

**TWENTY-EIGHTH ANNUAL
BARBARA HICKS GESLOCK WOMEN'S FORUM
March 20, 2010**

*Women's
Forum*

James Monroe High School - Fredericksburg, Virginia

**A Community Service Project By and For the Women
of the Fredericksburg Area**

A Day Of Workshops, Networking and Exhibits

SCHEDULE - Exhibits open from 8:30 - 3:00 p.m

8:00-9:00	Registration
9:00-9:50	Assembly in Auditorium
10:00-10:50	SESSION I
11:00-11:50	SESSION II
12:00-12:50	Lunch
1:15 - 2:05	SESSION III
2:15 - 3:05	SESSION IV



A light lunch will be provided. Your \$15 registration fee includes a gift bag with donations, light breakfast, lunch and four workshops. You must pre-register for lunch and workshops using the form included with this brochure.

DIRECTIONS TO JAMES MONROE HIGH SCHOOL, 2300 WASHINGTON AVE.

James Monroe High School is located at the intersection of Route 1 and Fall Hill Avenue. If accessing Route 1 from the north, take the Route 17 exit and travel south on Route 1 over the Falmouth Bridge. At the second stop light, turn east (left) on Fall Hill Avenue. James Monroe High School is on your right.

If approaching from the south, continue on Route 1 past the University of Mary Washington on the right, down the hill and take the next right (Fall Hill Avenue). James Monroe High School is on your right.

SPONSORING ORGANIZATIONS

Sponsoring Organizations and Board Members

Alpha Tau Society - *Rochelle Grey, Martha Clark, Sharon Adinolfi*

Alpha Kappa Alpha Sorority, Inc. - *Marian Harvey, Elma Coleman-Williams, Mary Preston*

Delta Sigma Theta Sorority, Inc. - *Giovanni Smith, Adrian Wood*

Fredericksburg Host Lions Club - *Betty Monroe, Marie Knoxville*

National Organization for Women - *Amy Clayman, Diana Egozcue*

Soroptimist International of Fredericksburg, Inc. - *Linda Snyder, Marge Hickle, Carol Grimm*

Twelve and One Club - *Marguerite Young, Delores Brown*

Special Assistance - *Professional Greeters Club*

ASSEMBLY - 9:00 am

Speaker - Reverend Theresie Houghton

Reverend Theresie Houghton is a Christian leader who can articulate a vision and motivate others towards action. She has a strong passion for generating measurable results, inspiring confidence and trust while serving the sick, the less fortunate, and the disadvantaged in the Rappahannock Area.

In 2003, working with the Fredericksburg Area Baptist Association, Stafford Social Services, Stafford Sheriff's Office, and residents of Olde Forge, Theresie envisioned a community partnership to transform the lives of families living in the Olde Forge neighborhood in Stafford County. Under her leadership, Olde Forge Junction and its partners have sponsored after-school tutoring programs, mother/preschooler programs, a school supply outreach, community-building events, and summer activities for children.

A 1981 University of Virginia graduate with a Bachelor of Science degree in Electrical Engineering, Theresie Houghton was the manager of a Navy research and development program when she answered God's call to full-time Christian service in 1994. Her ministry began in Christian clowning, sharing the gift of laughter as "Tickles the Clown" through personal visits and special programs.

Rev. Houghton was the recipient of the 2006 Woman of the Year award from the Women's Club of Fredericksburg and a 2009 Woman of Distinction Award from the Girl Scout Commonwealth Council of Virginia. On more personal notes, Rev. Houghton lives in Spotsylvania with her husband, Mark, and she is thankful to be a breast cancer survivor.

Welcome to our speaker, Rev. Theresie Houghton

HEALTH CHECKS

*Free blood pressure check by Germanna nursing students.

*Please take advantage of the mammography van. Mammography fee is \$164, but no cash or checks at the van. Insurance or billing only. Fee includes the mammogram and reading by technologist at Mary Washington Hospital. Walk-ins welcome, or call 540-741-2000 to schedule an appointment if desired. Van will be at James Monroe High School from 10:00 am to 2:00 pm on March 20.

For more information about the forum, call:

Rochelle Grey at 540- 373-4496.

Elma Coleman-Williams at 540-287-5368.

Betty Monroe about exhibits at 540-373-1591.

Registration is \$15.00 per person. If you are unable to pay, but would like to attend, lease call Rochelle at 540-373-4496.

Mail-in pre-registrations should be post-marked by March 13, 2010.

On-site registration opens at 8:00 on March 20.

