



Lorri Yaskiewicz
WPF President

Embracing Winter and Caring for Our Hearts

Dear WPF Sisters,

This year, winter has been especially refreshing. After 1,000 days, we finally had our first snowfall in January, and it was nothing short of magical. The peacefulness of the snow falling gently from the sky was a beautiful reminder of the quiet joys that nature offers. I loved that our coastal friends received snow this year also, adding to the winter wonderland that surrounded us.

As I walked through the snow, I couldn't help but think about the upcoming month of February, which is National Heart Month. This time of year encourages us to take stock of both our physical and emotional well-being.

Our hearts need attention, care, and love—not just in terms of health, but also in nurturing the connections we have with one another.

One of my favorite activities is walking through falling snow, and if I could do that at my favorite place—the beach—it would be even more magical, but I could not make it down there, this time. But I found peace in the woods, where I saw lots of birds and deer, reminding me of the simple wonders that surround us. Inspired by the beauty of the day, I returned home and filled the bird feeders in my yard—ironically, February is also National Bird Feeding Month. It's a small act, but one that fills the heart with joy, much like the connections we foster in our own lives.

On that note, I'm thrilled to hear that many of our sisters had such a wonderful time in New York. These moments of joy, celebration, and connection are what keep us strong. I will be sure to go next year!

For our monthly meeting this month, I'd love for all of us to wear red as a reminder to take care of our hearts—and each other. Let's take this opportunity to celebrate our health, our well-being, and the beautiful connections that bind us as women in this amazing professional community.

Authentically yours,
Lorri



ACTIVE & ACTIVE RETIRED RSVP ONLY
if you can NOT attend

EMERITUS & SUPPORTING MEMBERS, RSVP to attend. Lunch fee \$30.
Cash, check, or PayPal at the door

MEETING RSVP

WPF
2025 Board of Directors

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WPF is committed to supporting and endorsing equal opportunities for all people without regard to race, color, religion, gender, sexual orientation, national origin, age, disability or genetics.

Upcoming Events

Special Interest Groups

WPF Member Directory

WPF Facebook Page



What's for lunch in February?

- Butternut Squash Bisque
- Tomato Basil Bisque
- Assorted rolls & whipped butter
- Baked sweet potato bar with assorted toppings
 - Bacon, candied pecans, scallions, cinnamon butter, pineapple chutney
- Mixed greens salad bar with displayed toppings
 - Matchstick carrots, diced tomatoes, cucumbers, artichoke hearts, olives, bacon
 - Ranch, balsamic vinaigrette and blue cheese dressings
- Sticky Toffee Pudding with Toffee Sauce & Whipped Cream



Lyn Koonce

Facilitator, Vocal Coach, Musician

FEBRUARY PROGRAM

Circle Sounds: Cultivating Connection, Creativity, and Community

Imagine this: you're surrounded by friends, colleagues, or even strangers. The air is buzzing with anticipation, and then it begins—a symphony of laughter, body percussion, and spontaneous sounds. Welcome to Circle Sounds – Connection Through Music!

This isn't your typical gathering; it's a space where we leave behind our daily constraints and dive into a world of play, creativity, and connection. But this experience offers more than just fun. We'll explore the neuroscience behind creative play for adults. From neuroplasticity and emotional well-being, we learn how improvisation, music, and movement can fire our brains in ways that foster cognitive and emotional bonds. By blending these elements, we unlock the power to access our whole selves, enhancing our ability to connect and grow.

Lyn Koonce is a dynamic facilitator, vocal coach, and musician with a deep passion for guiding individuals and groups through transformative musical experiences. With a Bachelor of Music in Music Education and a Master of Music in Choral Conducting, Lyn has a comprehensive understanding of the technical and emotional power of music. Her studies in improvisation with renowned artists like Bobby McFerrin, Bobby Previte, and Music for People, along with her training in the Brazilian practice, *Musica do Circulo* (Music from the Circle), have profoundly influenced her unique approach to group work.

Lyn's signature Circle Sounds methodology combines these diverse influences to foster trust, communication, and energy within groups. This innovative process helps participants connect on a deeper level, unlocking their collaborative potential. As a facilitator, Lyn works with a wide range of organizations, helping teams enhance their effectiveness through creative team development programs.

