

**THIRTIETH ANNUAL
BARBARA HICKS GESLOCK WOMEN'S FORUM
March 24, 2012**

*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
drawings from exhibitors posted at registration by 2:30 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 AND BOARD MEMBERS

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

Delta Kappa Gamma Society, Alpha Tau Chapter - *Rochelle Grey, Martha Clark, Sharon Adinolfi*

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

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

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

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

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

Special Assistance - *Professional Greeters Club*

ASSEMBLY - 9:00 am

Speaker - Donna R. Tyson

Donna R. Tyson is a nationally acclaimed motivational speaker whose unique style is comparable to that of preacher, politician and comedian. Donna draws on her own experiences as former television and talk show host as well as business owner, community leader and mother of three grown children for her lessons in living.

Donna's message motivates, and empowers women. She has designed and taught certification classes on Outstanding Customer Service and Management to Leadership. In 2008 Donna was voted Best of the Beach Inspirational Speaker by the Myrtle Beach Herald. Her clients include the CIA, FBI, Mayo Clinic, USC University Hospital and more.

Best of all, Donna has lived in this community in the past, has addressed the Forum previously and is thrilled to help us celebrate our Thirtieth Forum Anniversary.

We are proud to welcome Donna Tyson to the Women's Forum.

HEALTH CHECKS

*Free blood pressure check by Germanna nursing students.

The Women's Forum was begun by a small group of women from women's organizations in Fredericksburg. Their mission was to present a day of workshops and networking to bring women together to celebrate their needs as homemakers, mothers, and professionals. Today the Forum continues to celebrate women in this unique way. We proudly bring you the thirtieth annual Fredericksburg Women's Forum..

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. Call Rochelle at 373-4496 if questions.

Mail-in pre-registrations should be post-marked by March 17, 2012.

On-site registration opens at 8:00 on March 24.

Send Registrations to Women's Forum

P.O. Box 3274 Fredericksburg. 22401

Acknowledgements:

Access Eye Centers, Allergy Partners, BB&T, Comfort Keepers, CVS Distributing Ctr. –gift bags, DeSio Studios, Fantasy, Fredericksburg Methodist Church, Glass America, Golden Living Center, Gray Construction Co., King George Journal, Landmarc Realty, Lee Curtis Insurance, Marshall Consulting Group, National Council of Negro Women, NSWCCD 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, Union First Market; VDOT., Vision Source, Drs. Smart, Powell & Tsai.

Additional donors listed in program for March 24 Women's Forum.

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

2012 WOMEN'S FORUM REGISTRATION

Please Read Carefully and fill out completely.

*Women's
Forum*

Name: _____

Address: _____

City: _____ State _____ Zip: _____

Tel: (H) _____ (C) _____

E-Mail Address _____



My NON-REFUNDABLE \$15.00 registration fee is enclosed. My registration includes continental breakfast, workshops, and lunch.

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

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

Workshop: 1-24 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

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

Workshop: 25-49 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

Lunch-check one: Ham/Cheese ___ Turkey/Cheese ___ Chicken Salad ___ Tuna Salad ___ Hummus Pita ___
Pasta / Slaw / Cookie

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

Workshop: 50-73 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

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

Workshop: 74-93 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

Registration by mail deadline is March 17, 2012. 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: Women's Forum • PO Box 3274 • Fredericksburg, VA 22401

