

WPF *orum* NEWS



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



February Meeting

Wednesday, February 11 @ 12:30 pm
Starmount Forest Country Club
1 Sam Snead Drive, Greensboro, NC

Cost

Active 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 member and need to cancel your reservation

Cancellation of reservation is a membership requirement.



Michele Smith

“Happy February— How Are You Doing On Those Resolutions?”

It's hard to believe that we're already into the second month of 2015! With a month under our belts, it's time to assess how we're doing on those New Year's Resolutions. I made four that I'm willing to share!

According to Wikipedia, Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year making promises to the god Janus, for whom the month of January was named. And in the Middle Ages, knights took the "peacock oath" at the end of the Christmas season to re-affirm their commitment to chivalry, with its religious, moral and social code.

My resolutions for 2015 aren't anywhere nearly as noble or monumental. They are, in no meaningful order:

Resolution #1. Get a new library card and use it.

Resolution #2. Stop saying the word s*** without conscious intent. (Apologies to my very proper mother who banned the word "gross" from our vernacular when I was in junior high school because she thought it was crude and vulgar. She would have been mortified that I would admit publicly to using the word I'm now trying to say less).

Resolution #3. Resume a regular walking schedule in preparation for the Avon Walk for Breast Cancer in Boston on May 16th and 17th. This will be my seventh Avon Walk!

Resolution #4. Get at least 7 hours of sleep each night.

When I shared this paltry list with one of my co-workers, he told me that my first resolution was too easy and not really a valid resolution at all. "Not so!" I responded. I'd been telling myself for at least six



Continued on next page

Important Dates To Remember

February 11 - Next Meeting

February 19 - Board Meeting, Hill Evans Jordan & Beatty,
301 N. Elm Street, 7th Floor (12:30 pm - 1:30 pm)

February 20 - March Newsletter deadline

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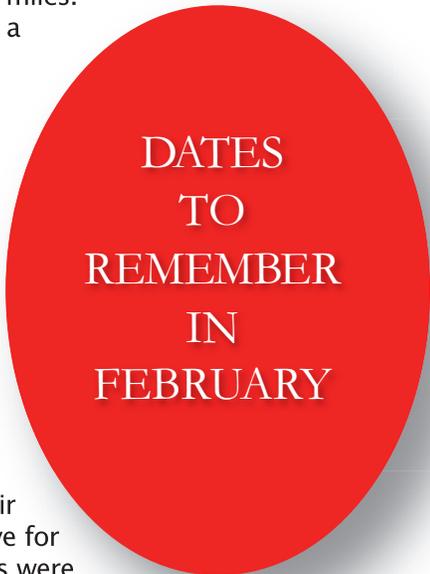
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months that I was going to get a new library card to replace the one that I took out in 1979 and had not used in over fifteen years. But I still had not done it. Motivated to accomplish something on my list, I took a break one sunny January afternoon and walked to the Greensboro Public Library with my doubtful co-worker as a witness. I am now the proud carrier of a brand spanking new library card, I have an account with the North Carolina Digital Library and I have a list of books in my queue. Success! Check Resolution #1 off the list.

I'm happy to report that I'm also making some progress on Resolutions #2 and #3. In the Resolutions App on my iPad, I've rated myself a 2 out of 5 on those two resolutions. You'll have to take my word on Resolution #2 since I haven't adopted any real measurement tool. Maybe I need a nickel jar like I used to motivate my youngest son Garrett to quit saying "ain't" when he was in 4th grade and started using the word out of nowhere. For Resolution #3, according to my Fitbit Flex, purchased to help me track both walking and sleep, I walked 70,320 steps with my WPF sisters in New York City over the Martin Luther King weekend, (see a couple of photos on the next page from our trip) which converts to something like 28 miles. So I'm doing some walking. I just need to get a schedule down.

Sadly, so far, I'm failing miserably on Resolution #4. According to my Fitbit, I haven't slept 7 hours in a night since December 28th when I logged 7 hours and 50 minutes. I know I need to get more sleep, so I'm not giving up. How can something seemingly so easy be so hard?