Whether leading vocal sessions, delivering interactive keynotes, or helping teams flourish, Lyn's work is rooted in the belief that music has the power to create meaningful connection and inspire growth.

NEWS & UPDATES



Greeters and 4 minute Specials

Please consider being a greeter or sharing a 4 min special for an upcoming membership meeting this year.

Greeters: Arrive to the monthly meeting of your choice around 11:50am. Sherry will provide you the purple greeter sash. Grab your nametag, stand near one of the entry doors and welcome your fellow WPF sisters. [SIGN UP HERE](#)

4 Min Special: If you have never done one please consider signing up for one of the dates available. This is a chance for you to tell us about you, not just your work but what makes you-you! This year 4 min specials will be given after the program and we ask that you try to keep them to a few short min. Not comfortable speaking to the group? No problem, write a 4 min special to go in a newsletter.

Email Marleegfoster@gmail.com with your 4 min special for a newsletter and we will include it during this year.

WPF Foundation News

A Note From Chandra Hackenbruch, WPF Foundation President



I'm thrilled to share that the Grants Committee is now hard at work reviewing grant applications and narrowing down the field of worthy recipients. Thanks to the incredibly generous giving of our dear WPF sisters, this year's contributions were significantly higher than last year! I can't wait to share the final numbers with you soon.

While the committee deliberates, I want to share a powerful example of the impact of your generosity. It's not often we hear directly from individuals who have benefited from WPF-

funded programs, and I'm honored to share this inspiring story with you. As you read it, I hope you'll feel as proud as I am to know that not only did this young woman realize and pursue her ambitions, but she is already starting to pay it forward! You, ladies, made this possible!

Piper Maureen Allen was a participant in the “How to Survive and Thrive the Impact of Trauma and Adverse Childhood Experiences” program hosted by the Communities in Schools of Greater Greensboro. Thanks to the \$5600 grant from WPF, Communities in Schools was able to offer this vital program to young people like Piper. To learn more about this incredible organization, please visit their website: <https://cisgg.org>

Piper's Triumph: Rising Above Adversity

Piper Maureen Allen is a remarkable young woman whose journey exemplifies the transformative impact of Communities in Schools of Greater Greensboro (CISGG). Currently a high school junior, Piper has faced significant challenges throughout her life, including periods of homelessness and instability. Yet, with the support of CISGG and dedicated individuals like Ms. Natalie Ward, CISGG Site Coordinator at Smith High School, Piper has not only persevered but thrived.

A Journey of Resilience

Piper's story begins in North Carolina, where she navigated a tumultuous upbringing. With her parents absent for much of her childhood, she experienced the harsh realities of living in shelters and group homes. Despite these hardships, Piper remained committed to her education and personal growth. “I never missed a day of school,” she recalls, highlighting her determination to succeed academically.

Communities in Schools played a crucial role in Piper’s life. When she first arrived at Smith High School, she felt lost and alone. However, Ms. Ward quickly became a beacon of hope for Piper. “She got me a huge bag full of clothes and hygiene products,” Piper remembers gratefully. This initial support laid the foundation for a lasting relationship that would help guide her through high school.

Academic Aspirations

Piper's passion for academics is evident in her aspirations to become a pediatric physician. She plans to attend East Carolina University (ECU) to major in biology before pursuing medical school at Duke University. “Healthcare has always been important to me,” Piper explains. Her experiences have fueled her desire to advocate for children who lack access to proper medical care—a mission she is deeply passionate about.

In school, Piper particularly enjoys science and math, subjects that align with her future goals in medicine. She actively participates in various academic programs and values the connections she has made with peers through CISGG initiatives like the Trauma Informed Care Program that Piper calls simply “the girls group.”

“The girls group helped me form connections I didn’t have before,” she notes, emphasizing the importance of being able to share her life experiences with others who could relate and learning techniques for reducing stress and anxiety stirred by past and current hardships.

Making a Difference

Piper’s commitment extends beyond her own ambitions; she actively seeks to support others facing similar challenges. With a sister on the autism spectrum, she has developed a keen awareness of her needs and advocates for her whenever possible. Her experiences have equipped Piper with empathy and understanding that she uses to help those around her.