Acknowledgements:

Accent Eyes Optical, Allergy Partners, BB&T, Cardinal Press, Celebrate Del Webb, Comfort Keepers, CVS Distributing, DeSio Studios, Fantasy, First Market Bank, Fredericksburg Methodist Church, Glass America, Gray Construction Co., King George Journal,

Lee Curtis Insurance, Marshall Consulting Group, NSWCDD Federal Credit Union, Pat Grimes, Inc., Peoples community Bank, PNC Bank, Professional Greeters Club, Rappahannock Electric Co-Op, Roxbury Mills, Ryan Homes, Sansberry Harvey, Starlight Productions, VDOT. Xavier Richardson, Medicorp Foundation.

Additional donors listed in program for March 20 Women's Forum.

The Women's Forum Board extends its deep gratitude to all community support.

Women's Forum Workshops

Session 1, 10:00 – 10:50

1. **Contemplative Practices for Everyday Life: Be Here Now and Savor the Present Moment.** Diane Bachman, LCSW
2. **Basics of Reading Music: An Explanation.** Tammy Bonaime, Music Educator
3. **The Elderhostel Experience: Discussion of Elderhostelling.** Dale Brittle, Elderhostel Member
4. **Women in The Civil War.** Al and Jane Conner, Stafford Authors
5. **Basic Parliamentary Procedure.** Mary Loose DeViney, PRP
6. **Mah Jongg for Beginners: Overview and First Lesson.** Sara Fartro, facilitator
7. **The Joy of Knitting. Brief Knitting Demonstration.** Margaret Filler, Virginia Smith, Knitting Specialists
8. **Bras, Breasts and Cancer: Is There a Link? Breast Care and Proper Bras.** Dr. Victoria Grady-Crumpton, Custombras
9. **Computer Tips and Tricks for the Self Taught. Learn Computers in Your Spare Time.** Chuck Gray, CRRL
10. **Beginning Crochet: the Basics of Crochet.** Dana Hilts, Craft Specialist
11. **Snapshot of Your Credit and Monthly Spending. Improve Your Spending.** Sandra Johnson, Financial Analyst
12. **Introduction to Homeopathy: Use Homeopathy to Treat Acute Illness and Injuries.** Carol Kramer, Homeopath Specialist
13. **Fine Dining in Fredericksburg: Upscale, Downscale and In Between.** Judy Laxague, Aristocrat Travel
14. **Returning to Life After Your Spouse/Partner Has Died.** Gloria Lloyd, Diane Ebenol, MWHospice
15. **Stroke: Time is Brain! Current Prevention and Treatment.** Eleanor Redmond, Stroke Coordinator, RN. MWH
16. **Tai Chi for Wellness: Fun, Easy to Learn Tai Chi to Improve Health.** Gym shoes/clothes. Molly Rheinholtz, PT, Wellness
17. **Pre-Plan Funeral-Cremation.** Marianne Reissig, Covenant Funeral Home
18. **Alzheimer's – What Is It and What Should You Know.** Judy Scheibe, Alzheimer's Assoc.
19. **Creating Good Feng Shui: Principles and Life-Improving Tips.** Cheryl Shotwell, Feng Shui Solutions
20. **Fitness for 55 and Beyond. Exercise for Fitness. Bring gym shoes, workout clothes.** April Smith, Aprilsmithfitness
21. **Thai Yoga: Full Body Massage.** Siggi Tarini, Yoga Instructor
22. **Dynamic Gardening: Make Your Gardens Really Come Alive!** Anita Tuttle, Gardening Consultant
23. **Pi/Yo – Pilates/Yoga – The Blending of Body, Spirit, and Mind. Gym shoes/clothes.** Paula VanAlstine, Fitness Mngr.
24. **Acupuncture: What's it all About?** Dr. Nora Wilson-Lesser, Chiropractor

