcome.

Bring food and drink just for your group or to share. This is a laid-back event planned solely for the purpose of enjoying the park and evening together! If the weather is bad (Rain? What rain?), consider the event cancelled. Reservations or notification are not required. Just show up! See you on the 18th! [WPF](#)

Book & Arts

August 18, 2013  
6:00 pm

Music In The Park  
Lindley Park  
Greensboro

### 2013 WPF Board Members

#### President

Lynn Ritchy  
931-1055  
[LRAppraisalinc@bellsouth.net](mailto:LRAppraisalinc@bellsouth.net)

#### President-Elect

Nikki Kober  
282-7901 xt211  
[Nikki.kober@expresspros.com](mailto:Nikki.kober@expresspros.com)

#### First Vice President

Michele Smith  
379-1390  
[msmith@hillevans.com](mailto:msmith@hillevans.com)

#### Second Vice President

Altina Layman  
373-7523  
[alayman@uacarts.org](mailto:alayman@uacarts.org)

#### Treasurer

Martha Peddrick  
574-9720  
[mpeddrick@jplegal.net](mailto:mpeddrick@jplegal.net)

#### Secretary

Hollie Shelton  
398-2328  
[hshelton@premierebanknc.com](mailto:hshelton@premierebanknc.com)

#### Director at Large

Portia Mount  
286-4017  
[mountp@ccl.org](mailto:mountp@ccl.org)

#### Director at Large

Terri Harris  
378-5383  
[Terri.Harris@smithmoorelaw.com](mailto:Terri.Harris@smithmoorelaw.com)

#### Membership Committee Chair

Anna Fesmire  
288-6607  
[afesmire@bellsouth.net](mailto:afesmire@bellsouth.net)

#### Membership Chair Elect

Jane Roberts  
474-4957  
[jroberts@thomasville.com](mailto:jroberts@thomasville.com)

#### Nominating Committee Chair

Nancy Radtke  
202-6181  
[nancy.radtke@allentate.com](mailto:nancy.radtke@allentate.com)

#### WPF Foundation President

Sandy Doyle Jones  
202-5769  
[sdoylejones@bellsouth.net](mailto:sdoylejones@bellsouth.net)

#### Executive Assistant

Carol Matznick  
605-9108  
[Carol4wpf@aol.com](mailto:Carol4wpf@aol.com)

WPF Special Interest Groups

Anything Goes  
Madge Megliola  
707-4870  
madgemeg@gmail.com

Books and Arts  
Kris Landrum  
and  
Michele Smith  
379-1390  
msmith@hillevans.com

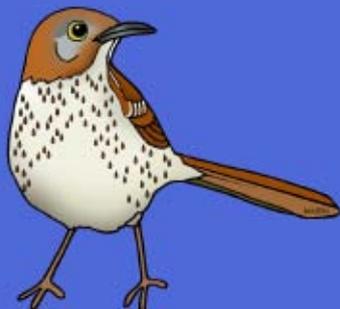
Dining Out  
Susan Watson  
255-9295  
susan\_watson@bellsouth.net

WhINE Divas  
Sandy Doyle-Jones  
202-5769  
sdoylejones@bellsouth.net  
and  
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

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



# Dining Out

*Susan Watson*

Dining Out for August will be hosted by Carol Rauch and she has selected The Chop House on Hwy 68 and Meeting Way in High Point. Join us on Wednesday, August 28th at 6:30 pm. Please email Carol at [carolrauch@me.com](mailto:carolrauch@me.com) to make your reservation!