“I want to be able to advocate for kids whose parents can’t advocate for them,” Piper says passionately. This desire stems from her own experiences navigating healthcare as a child without parental support. She recalls how Ms. Ward helped her attend medical appointments

when her mother was unavailable, reinforcing the importance of having someone in your corner.

The Impact of Communities in Schools

Ms. Ward is an exemplary site coordinator at Smith High School. She goes above and beyond her job description to ensure the students in her care have what they need to achieve stability and to thrive. For instance, Ms. Ward regularly washed Piper's clothes at home, answered calls on weekends to ensure Piper's access to shelter and drove for hours to have dinner with Piper to celebrate milestones and ensure she felt the love and support of her care team.

Piper's story is just one example of how Communities in Schools of Greater Greensboro positively impacts the lives of students. By providing essential resources and fostering supportive relationships, CISGG empowers youth like Piper to overcome obstacles and pursue dreams.

As we reflect on Piper's journey, it becomes clear that Communities in Schools of Greater Greensboro is vital in ensuring that children have the opportunity to succeed—regardless of their circumstances. Piper's resilience and determination serve as an inspiration to us all, reminding us that with the right support, anything is possible.

WPF FOUNDATION

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WPF Membership News

Marcy McHenry, Membership Chair

It's that time of year again—dues and change of status requests are coming due on March 1, 2025. Dues can be paid online through our [website](#) or via check. If you would like to request a change of status (Supporting status members must re-apply each year), please first review the requirements for each membership status (See WPF Bylaws and Policies and Procedures on the website [HERE](#)), then reach out to Membership Chair Marcy McHenry: marcemch@aol.com or 336-509-5660.

Please take time to confirm/update your profile information including place of employment, title, address (personal and employer), Business category, and email address, on the WPF website. <https://wpforum.org/>

It's also New Member application season. We encourage sponsors to introduce your new member candidate to one of the membership committee members (Marcy McHenry, Anne Smith, and Sue Hunt). This will help us ensure there are no issues with the new class overstretching the occupational categories limits.

Please reach out with questions: Membership Chair Marcy McHenry at marcemch@aol.com or 336-509-5660.

SPECIAL INTEREST GROUPS

BOOK CLUB

Tuesday, February 4

Light appetizers 7:00 pm

Host: Kris Landrum

Book discussion 7:30 pm

Teresa Vincent and Michele Smith will lead the discussion

Book

King: A Life by Jonathan Eig

Vividly written and exhaustively researched, Jonathan Eig's A Life is the first major biography in decades of the civil rights icon Martin Luther King Jr.—and the first to include recently declassified FBI files. In this revelatory new portrait of the preacher and activist who shook the world, the bestselling biographer gives us an intimate view of the courageous and often emotionally troubled human being who demanded peaceful protest for his movement but was rarely at peace with himself.

RSVP to Kris at 336-209-2420 or KLandrum@tugginsduggins.com



**WE ARE SHOWING ALL THE LOVE
AT THE
WINE DIVAS GALENTINE PARTY!**

Come Join us on February 11th at 6:00pm

Karen Foster's House

3607 Madison Avenue, Greensboro, NC 27403

We will be enjoying *LOVELY* red, white, and rose wines with *SWEET* treats and appetizers. We would *LOVE* for you to join us so RSVP today!

RSVP by emailing Susan Russell at srussell@innvision.net

Your registration will be confirmed once you Venmo \$30 to @Susan-Russell-111

BOOKS & ARTS

As the newsletter goes to press, Books and Arts is having its annual planning meeting to brainstorm and schedule activities for 2025. We will send an email to those on the Books and Arts email list with our tentative schedule for 2025 and for the next upcoming event after the meeting. If you are not on this email list and want to stay informed, please contact [Sherry](#) and ask to be added to the list.

**WOW - WOMEN OF WALL STREET
Investment Club**

Thursday, February 13

6:00 pm

Mt. Pisgah Church

2600 Pisgah Church Road

The first Business Meeting of the year for the WOW Investment Club will be on Thursday, February 13, at 6 pm at Mt. Pisgah Church which is located at 2600 Pisgah Church Road in Greensboro. It is where Pisgah Church and Battleground intersect across from LOWES. Please enter the building from the far left door as you are facing the church.

The Club will greet new members, elect officers for the year, and review the portfolio.

Please mark your calendar to attend!