Studies show that most people who make New Year's resolutions fail at their goals. A 2014 Australian study shows that of those participants who achieved their resolutions, 76% credited sharing their goals with friends, family or through social networking sites with helping them reach their goals. The most common reasons people gave for failing to achieve their New Year's Resolutions were



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Book Club	4	5	6	7
8	9	10	11 WPF Meeting	12	13	14
15	16	17	18	19 Board Meeting	20 Newsletter Deadline	21
22	23 UNCG Basketball	24	25	26	27	28

Women of Wall Street meets the third Thursday of each month.

Continued from page two

setting unrealistic goals, failing to track their progress and making too many resolutions. One study found that men achieved their goal 22% more often when they set small measurable goals rather than broad general goals. Interestingly enough, women succeeded 10% more when they made their goals public and got support from their friends.

That's where you all come in. Although there are all sorts of apps available to help you track exercise, food intake, spending, debt, monthly payments, time, tasks, and various behaviors, for women, there's nothing like making your goals public and having the support of your friends. So...if you hear me say that crude, vulgar word in a way that appears to be without conscious intent, please call me on it. Charge me a nickel! And please do ask me how the walking is going. Better yet, as the days get longer and the weather gets warmer, come walk with me after work one day or one Saturday or Sunday afternoon. And, finally, please do ask for a sleep report. Tell me to go to bed!

As an aside, I think the Babylonians were probably on to something. Let's all return anything that we've borrowed and try to pay our debts.

Happy February. I hope you are all successful in your resolutions, both large and small, and I hope that you and those you love have a most wonderful Valentine's Day.

"What the world really needs is more love and less paperwork." Pearl Bailey **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
Beverly Gass
255-3173
beverlygass@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
282-5228
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Our February Program

Judy Garner

Wendy Palmer, Head Women's Basketball Coach at UNCG, will be our guest speaker. Her topic will be Developing the Young Millennial Women for Leadership. Through her own experience as a coach and working with young millennials for over a decade, Wendy will define what is a millennial women. She will also address some of the obstacles that they face and will provide insight as to how we prepare them for leadership roles. **WPF**

A dark blue poster with yellow and white text. It features the UNCG logo on the left and right, and the Spartan Club logo on the right. The text reads: "Save The Date February 23, 2015 Join the UNCG Spartan Club for a pregame social of wine and light appetizers prior to the women's basketball game against Wofford on the campus of UNCG. Tickets to the game are complimentary. Pregame begins at 5:45 PM - Suite 337 Coleman Building (3rd Floor) Tip-Off - 7:00 PM - Fleming Gym-Coleman Building (3rd Floor) (Formerly the HHP Building on the UNCG Campus) Free -Parking Available in Walker Avenue Parking Deck Please RSVP to Stacy Kosciak - sbmeadow@uncg.edu".

Save The Date
February 23, 2015

Join the UNCG Spartan Club for a pregame social of wine and light appetizers prior to the women's basketball game against Wofford on the campus of UNCG.

Tickets to the game are complimentary.

Pregame begins at 5:45 PM - Suite 337 Coleman Building (3rd Floor)
Tip-Off - 7:00 PM - Fleming Gym-Coleman Building (3rd Floor)
(Formerly the HHP Building on the UNCG Campus)

Free -Parking Available in Walker Avenue Parking Deck
Please RSVP to Stacy Kosciak - sbmeadow@uncg.edu

**Personal invitation
from Kim Record
for members
to attend the
WPF Event in
conjunction with
UNCG Women's
Basketball game.**



Dear WPF Sisters,

I am excited that my colleague Wendy Palmer is speaking this month. She will speak to you about **Developing the Young Millennial Woman for Leadership**. What she won't tell you about are the awards and accolades she has accomplished while overcoming many types of adversity. I plan to share some of those in my introduction!

Each February we celebrate National Girls and Women In Sport Day (NGWSD) to honor women and girls who participate in sport. Today, strong girls and women excel in many areas of athletics, even in traditionally male-dominated sports. Females reach their goals, break records and win championships. Participating in sports creates champions on and off the field. These champions not only lead in their respective sports, they lead in their homes, in their schools, at their jobs, and in their communities. They lead on a path that has been paved by skilled and accomplished women who have gone before them.

