

WPF *orum* NEWS



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June Meeting

Wednesday, June 10 @ 12:30 pm
Starmount Forest Country Club
1 Sam Snead Drive, Greensboro, NC

Cost

Active/Active Retired members - prepaid.
Supporting or Emeritus members and Guests - \$18.00.

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/active retired member and need to cancel your reservation

Cancellation of reservation is a membership requirement.



Michele Smith

AvonWalk-Boston Style and the WPF Website

The focus of my article this month is supposed to be the new WPF website. Specifically, I'm supposed to be writing to encourage all of you to log onto the new WPF website and update your profiles. So please read this entire article so that you don't miss that important message.

But first things first. It's Memorial Day. It's hard to believe that just a week ago my walking buddy and law partner Elaine Ashley and I were leaving Boston, having just completed our 7th AvonWalk for Breast Cancer. Despite some pretty crazy travel disruptions at both ends of the trip, which included spending Monday night (yes, the entire night) at Reagan National Airport in DC, I loved Boston and still feel the after-glow of my participation in the AvonWalk there. Boston is truly a city best explored



Elaine Ashley and Michele Smith on Day 1 of AvonWalk, Boston.

on foot, and we did that big-time! According to my Fitbit, which I recently learned is under-reporting steps and miles by about 25%, I walked at least 144,410 steps (58.22 miles) during the 4-day period beginning Friday, May 15th and ending Monday, May 18th. Based on Elaine's Fitbit and the distances we know we travelled, I figure it was probably closer to 180,000 steps or 73 miles.

Continued on next page

Important Dates To Remember

June 10 - Next Meeting

June 18 - Board Meeting, Hill Evans Jordan & Beatty,
301 N. Elm Street, 7th Floor (12:30 pm - 1:30 pm)

June 19 - July Newsletter deadline



Despite the weather forecast earlier in the week for temperatures in the low 60's and an 80% chance of rain both days of the Walk, we had incredibly beautiful weather the entire time we were in Boston. The Walk started at Carson Beach Harborwalk in South Boston, which is a real beach on Quincy Bay with sand and everything. At some point, on the recommendation of a fellow walker and native Bostonian, we ducked into Mike's Bakery along the walk and bought a cannoli, which we saved and ate with our lunch. It was absolutely delicious, delectable, melt in your mouth good. In addition to an early morning walk through "Southie," highlights of the walk on Day 1 included a portion of the Freedom Trail, Boston Commons, the Old State House, Faneuil Hall, the Old North Church, the Leonard Zakim Bridge (part of the widely publicized "Big Dig" construction project), the Massachusetts State House, Boston Public Gardens with its famous swan boats, Fenway Park, Harvard Medical School, Larz Anderson Park where we had lunch, Arnold Arboretum and the town of Dedham, which had the first taxpayer-funded schools in America (1634!). Day 1 ended at Reebok World Headquarters, in Canton, Massachusetts, which was located at the end of a very long, very steep, never-ending hill (mountain?). At the end of the Day 1, Elaine and I were both filthy dirty and super tired. We did yoga, used the foot massage machines, ate dinner and headed back to our hotel to get ready for Day 2 before collapsing.

Day 2 of the Walk started back at Reebok World Headquarters. We walked through the Great Blue Hills (named for the blue color from the riebeckite in the stone), past the Suffolk Resolves House where the Suffolk Resolves, an important predecessor document to the Declaration of Independence, was signed in 1774, through Neponset II Park, one of the few remaining salt marshes in the Boston area, through Pope John Paul Park, Malibu Beach, and the UMass Campus, and along the coast, ending with Closing Ceremonies at Carson Beach Harborwalk.

AvonWalk Boston drew more than 1600 participants from 34 states and included 214 breast cancer survivors united in one common goal: to end breast cancer. The event raised more than \$3.7 million to accelerate breast cancer research, improve access to screening, diagnosis and treatment and educate people about breast cancer.