Our Dining Out event in July had a small, but lively group who enjoyed the culinary talents of Chef Samir. A couple of us had been there before and some of us had not and were able to try new yummy dishes. Chef Samir was a very attentive and gracious host. Hope to see you on August 28th! [WPF](#)

## Dining Out

August 28, 2013  
6:30 pm

The Chop House  
4001 Meeting Way  
High Point

# CHOP HOUSE

RESTAURANTS

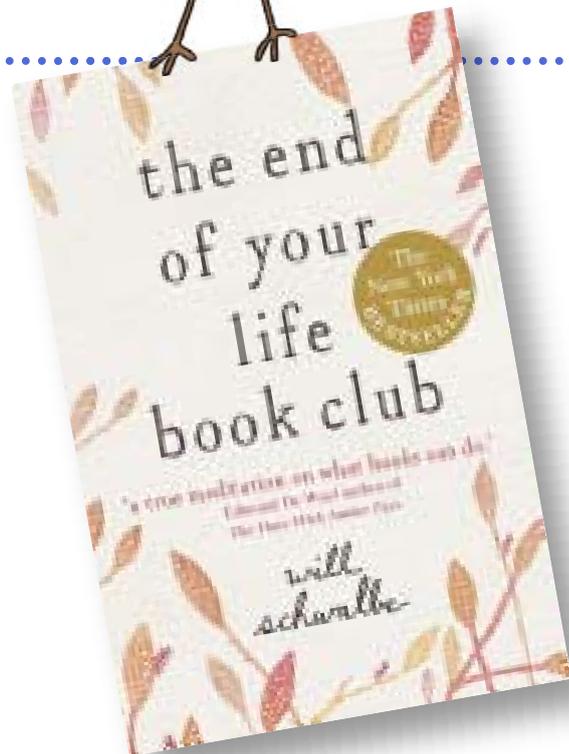


# WPF Book Club

*Polly Sizemore*

Make plans to join WPF Book Club on Tuesday August 6, 2013 at 7:00 p.m. at a private room at Lucky 32 hosted by Paula Pile for a discussion of *The End of Your Life Book Club* by Will Schwalbe.

It is a nonfiction account of Mary Anne Schwalbe and her son Will and centers on the books they read, traded and discussed during the times he accompanied her to chemotherapy. Email Paula at [imagolady@aol.com](mailto:imagolady@aol.com) and let her know you are attending. WPF



## Book Group

August 6, 2013  
7:00 pm

Lucky 32  
1421 Westover Terrace  
Greensboro

### 2013 WPF Foundation Board Members

#### President

Sandy Doyle-Jones  
202-5769  
[sdoylejones@bellsouth.net](mailto:sdoylejones@bellsouth.net)

#### Vice President

Jeanie Duncan  
509-4177  
[jduncan@ravenconsultinggroup.com](mailto:jduncan@ravenconsultinggroup.com)

#### Treasurer

Sherry McKinney  
336-230-1811  
[smckinney@sfsfg.net](mailto:smckinney@sfsfg.net)

#### Recording Secretary

Lise Cook  
282-7692  
[progressions@birch.net](mailto:progressions@birch.net)

#### Past President/Nominating

Melanie Tuttle  
235-4026  
[mtuttle@purringtonmoody.com](mailto:mtuttle@purringtonmoody.com)

#### DIRECTORS:

Laura Burton  
336-378-5566  
[Laura.Burton@smithmoorelaw.com](mailto:Laura.Burton@smithmoorelaw.com)

Lise Cook  
282-7692  
[progressions@birch.net](mailto:progressions@birch.net)

Cindi Dorman  
509-4917  
[Cdorman1@triad.rr.com](mailto:Cdorman1@triad.rr.com)

Kathi Dubel  
387-8313  
[kdubel@greensboro.org](mailto:kdubel@greensboro.org)

Beverly Gass  
255-3173  
[beverleygass@gmail.com](mailto:beverleygass@gmail.com)

Judy Piper  
336-286-9788  
[jrpiper@uncg.edu](mailto:jrpiper@uncg.edu)

Donna Riechmann  
323-1463  
[youcanleadtoo@aol.com](mailto:youcanleadtoo@aol.com)

Tara Sandercock  
379-9100  
[tsandercock@cfgg.org](mailto:tsandercock@cfgg.org)

Effie Varitimidis  
641-5532  
[evariti@co.guilford.nc.us](mailto:evariti@co.guilford.nc.us)

Jeri Whitfield  
378-5270  
[Jeri.whitfield@smithmoorelaw.com](mailto:Jeri.whitfield@smithmoorelaw.com)