Women's Forum Workshops

Session 1, 10:00 – 10:50

1. **Knit One, Purl One.** Knitting–how to get started. Sharon Adinolfi
2. **You Can Fix It.** Learn to use tools to make small repairs at home. Sundra Adinolfi
3. **disAbility Resource Center.** For you, your family, the community. Kimberly Lett, DRC
4. **Dress to Get Hired.** Do's and Don'ts of dressing for successful job interview. Susan Boyd, Image Consultant
5. **Divorce: A Financial Survival Kit.** Walter Bouchard, Financial Planner
6. **Discovering Sign Language.** Survival guide to communicating with the deaf and their culture. Robin Carpenter
7. **Perennial Gardening.** Choosing plants and maintaining the garden. Judy Deffenbaugh
8. **Mortgages 101.** Mortgage process from start to finish. Jolayne Craig, C&F Mortgage Corp.
9. **Scrapbooking–Christmas Page.** Bring Christmas photos–take home a page. Lee Lynn Crowell
10. **What's Hot and What's Not in Antiques.** Arch diPeppe, Appraiser
11. **Volunteer Hospice vs. Medical Hospice.** What's the difference. Mary Beth Gass
12. **Should You Burn Your Bra?** How to care for your breasts. Dr. Victoria Grady–Crumpton
13. **Are You Related to a President?** Trace Your Ancestors. Debbie DeHart
14. **Meal Planning for Diabetics.** Lana King
15. **I Wanna Be a Real Estate Agent When I Grow Up.** General overview of being an agent. Judy Laxague
16. **Introduction to Mediation.** Settle disputes without a judge. Gayle Lea, MBA, CM
17. **Scandals, Secrets and Surprises.** Digging up local history at your library. Nancy Moore
18. **Posture and Pain.** How to sit, stand and move more effortlessly. Carol Orrell
19. **Creating Serenity in Outdoor Spaces.** Design with Feng Shui. Margaret Pavela, Certified Landscape Designer
20. **Clear Your Clutter to Improve Your Life.** Sheryl Shotwell, Feng Shui Designer.
21. **Tansania Safari.** Visit Africa without boarding a plane. See Serengeti & Ngorongoro. Paula Van Alstine
22. **Event Planning Tips.** Highlights from a professional for hosting an event. Linda Vaughan, Event Planner
23. **Thai Yoga Massage.** Watch and get a massage sample. (Bring workout clothes/mat). Siggie Tarini
24. **Learn the Appropriate Way to Apply Makeup.** Learn to wear color cosmetics. Donna Green

Session 2, 11:00 – 11:50

25. **Prepping and Painting.** Use color to freshen up your house. Sundra Adinolfi
26. **Is Your Closet Making You Look OLD?** Tips to not look matronly or silly. Susan Boyd, Image Consultant
27. **From Hearth to Battlefields.** Roles of Women in Civil War. Diane Buser, GWW Foundation
28. **Power of Professional Presence.** Rules of proper business protocol. Pamela Coopwood, Event Consultant
29. **Mortgages 101.** Mortgage process from start to finish. Jolayne Craig, C&F Mortgage Corp.
30. **Gardening in Small Spaces.** Planning and executing vegetable/flower garden in small space. Judy Deffenbaugh
31. **Scrapbook Your Beach Vacation.** Bring several photos you can use. Lee Lynn Crowell
32. **Are You Related to a President?** Trace your ancestors. Debbie DeHart
33. **What You Need to Know About the Differences Between Businessmen and Businesswomen.** Rev. Terry Diebold
34. **Protecting Our Children from Abuse.** Pamela Garrett. Exec. Dir., Safe Harbor
35. **How Do You Get Through the Day and Keep Your Sanity?** How to handle stress. Dr. Judy Jacobs
36. **Enriching Your Inner Health.** Tips on insomnia, fatigue and your body clock. Marie Johnson, CBP
37. **Family Mediation.** Discussing court issues involving separation of parents. Gayle Lea, MBA, CM
38. **Foot Reflexology.** The healing capacities of our feet. Maartje Mass–Potterton
39. **Empowerment for Social Change.** Ending the cycle of violence against women. Rose Nevins.
40. **Healing Touch.** Self help techniques to get your energy flowing. Carol Orrell
41. **Creating Serenity in Outdoor Spaces.** Design with Feng Shui. Margaret Pavela, Certified Landscape Designer
42. **Arthritis Foundation Exercise – Standing and/or Sitting.** (Bring workout clothes/shoes). Diana Perrusel
43. **The RED BOOK Files.** An outline for getting your affairs together before the final curtain call. Jackie Richards, author

- 44. **Essential Feng Shui Tips.** Tips to improve your life. Cheryl Shotwell, Feng Shui Designer
- 45. **Mind Body Yoga.** (Bring workout clothes/mat). Paula Van Alstine
- 46. **Couponing 101.** Making cents out of saving money. Jessica Velez
- 47. **Thai Yoga Massage.** Watch and get a massage sample. (Bring workout clothes/mat). Siggi Tarini
- 48. **Using Your History to Bring Out the Story–Teller in You.** Explore techniques. Wanda Major Vinson
- 49. **Sewing Tips and Finishes.** Evelyn White