DATES
TO
REMEMBER
IN
JUNE

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Book Club	3 Health & Fitness	4	5	6 Book & Arts
7	8	9	10 WPF Meeting	11 Book & Arts	12	13
14	15	16	17 Health & Fitness	18 Board Meeting	19 Newsletter Deadline	20
21 Health & Fitness	22	23	24 Dining Out	25	26	27
28	29	30	Health & Fitness			
Health and Fitness will meet every Wednesday at 6:15 pm. Women of Wall Street meets the third Thursday of each month						

For the fifth year, I had the incredibly moving experience of carrying the Survivors banner into the Closing Ceremonies! The entire Walk was inspirational, life-affirming, empowering and just plain fun. I'm happy to report that with the help of so many of you, my WPF sisters, I raised a total of \$5,311.60 for the Avon Foundation, bringing my seven-year fundraising total to over \$37,000!



Michele Smith carrying banner and helping lead Survivors into Closing Ceremony at AvonWalk, Boston.

Thanks so much to everyone who trained with me, who donated to the cause, and who sent me encouraging emails, text messages and voice mail messages along the way. Your friendship and personal support mean more to me than I can begin to express. Thank you, thank you!

Now for the website. When the new WPF website was created, the only Member Information that was transferred from the old website was your (1) photo, (2) name and (3) email address. This is your opportunity to make certain that the information about you on the website is accurate and complete. Please do it! If you have not updated your Member Profile since the new website went live in March, the website does not include your home address, phone number and biography or your business name, title and phone number. If you're retired and did not enter "Retired" under "Business Name," the website will show "No Information Available" under your photo.

Interesting statistics – 127 of you have the statement "No Information Available" following your name and photo on the Member List. That's 127 out of 178 of you! Interestingly enough, 21 of you do not have a photo on the website.

Please go to the WPF website NOW. Check your Member Profile. If "No Information Available" appears under your name, please update your Profile NOW. If you do not have a photo on the website, please add a photo, any photo, NOW. I know you can all do this. If you have questions or need help in updating your Member Profile or editing your Member Profile to include "Retired" or adding a photo, please contact Carol Matznick at carol4wpf@aol.com or Altina Layman apl@sprintmail.com.

Update those member profiles NOW. In my next newsletter article I'm naming names!

Cheers!

WPF

2015 WPF Board Members

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Director at Large

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Our June Program

Judy Garner

Applying Positive Psychology Principles Personally and Professionally

Did you know that only 30% of American workers are engaged in the work that they do, but that 20% of our life satisfaction comes from our jobs? How can we seek engagement in our own lives, in order to maximize our potential and attain success both personally and professionally? And how can we encourage those with whom we work and live to reach their potential, as well?

Join Jessica Glazer (Founder & CEO, Glazer Talks; Faculty, Center for Creative Leadership) for a short introduction to the exciting and emergent field of Positive Psychology. Jessica will briefly touch on topics such as optimism, gratitude, creativity, resilience, and goal-setting, before opening up the discussion to the group for questions and conversation about Positive Psychology and your potential.

Jessica Glazer is the Founder & CEO of Glazer Talks and a Faculty member at the Center for Creative Leadership (CCL).

In her role at Glazer Talks, Jessica travels internationally as a keynote speaker and advanced practitioner for conferences. She also provides multi-day, on-site corporate trainings to assist organizations in incorporating the tenets and techniques of Positive Psychology into their work. As a Faculty member at CCL, Jessica designs and delivers global custom and open enrollment programs. She partners with clients from a variety of industries in order to develop leadership solutions that will have lasting individual and organizational impact.

Prior to joining CCL, Jessica taught two large lecture courses at Johns Hopkins University's Department of Brain and Psychological Sciences, Positive Psychology and Careers in Psychology. Her class on Positive Psychology was rated by students as "one of the best courses at Hopkins."

WPF



Jessica Glazer

Summer Social

July 16, 2015
6pm

The GreenHill Center
Greensboro



WPF SUMMER SOCIAL

Cindy Farrand

Mark Your Calendar!!