We invite you to join Coach Palmer and our women's basketball team on February 23 for a pregame social at 5:45pm followed by the game at 7pm. Celebrate that leadership is developed in many ways. We do it through sport. **WPF**

“SMITTEN BY BRITAIN” TOUR!

Madge Megliola

Don't miss this wonderful opportunity to spend 10 days in the English countryside on a tour custom-designed for you!

Madge Megliola will host the trip focusing on castles, cathedrals, and country estates. Destinations include Salisbury Cathedral; Powderham Castle; Blenheim Palace; Devonshire and the Agatha Christie Festival; historic Bath and the Jane Austen Festival; Downton Abbey (Highclere Estate); and Port Isaac in Cornwall.

Cost: \$5806 includes all land transportation, lodging, breakfasts, entrance fees, and play tickets.

We are requesting a \$500 refundable deposit by Feb.1 so we can be in the lottery for Downton Abbey tickets.

Send deposit to:

Judy Jay
6200 Bards Lane
Brown Summit, NC 27214

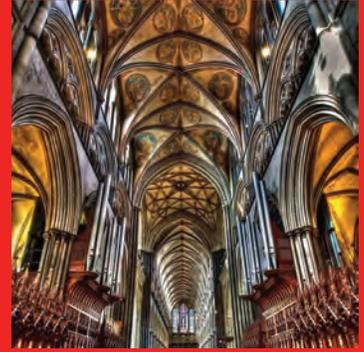
For a full itinerary and more details, contact Judy at:

judy@signaturetourstravel.com

336-617-4258 office

336-210-9271 cell

Come and bring a friend! **WPF**



Salisbury Cathedral



Powderham Castle



Jane Austen Festival



Downton Abbey (Highclere Estate)

Book Club

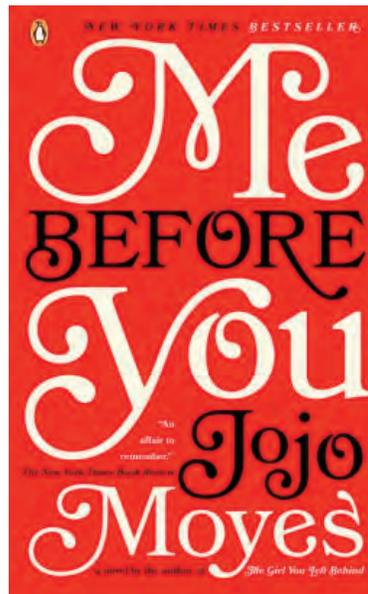
Polly Sizemore

Please join us February 3, 2015 at 7:00 pm. This month's host is Paula Pile and we will be meeting at Jane Hewitt's home at 138 Air Harbor Road. Please email Paula and let her know you are attending at imagolady@aol.com

The book is, *Me Before You*, by Jojo Moyes.

They had nothing in common until love gave them everything to lose...Louisa Clark is an ordinary girl living an exceedingly ordinary life...steady boyfriend, close family who has barely been farther afield than their tiny village. She takes a badly needed job working for ex-Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life; big deals, extreme sports, worldwide travel and now he's pretty sure he cannot live the way he is.

*Will is acerbic, moody, bossy but Lou refuses to treat him with kid gloves, and soon his happiness means more to her than she expected. When she learns that Will has shocking plans of his own, she sets out to show him that life is still worth living. **WPF***



Book Club

February 3, 2015
7 pm

Jane Hewitt
138 Air Harbor Road
Greensboro

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Jeri Whitfield
336-378-5270
Jeri.whitfield@smithmoorelaw.com

A New SIG

Jeanie Duncan

Are you interested in participating in or chairing a SIG on mentoring young girls? If so, please contact me.

Thanks!! jduncan@ravenconsultinggroup.com or 509-4177 WPF

Thank you For The Opportunity

I would like to extend my appreciation for the opportunity to share our Cone Health Re-inventing Care journey. We truly want to make sure we get input from women in our community. To that end, I'd like to invite our WPF members to keep track of our progress by going to <http://www.conehealth.com/reinventingcare/>. If there are suggestions, concerns, or questions, please direct those to our dedicated e:mail box at reinventingcare@conehealth.com.

Cindy Farrand