Women's Forum Workshops

Session 2, 11:00 – 11:50

25. **Heart Caring: A Woman's Challenge.** Isabella Amann, DNP, FNP
26. **Divorce, a Financial Survival Kit: Thrive Though Life Turns Upside Down.** Walter G. Bouchard, Bouchard, Assoc.
27. **Emergency Care: What to Do Until the Ambulance Arrives.** Karen Albert-Bradby
28. **Solving Problems in Genealogy: Problem-Solving Techniques.** Debbie Sue DeHart, DAR Genealogist
29. **What Is It Worth? Appraising, Buying, Selling Antiques.** Arch DiPeppe, Antique Appraiser
30. **No More Screaming: Learn the Secret of Talking to Your Teen.** Terry Diebold, author: Myth of Self Esteem
31. **Introduction to Hospice: Role of the Hospice Volunteer.** Molly Faulkner, MW Hospice
32. **Cross-Stitching: Learn Simple Steps.** Eileen Greene
33. **Organizing Your Financial Life, Your Finances into a "Lifolio" Filing System.** Nicole Harkins-Normand, Merrill Lynch
34. **What Every Caregiver Should Know: From Medicare to Community Programs.** Valerie Hopson-Bell, EldercareConnections
35. **Mary Washington Elderstudy: Learning in Retirement.** Peg Johnson, Elderstudy Member
36. **Put Your Best Face Forward: A Professional Look.** Angie Adair Jones, Mary Kay Specialist
37. **Composting 101: Learn to Recycle Kitchen Scraps in Your Backyard.** Julie May, Stafford County Recycling
38. **Adoption Options.** Tamra McCoy, Children's Home Society of Virginia
39. **Help! My Job Search is Taking too Long: How to Speed up the Process.** Angela Nicholas, MBA, PHR
40. **Posture, Pain and Not Feeling Older: Practical Tips on Posture to Avoid Pain.** Carol Orrell, MS, LMT
41. **Your Library - Books and More: Hear Some Great Fiction Titles and More.** Meg Raymond, CRRL-SC
42. **Health Benefits of Massage: Physical Effects of Massage on the Body.** Brenda Reiche, LMT, CMT
43. **Tai Chi for Wellness: Fun, Easy to Learn Tai Chi to Improve Health.** Gym shoes/clothes. Molly Reinholtz, PT/Wellness
44. **Alzheimer's Care Givers – Help Is Here.** Judy Scheibe, Alzheimer's Assoc.
45. **Organic: What it Means and Why Do It.** Laura Shepherd, Downtown Greens
46. **Total Body Toning. Bring mat/wear gym shoes.** Paula VanAlstine, Personal Trainer
47. **There is a Time to Dance (Ecc.3:4): Understand Sacred Dance.** Vicky Wilder, Fredbg. Sacred Dance Ensemble

Women's Forum Workshops

Session 3, 1:15 – 2:05

49. **Is Gluten Causing Your Health Problems? Symptoms of Gluten Issues and Tests.** Shirley Braden , Gluten Advisor
50. **Sewing 101 – Using a Pattern.** Mildred Buckles, Seamstress
51. **Learn to Play the Piano. Learn the Basics of Playing the Piano and Reading Music.** Rebecca Case, Musician
52. **A New Concept: Ready, Set, Sell Your Home. Tips that Work – Get Organized.** Linda Clevenger, Organizationdirect
53. **Resume Writing – Learn to Sell Yourself on Paper.** Elma Coleman, CIV NSWCCD
54. **Scrapbooking/Rubber Stamping/Card Making. Basics of Each.** Lee Lynn Crowell, Scrapbooking Specialist
55. **Solving Problems in Genealogy: Problem Solving Techniques.** Debbie DeHart, DAR Genealogist
56. **Poor Self Esteem No More: Discover Top 5 Ways to Stop Sabotaging Yourself.** Terry Diebold, author: Myth of Self Esteem
57. **Mah Jongg for Beginners: Overview and First Lesson.** Sara Fartro, facilitator
58. **Herbal Spring Detox: Detox Naturally with Foods and Herbs.** JoAnna Farrell, MH, CNHP
59. **The Encouraging Power of a Prayer Shawl: Learn to Crochet a Shawl.** Karen Fowler, Prayer Shawl Ministry
60. **Collaborative: Better Way to Divorce. Professional Help/ Avoid Litigation.** Sue Williams & Katie Grogan-Henderson, Lawyers
61. **I Love You, But Don't Like You Right Now! Get Your Angry Child to Obey.** Dr. Judy. B. Jacobs, Family Counselor
62. **Six Ways to Make a Spring Wreath: Wreath-Making Demonstration.** Sue Kozicki, Craft Specialist
63. **The Three R's: Reduce, Reuse, and Recycle – Easy Steps.** Julie May, Stafford County Recycling
64. **Correct Makeup Application: Basics From Start to Finish.** Barbara McKneeley, Mary Kay Sales Director
65. **Basics in Digital Cameras: Hints for Taking Better Pictures Digitally.** Althea Oliver-Legaz, Professional Photographer
66. **Automobile Selection and Maintenance: Choose and Maintain Your Car.** Dan Ritchie, Owner, Express Auto Service
67. **Introduction to Salsa Dancing: Learn Basics of Salsa.** Timothy Travis, Dance Instructor
68. **South Africa: Land of Contrasts – Discover “Rainbow Nation” and Its Diversities.** Dr. Julia Van De Water, Educator
69. **A Healthier, Happier Childbirth: How to Prepare. Tips for Ideal Childbirth.** Sara Winfrey, CD (DONA)
70. **Internet Security: Secure Your Technology.** Jackie Wise-Briscoe and Trenita Williams, Technology Safety Presentation
71. **The Art of Listening: Communicate Effectively – Skills of Active Listening.** Melanie Yost, LCSW