Join your WPF sisters and celebrate summer while you enjoy a glass of wine and the art of Jonathan Brilliant at Greenhill, A Space for NC Art.

The exhibit, "On Site," will feature a site specific piece constructed by the artist. Jonathan says, "central to all my work is an interest in patterning and mark-making fused with the use of pre- and post-consumer manufactured materials and the use of rhythm and repetition to create installations, objects, and works on paper. Running through my work is a real enthusiasm for the inherent qualities of a material and the extent to which I can exploit it for making art. Rather than relying solely on intuitive approaches I have a set of systems I apply to the materials at hand. These systems include, but are not limited to: weaving, welding, stacking, arranging, drumming, beating, rusting, drawing, photographing, looking at, and thinking about."

Heavy hors d'oeuvres along with wine will be provided by our new member Lina Urmos of Ghassan's. Be on the alert for an e-vite coming to your mailbox soon. WPF

Save the Date

WPF Summer Social

July 16 - 6:00 PM

Join us for a summer celebration at the gallery of

GREENHILL
A SPACE FOR NC ART

WPF Meeting Attendance

Patty Aiken

“Participating” in WPF and the variety of activities available through the organization, the Foundation and Special Interest Groups (SIGs) provide our members with many opportunities to be involved in a way which is comfortable and interesting to everyone. Participation in our SIGs allows WPFers to get to know one another on a more personal level while sharing common interests and experiences. Members are free to be as involved as they wish and are available to be.

Our monthly membership meetings play an important role in our overall membership experience as this one meeting bring us all together as “One” group. Our programs are always interesting and informative and the venue at Starmount Country Club provides us with a great place to come together.

All of these things are important for the experience to be worthwhile to our members. In addition, attending the monthly meetings is a requirement of membership in WPF. The WPF Policies, Procedures, and Guidelines provide that Active members attend a minimum of 50% of the monthly meetings each year. If a member is unable to meet the minimum monthly meeting requirement, their involvement in other WPF activities is taken into consideration. Your attendance is noted at each meeting when you place your initials beside your name at the check in desk. Please remember to do that! At the end of each year, a Report is prepared listing attendance by each member. One of the roles of the Membership Committee is to reach out to members whose attendance has fallen below the 50% mark and gain an understanding of their situations or address any concerns that may exist.

We understand that from time to time things happen in life and in work which may limit your ability to attend the required number of meetings. If you have such an issue that could cause you to miss more than 50% of the monthly meetings, please let either Carol Matznick or Membership Chair Patty Aiken know so that we are aware of your situation and can take your participation in other WPF activities into consideration in documenting that you meet membership criteria.

If you have any questions about membership requirements, please contact Patty Aiken by email at patty.aiken@homeinstead.com or by phone at 336-294-0081 (office). **WPF**

Book And Arts AND Whine Divas At Elsewhere

Ronnie Grabon

Come out on June 11th for a tour and fellowship at one of the most interesting places in Greensboro, the Elsewhere Artists Collaborative. We will tour the museum and have a wine tasting. Cost is \$15. Please RSVP to Ronnie Grabon at rgrabon@triad.rr.com or by text to 336.706.1621 See you there.

Elsewhere is a living museum set in a former thrift store located at 606 South Elm. Each year, 50 artists from across the world spend a month or more creating works in Elsewhere’s museum and in our downtown Greensboro neighborhood. The museum hosts over 10,000 visitors annually. If you want to learn more, visit

<https://www.kickstarter.com/projects/182623941/restore-elsewhere>
WPF

WPF Special Interest Groups

Anything Goes

Madge Megliola
707-4870
madgemeg@gmail.com

Books and Arts

Kris Landrum
271-5243
Klandrum@tuggleduggins.com
and
Beverley Gass
255-3173
beverleygass@gmail.com

Book Club

Polly Sizemore
282-5228
cell, 202-6188
pollysizemore@triad.rr.com

Dining Out

Carol Rauch
carolrauch@me.com
255-9971

WhINE Divas

Sandy Doyle-Jones
202-5769
sdoylejones@bellsouth.net

Women of Wall Street

Peggy Ward
834-6950
Peggy.Ward@ubs.com

Women’s Wellness

Polly Sizemore
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Book And Arts And Whine Divas

June 11, 2015

Elsewhere Artists
Collaborative
Greensboro, NC



DINING OUT

Carol Rauch

The Dining-Out group went to Printworks Bistro on May 27. Our hostess was Laura Burton.

