

## SCHEDULE

- 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

Exhibits open from 8:30 - 3:00 pm; drawings from exhibitors posted at registration by 2:30 p.m.

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.

### Health Checks

Free blood pressure checks by Germanna nursing students.

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*The Women's Forum was founded 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.*

## THIRTIETH ANNUAL

BARBARA HICKS GESLOCK

## WOMEN'S FORUM

March 24, 2012

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

[www.womensforuminfred.org](http://www.womensforuminfred.org)

## Opening Session

9:00 a.m.

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.

Donna Tyson 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.

**For further information about the Forum  
contact the 2011 co-chairs:**

**Rochelle Grey- 540-373-4496.  
Elma Williams-Coleman 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, 2011. On-site  
registration opens at 8:00 on March 24.  
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,  
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,  
Union First Market; VDOT., Vision Source,  
Drs. Smart, Powell & Tsai.

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

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

**SPONSORING ORGANIZATIONS AND  
BOARD MEMBERS**

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

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

**Delta Sigma Theta Sorority, Inc. -  
*Adrian Wood, Giovonni 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***

**Many thanks to our 2011 Co-Chairs:  
**Elma Williams-Coleman  
Rochelle Grey****

**Special Thanks to the  
**Professional Greeters Club (Special  
Assistance) - *Elma Williams-Coleman*****

**Directions to James Monroe High School**

**2300 Washington Ave.  
Fredericksburg, Va.**

**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.**



***Special thanks to James Monroe High School.***

# 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). *Siggi 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 Cassidy-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 Cassidy-Ferrell, 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*

**2012 Women's Forum Registration**

*Please read carefully & fill out completely.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: H- \_\_\_\_\_ (C) \_\_\_\_\_

Email \_\_\_\_\_

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

**SESSION 1: 10:00 AM – 10:50AM**

*Workshops 1-24. Please list choices below:*

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

**SESSION 2: 11:00 AM – 11:50AM**

*Workshop 25-49. Please list choices below:*

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

**Lunch-check one:** Ham/Cheese \_\_\_\_  
Turkey/Ch \_\_\_\_ Chicken Salad \_\_\_\_ Tuna  
Salad \_\_\_\_ Hummus/pita.  
Pasta/slaw/cookie.

**SESSION 3: 1:15 PM – 2:05 PM**

*Workshop 50 -73. Please list choices below:*

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

**SESSION 4: 2:15 PM – 3:05 PM**

*Workshop 74-93. Please list choices below:*

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

Registration by mail deadline is **March 17, 2011**

Registration at the Forum opens at **8:00a.m.**

Advance registration recommended.

Make checks payable to: **Women's Forum**

**MAIL TO:** Women's Forum

P.O. Box 3274

Fredericksburg, Va. 22401