Our first Topic Meeting for the year will be next month on Thursday, March 27, at 6 pm at Mt. Pisgah Church. The topic discussed will be LONG TERM CARE. Presenters will be club member, Corinne Auman, and Lincoln Financial representative, Michael Barber. This meeting will be open to all members of WPF, so please feel free to join us. Light refreshments will be served.

See everyone on February 13th!

LADIES OF LEISURE
Blandwood Mansion
Friday, February 14, 11 am

The Ladies of Leisure special interest group (and any other interested member) will **visit Blandwood Mansion**, the 19th century home of North Carolina Gov. John Motley Morehead, at 11 a.m. Friday, Feb. 14.

Although the historic home at 447 W. Washington St. is temporarily closed until April 1 amid financial challenges, all existing bookings are being honored. That includes WPF's LOL.

Haley Maloney, the executive director of Preservation Greensboro, which runs the property, will give us a tour. The group price is \$8 per person, payable at the door.

After the tour, at about noon, we will travel the short distance to downtown Greensboro to eat lunch at either Chez Genese, 616 S. Elm St. or across Elm Street at the Mellow Mushroom, 609 S. Elm St. Since neither takes reservations, we'll see who has room for us.

The tour is \$8. The lunch is separate and out-of-pocket. Please reserve your spot at retired@wpforum.org by Monday, Feb. 10. We have nine women who already have expressed interest, but please confirm that interest with an email.

WORKING MOMS
1808 Craft & Vine
3326 W Friendly Ave Suite 141
Tuesday, February 18, 4-5 pm
Join us for Happy Hour!
Moms of all ages welcome.

RSVP to Marlee Foster at marlee.foster@conehealth.com.

Working Mom's group is part support group and part resource group. We learn so much from each other and have the chance to share the trials and tribulations of being a working Mom in this day and age. There is always laughter, an empathetic ear, and sometimes a great suggestion to help you when you thought you have exhausted all possible options.

FINANCIAL DIVAS
Wednesday, February 26, 9-10 am
Weaver Park Center
324 W. Wendover Ave, Ste. 140

Please join us in the "O" for a discussion entitled "Suddenly Single. Now What?". Whether you are single today, may be tomorrow or would just like some tips to better understand or help single family or friends, join us. Share or learn about cooking for one, how to find comfort at the passing of a loved one or a great dating app that really works. We want to hear about it! For more information or questions, contact Paula McMillan at 336.337.9507 or pmmcillan@stearnsfinancial.com.

DINING OUT

Wednesday, February 26

6:30 pm

Print Works Bistro

Host: Laura Burton

Sign up to attend at <https://form.jotform.com/250294192097158>

Questions: Amy Meinecke at diningout@wpforum.org

LADIES OF LEISURE

Blandwood Mansion

Thursday, March 13, 11 am

The Ladies of Leisure special interest group (and any other interested WPF member) will **visit the Julian Price House**, a beautiful historic home in Greensboro, at 11 a.m. Thursday, March 13. The subject in 2017 of an episode on A&E's "Hoarders," come see what the Tudor Revival-style mansion at 301 Fisher Park Circle looks like now, all cleaned up by current owners and now being used as a B&B. It is on the market for \$5.25 million.

The cost will be \$20 for a tour and visit, plus the cost of lunch. Beverley Gass is working out lunch details. We should be finished by 2 p.m. Nine of you have expressed interest in attending so far.

Please reserve your spot by Friday, Feb. 28 at retired@wpforum.org.



WILD WOMEN IN THE MOUNTAINS

BLOWING ROCK, NC

March 21-23, 2025

And the beat goes on! Hope you can join us for the 2025 Wild Women in the Mountains have been set – March 21-23, 2025, housing has been confirmed (well most of it) and Sarah Shoffner is ready to take your check. And, for the first time in over ten years we are going up on our pricing, a whopping \$10! Cost this year will be \$135. That includes a 2-night stay at one of the best and most entertaining homes in the Rock, appetizers Friday night, breakfast Saturday and Sunday and the most delicious dinner on Saturday. You will also be in the company of the best Wild Women in WPF!! Please contact Sarah (sarahshoffner@rtelco.net) as to the best way to get her your check.

No matter what, we can promise you a great time!!

Mebane Ham



Women's Professional Forum, PO Box 38594, Greensboro, NC 27438

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