Our June 24, dinner will be hosted by Susan Watson and Amy Gilbert at McCoul's pub in downtown Greensboro. If you would like to join us, please RSVP to amyg@windowworksstudio.com or szwatson@gmail.com. Between the food, the wine, and the company, we're having a most enjoyable time together!

Always room at the table! Bon Appetite! WPF



Dining Out

June 24, 2015

McCoul's Pub
Greensboro, NC

2015 WPF Foundation Board Members

President

Jeanie Duncan
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Vice President

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Past President/Nominating

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SMALL GROUP DINNERS

Cindy Farrand

One of WPF's most enjoyable events is the small group dinners in the fall. What an opportunity to sit back, relax, enjoy a wonderful dinner with your favorite beverage and engage in some good conversation!

As last year, we will plan to offer a variety of options to help meet your busy schedule. To that end, we would like to solicit your support as a hostess for one of the small group dinners. You can choose to host a pot luck dinner in your home or arrange for the group to gather at a local restaurant. If you are interested in hosting, please contact Cindy Farrand at cindy.farrand@conehealth.com.

Your WPF and WPF board members will bring a couple of questions that are important for the future of our organization. Every WPF voice is important as we together advance and grow our organization. It's also an opportunity to get to know other members a bit better and provide a warm welcome for our new members. Please consider hosting one of the dinners. WPF

SMALL
GROUP
DINNERS



Health and Fitness SIG

Polly Sizemore

JUNE SPECIAL EVENT, June 21, 2015 at 3:00 p.m. Hike/walk at the Piedmont Environmental Center, 1220 Penny Road, High Point, NC. Come walk/hike from 3 to 7 miles in a beautiful 375 acre nature preserve with most of the trail along High Point City Lake.

For more information, email Kate Panzer at panzer@gmail.com or Polly Sizemore at pollysizemore@triad.rr.com.

WEDNESDAY WALKS

June 3, 10, 17 and 24

Meet ready to walk at 6:15 p.m. at Janes Fitness Studio, 3712 Old Battleground Road. Park on the paved portion of the back of the parking lot. Bring water. Any questions email Polly at pollysizemore@triad.rr.com. WPF

Health and Fitness

June 3, 10, 17, 24, 2015

6:15 pm

Janes Fitness Studio
3712 Old Battleground
Rd., Greensboro

Health and Fitness

June 21, 2015
3pm

Piedmont
Environmental Center
1220 Penny Road
High Point



Book Club

Polly Sizemore

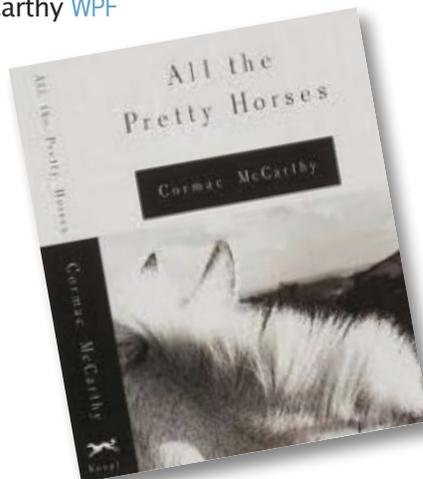
Tuesday June 2, 2015

Home of Nancy Jones 4009 Henderson Road, 210-9282;

nancysplanet@gmail.com

7:00 Social Hour; 7:30 Book Discussion

All the Pretty Horses by Cormac McCarthy WPF



Book Club

June 2, 2015
7pm

Home of Nancy Jones
4009 Henderson Rd.