Session 3, 1:15 – 2:00

- 50. **Is Gluten Causing Your Health Issues?** A look at gluten illness. Shirley Braden, Celiac Group
- 51. **Women, Money and Empowerment.** Walter Bouchard, Financial Planner
- 52. **Vegetarian 101–A Beginner’s Guide.** Is vegetarianism the right choice? Christine Carlson
- 53. **Emotional, Attitude and Dietary Causes of Physical Illness.** Joanna Cassiday–Ferrell, Master Herbalist
- 54. **The Power of Professional Presence.** Rules of proper business protocol. Pamela Coopwood, Event Consultant
- 55. **Attracting Butterflies and Pollinators to Your Garden.** Laura Collinsworth, Master Gardener
- 56. **All That Glitters.** What is the value of gold and silver? Arch diPeppe
- 57. **Historic Sites in Spotsylvania County.** J. Terry Dougherty, Curator, Spotsylvania County Museum
- 58. **Introduction to eBook Readers.** Chuck Gray and Christie Hoerneman, CRRL
- 59. **Johnny Has Two Homes.** The anxiety of living with separated parents. Dr. Judy Jacobs, Counselor
- 60. **Hawaiian Crochet Lei Making.** Bring medium crochet hook and leftover yarn. Susan Bickell
- 61. **Yoga for Every Body at Any Age.** (Bring workout clothes/shoes/mat). Suzanne Ludlam, RYT, Trinity Yoga
- 62. **Creative Design with Greens, Flowers & Recycled Objects.** Use fresh greens & flowers. Marty Monts
- 63. **Backyard Composting 101.** Julie May, Regional Waste Manager
- 64. **Creating Serenity in Outdoor Spaces.** Design with Feng Shui. Margaret Pavela, Certified Landscape Designer
- 65. **You Are Never Too Old To Become a Writer.** From idea to conclusion. Jackie Richards, author
- 66. **Genealogy and DNA 101.** How DNA can help genealogy research. Paula D. Royster, CEO, CAAGRI
- 67. **How to Choose and Maintain Your Next Car.** Save money, choose wisely. Dan Ritchie, Express Auto
- 68. **Meditation for Healthy Living.** How it helps improve mental and spiritual health. Karin Silverman
- 69. **Couponing 101.** Making cents out of saving money. Jessica Velez
- 70. **Gift Baskets.** Create for any Occasion. Evelyn White, Arts and Flowers
- 71. **Planning for Retirement While Working.** Aliya Wong, US Chamber of Commerce
- 72. **Art of Effective Communication.** Active listening and speaking. Melanie Yost, LCSW
- 73. **Why Stubborn Self Esteem Issues Won’t Go Away.** The missing piece. Rev. Terry Diebold

Session 4, 2:15 – 3:00

- 74. **How to Live Gluten Free.** Delicious cooking. Shirley Braden, Celiac Group
- 75. **Days of Darkness/Days of Freedom.** Civilians in Fredericksburg during Civil War. Diane Buser, GWW Foundation
- 76. **Your Resume.** Develop a resume to get hired. Elma Coleman
- 77. **Vegetarian Cooking Beyond Tofu.** Christine Carlson
- 78. **Whole Body Herbal Health.** Achieve health with herb and good nutrition. Joanna Cassiday–Farrell, Master Herbalist

- 79. The Girl I Left Behind Me.** Fashion, families, hardship in Civil War Spotsylvania. J. Terry Dougherty, Curator Spotsylvania County Museum
- 80. Joy of Knitting.** (Bring knitting needles and leftover yarn). Margaret Filler
- 81. Johnny Has Two Homes.** The anxiety of living with separated parents. Dr. Judy Jacobs, Counselor
- 82. Friendship Tea.** No fuss, no muss carefree tea for friends. Connie Knowles, Amber House Tea Room
- 83. Yoga for Every Body at Any Age.** (Bring workout clothes/shoes/mat). Suzanne Ludlam, RYT, Trinity Yoga
- 84. Genealogy and DNA 101.** How DNA can help genealogy research. Paula D. Royster, CEO, CAAGRI
- 85. How to Choose and Maintain Your Next Car.** Save money, choose wisely. Dan Ritchie, Express Auto
- 86. Meditation for Healthy Living.** How it helps improve mental and spiritual health. Karin Silverman
- 87. Creative Design with Greens, Flowers & Recycled Objects.** Use fresh greens & flowers. Marty Monts
- 88. Planning for Retirement While Working.** Aliya Wong, US Chamber of Commerce
- 89. How to Charge What You are Worth and Get it.** Melanie Yost
- 90. Managing Your ADHD.** Five Strategies for Success. India List, ADHD Counselor
- 91. Can't Visit the Library?** Use talking books and books by mail. Beth Solka, CRRL
- 92. Hospice 101/Grief 101.** Helpful information for coping. Emily Sperlazza, RN
- 93. Chic Unique.** Dress well on a budget. Janice Lancaster, Image Consultant