

# Horizons

May 2004, No.61, District IV, Raleigh, NC  
Mary Ellen Randall, President

Peggy L. Gooch, Editor, plg@ipass.net  
www.BPWRaleigh.org

the monthly publication of the Business & Professional Women of Raleigh - Women Helping Women

## May Meeting

**DATE:** May 25, 2004  
**TIME:** 5:30 pm - Networking  
6:15 pm - Dinner and Meeting  
**PLACE:** **Meredith College**  
**Belk Dining Hall**  
**PROGRAM:** Installation of Officers

## Meeting Reservations

**MEMBERS** – To make a reservation or to cancel a standing reservation, visit our website [www.BPWRaleigh.org](http://www.BPWRaleigh.org), or call the message line at 919.899.5043 by **noon Friday, May 21**. If you have a standing reservation and can not attend a meeting, you must cancel; otherwise, you will be billed for the meal. Once reservations are guaranteed to the hotel on Friday afternoon, they must be paid at the door or billed as a “no show.” The cost for members is \$21.

**GUESTS** - To make a reservation, please send a check for \$25 to “BPW Raleigh” to:

BPW Raleigh  
PO Box 90301  
Raleigh, NC 27675

**Checks must be received by noon Friday, May 21, to guarantee your reservation.**

**MAY MENU** Tossed Salad  
Chicken Pecan w/Wild Rice  
Vegetable Medley  
Rolls and Butter  
Red Velvet Cake  
**Vegetarian:** Eggplant Parmesan

**IMPORTANT:** *If you want the vegetarian alternative, you must specify at the time of reservation. Menu changes can not be made at the meeting without extra cost.*

## President's Message

*Mary Ellen Randall*

This year has certainly passed quickly. Our April program “Empowering ourselves through the Arts,” brought us interesting stories of women who made a career for themselves in something that was their passion. It was enlightening and refreshing to feel their enthusiasm and excitement.

At our May meeting, we will install our new officers, led by **Cathy Smith**. In addition to the Installation and networking, there will be **surprise entertainment**, which you are sure to enjoy!

Thank you to all the members who contributed to making this year a success. At BPW/Raleigh, “many hands make light work!” It is fun to work with the dedicated and devoted team we have here.

Your new team of officers recently went through Leadership Training. They now know the many ways BPW can help them and you, our membership. Please provide them the generous support you have provided me.

It is my sincere hope that each of you has felt “empowered” this year through our programs, and benefited from the networking opportunities provided at our meetings and beyond. Thank you for the opportunity to serve as your President. It was delightful!

Best Wishes for continued success!

## PLEASE NOTE

The May meeting will be held on the Meredith College Campus, 3800 Hillsborough Street, in the Belk Dining Hall (same location as the Opening Doors event last October).

Go to [www.meredith.edu](http://www.meredith.edu) for directions.

## April Dinner Meeting

*Laura Hartwick*

The April meeting began with the Collect and some lovely words from **Mary Ellen Randall** on the passing of long time and well loved member, **Mary Fox**.

The program of the evening was "Empowering Ourselves Through the Arts". Luana Luconi Winner acted as moderator for panel members Margaret Poyner Galbraith, Esther Hall and Deb Royals. There was a discussion of the importance of community support of the arts, and to allow outlets for children to learn and grow. Winner describes her career as an artist as "recording history through portraits". Galbraith and her husband started the Opera Company of North Carolina, with a goal of bringing the highest level of professional opera possible to the Triangle community. She discussed the success and challenges they face as a non-profit organization for the arts. Royals is the founder of the Justice Theatre Project, using productions to explore political and social issues, such as racism, prejudice and the death penalty with the current production of "A Lesson Before Dying". Hall is the Executive Director of Arts Together, a school dedicated to teaching the arts to children. She discussed the importance of fundraising for the arts so that the children benefit, but also for local artists to benefit by a steady income and health benefits.

The 2004-2005 Nominations of Officers was announced by **Helga Gutmann**. Nominations were as follows:

President ..... **Cathy Smith**  
 President-Elect ..... **Laura Hartwick**  
 1st VP ..... **Lea-Ann Berst**  
 2nd VP ..... **Pam Boney**  
 Treasurer ..... **Jennifer Farley**  
 Secretary ..... **Cathy Sanita**

The floor was opened, no additional nominations were offered, and the election voted the nominated board in unanimously.

## Membership Update

*Laura Hartwick*

April was Membership Month, and we welcomed six new members to BPW/Raleigh. At the next meeting, be sure to introduce yourself to: **Theresa Carter, Michele Denton, Krista Fuller, Sara Harrington, Pam Heaton and Lorraine McClure**.

We also had a brief New Member Orientation after the regular meeting. Topics discussed included BPW history, BPW Terminology, Committees, and a few stories on why BPW is a unique women's organization. Thank you to all that attended - both new and existing members.

## Board Meeting Minutes

*Nancy Smith, Recording Secretary*

May 5, 2004

Attendees: **Mary Ellen Randall, Cathy Smith, Nancy Smith**

The May board meeting was used to transition the role and responsibilities of LO President from Mary Ellen to Cathy, plan for the overall structure of the new season which begins June 1, and to finalize plans for the May dinner meeting at which time 2004-2005 officers will be inaugurated.

### Membership – Laura Hartwick

There were six new members during the April new member drive, matching the goal for "The Big Push."

## State Office Nominations

*Betty C. Hooks, State Nomination Chair*

With the BPW/NC Conference almost upon us (June 10-13), this is your last chance to consider becoming a BPW/NC candidate for an officer position and be nominated from the floor. If you are interested and plan to attend the state conference, you must submit the candidate form by June 4.

The positions without any candidates are vice-president and secretary.

For information and forms, contact: Betty C. Hooks, State Nomination Chair, 704-545-4182, [bettyhooks@aol.com](mailto:bettyhooks@aol.com).

## Member News

Maxine Patricia Alice Rosenfeld made her appearance at 12:57 p.m. on March 25. She weighed 7lbs. 15 ozs. Mom, **Margaret Rosenfeld**, and baby are doing great!

**Lea-Ann W. Berst** will be the guest speaker at the Business Alliance Luncheon - Capital City Club on June 10 (networking begins at 11:30 am). The topic is "How to Market your Business Effectively". The cost includes lunch: \$20 for Non-Members and \$15 for Members. To reserve your spot, please phone the Capital City Club at 832-5526.

---

## Happy Birthday Ladies!

You're not getting older, you're getting better!

Birthday ladies are asked to participate in the Birthday Bonus fundraising activity by bringing a wrapped gift (value up to \$15) for raffling to a monthly meeting. All proceeds support our annual scholarship and programs.



### May Birthdays

Ruby Barnes  
Raven Lawton  
Kim Miller  
Allison Plummer  
Cathy Sanita  
Jill Shannon  
Deborah Swan

---

## 2004 Calendar of Events

### June

- 10-12 BPW/NC Annual Conference  
Holiday Inn, Rocky Mount
- 22 Monthly meeting (5:30 pm) -  
Embassy Suites, Crabtree

### July

- 15-20 BPW/USA Annual Conference  
Fort Lauderdale, FL

## Attitude

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mrs. Jones, you haven't seen the room .... just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up.

"I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away just for this time in my life. Old age is like a bank account, you withdraw from what you've put in.

"So, my advice to you would be to deposit a lot of happiness in the bank account of memories Thank you for your part in filling my Memory bank. I am still depositing."