Women's Forum Workshops

Session 4 – 2:15 – 3:05

72. **Therapeutic Clowning – Hospital and Nursing Homes.** Deanna Austin, alias “Sonbeam”
73. **Flower Arrangement 101.** James Beverly, Florist
74. **Treatment Plan for Paper-Pile-it-is: Manage Paper Flow, Time, Space.** Sue Bowling, Professional Organizer
75. **Eating Gluten Free Easily: Remove Difficulty and Expense.** Shirley Braden, Gluten Advisor
76. **Veg 101: Beyond Tofu. Vegetarianism and Its Benefits.** Christine Carlson, Vegetarian Food Specialist
77. **Become a Cupcake Decorating Artist: Make a Piece of Art from a Cupcake.** Laura Carreno, Cake Décor Artist
78. **Play Piano by Chords (some music reading ability needed).** Rebecca Case, Musician
79. **Scrapbooking/Rubber Stamping/Card Making: Basics of Each.** Lee Lynn Crowell, Scrapbooking Specialist
80. **What is it Worth? Appraising, Buying, Selling Antiques.** Arch DiPeppe, Antiques Appraiser
81. **Herbal Spring Detox: Detox Naturally with Foods and Herbs.** JoAnna Farrell, MH, CNHP
82. **The Archaeology of George Washington’s Childhood. Artifacts Discovered re Mary Washington.** Laura J. Galke, Historian
83. **Leading People to Success: An Empowerment Coaching Approach.** Carla Geddes, Infinite Possibilities Coaching
84. **Bee-ing is Bee-lieving: Experiences of a Backyard Apiarist (Beekeeper).** Pamela Jewett-Bullock, Apiarist (Beekeeper)
85. **Snapshot of Your Monthly Spending: Improve Our Finances.** Sandra Johnson, Financial Consultant
86. **Creativitea: Invite Guests to Tea and Share Craft Ideas.** Connie Knowles, Amber House Tea Room
87. **Posture, Pain and Not Feeling Older: Tips on Posture to Avoid Pain.** Carol Orrell, MS, LMT
88. **Genealogy 101 Seven Basic Steps for Genealogy Research Using Forensic Sources and Methods.** Paula D. Royster
89. **Creative Decorating on Budget: Inexpensive Ways to Do-It-Yourself.** Andrea Santmeyer and Holly Klaus, Room Revisions
90. **South Africa: Land of Contrasts – Discover “Rainbow Nation” and its Diversities.** Dr. Julia Van De Water, Educator
91. **How to Take Your Business Offline: Learn Basics of Offline Business.** Melanie Yost, LCSW

2010 WOMEN'S FORUM REGISTRATION

*Women's
Forum*

Name: _____

Address: _____

City: _____ State _____ Zip: _____

Tel: (H) _____ (W) _____

E-Mail Address _____



My NON-REFUNDABLE \$15.00 registration fee is enclosed. I would like to register for the following workshops and lunch.

Please be sure to list your 1st, 2nd, 3rd and 4th choices.

SESSION 1: 10:00 AM - 10:50 AM

Workshop: 1-24 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____ 4th _____

SESSION 2: 11:00 AM - 11:50 AM

Workshop: 25-48 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____ 4th _____

Lunch-check one: Deli Meats __ Chicken Salad __ Tuna Salad __ Vegetarian ____

SESSION 3: 1:15 PM - 2:05 PM

Workshop: 49-71 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____ 4th _____

SESSION 4: 2:15 PM - 3:05 PM

Workshop: 72-91 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____ 4th _____

Registration by mail deadline is March 13, 2010. On-site registration day of Forum at 8:00 AM.
Advanced Registration is Recommended!

REGISTER NOW. Make your checks payable to: Women's Forum

MAIL TO: Mary Preston • Women's Forum Registration • 437 Deerwood Dr. • Fredericksburg, VA 22401