



"Grow With US"
Established 1982

The JULY 2017 Newsletter

Meeting Tuesday, July 11, 2017

Guest Speaker: CRISTINA VETRANO

**President & CEO,
CanCare, Inc.**



Cristina has over 25 years of experience in non-profit organization management. Her longtime passion for service organizations began with her Peace Corps experiences in Mongolia. She has leveraged her degree in Finance and an MBA to assist the American Red Cross and Kids Meals to expand in scope and impact, and now provides bold leadership to make the CanCare mission even more impactful.

The purpose of The Professional Group is to provide women of diverse professions with opportunities for building relationships and networks of personal and business associations through informative monthly presentations, professional development programs, educational and social activities, and philanthropic endeavors.

President's Message



Foodie

We welcomed local chef, Monica Pope as our speaker for the June meeting. Monica continues to work in Houston, the city where she began her career in 1992. The Houston Chronicle food critic, Alison Cook, had this to say about Monica: "Ambitious young chefs and new restaurants are doing things as a matter of course that Pope pioneered here." Monica Pope is considered one of the city's trailblazers and a huge farm-to-table proponent.

After listening to Monica's talk and discussing our table topic regarding the farm-to-table movement, I started thinking about how I have not shopped at a local market since I was a child. My mother used to take my sister and me to the Canino Produce Market on Airline Drive and very few of our meals back then were ever eaten at a restaurant. What happened?

The case for eating out —

Over the last 40 years, more and more people are eating out — me included. As women began working outside the home, time and convenience became precious commodities. It always seems like such a luxury to sit down at a beautiful table, be served by waiters, and have someone else do the cooking and cleaning up. Plus, I can choose a favorite cuisine when I may not know how to cook it; and, eating out eliminates the need to develop a list and shop for groceries. What's not to like?

But not so fast —

Have you noticed the size of the meals today at your favorite restaurant? Portions have simply gotten out of control, leading to greater incidences of obesity, diabetes, high-cholesterol, and heart disease.

The case for eating in —

With all due respect for Monica and the other stellar chef's in Houston....deciding to eat at home may be my best option for staying healthy and obtaining improved nutrition. Most sodium comes from either processed or restaurant foods and the calories consumed at a restaurant, partly due to those large portions, can be staggering. Not only will health improve by forgoing high-calorie meals at restaurants, so will finances!

Maybe I need to take a cue from my mother and a page out of Monica Pope's book to visit a few local farmer's markets with the intent of cooking at home occasionally. My Facebook friends will be shocked, considering some of my favorite posts are checking-in at restaurants and pictures of food. Maybe it's time to celebrate family and friends over home-cooked meals. Anyone want to join me?

The Houston Chronicle published a Guide to the Best Farmer's Markets and there are other lists available online.

Lynda Broussard

2017 TPG President

The Professional Group 2017 Board of Directors

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Meetings are held at **The Junior League, 1811 Briar Oaks**, on the **first Tuesday of each month** except as otherwise scheduled. Join us for a breakfast buffet and conversation at **6:45 a.m.** Free parking is available in the attached garage. As a courtesy to our speaker and others in the audience if you have to leave early, please sit at a table in the back of the room during the breakfast meeting. *Professionally Speaking* is distributed monthly by The Professional Group for its members and current guests. All submissions to the TPG Newsletter need to be sent in a Word document to **Kim Jenkins, VP/Newsletter**, kjenkins@bentransact.com by the due date—always the Thursday following the Breakfast Meeting. Please mention TPG in the subject line. *The deadline for submission of articles and advertising for the August 2017 newsletter is at 5:00 p.m. on Thursday, July 13, 2017.* *Professionally Speaking* is designed and published monthly by **Vicki S. Henrichs of Henrichs Publishing**. Contact vicki164@yahoo.com Visit the site www.letterwise.net

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SPOTLIGHT ON NEW MEMBERS

CAROL DESENBURG — Impressed by the MAD Committee

Sponsor **Pam Longley's** enthusiasm and sharing about the MAD (Making A Difference) Committee's work, KIPP tutoring and mentoring led to Carol Desenberg joining TPG.

Carol recently retired from Wells Fargo, where she was a national top producer in the private mortgage banking industry. She seeks to give back to the community. Her passions include travel, gardening, time with new grandson Harry, and staying connected with women in the business world.

DONNA BOYER — A native Houstonian, UT Longhorn, cake decorator, volunteer, photographer and passionate traveler.

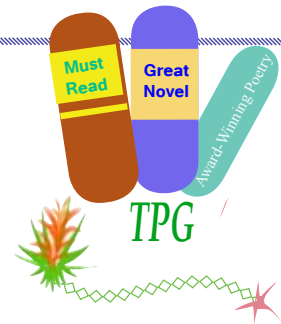
She proudly serves on the International Speakers and Corporate Development committees of the Houston Livestock Show and Rodeo.

She worked in the Public Affairs Office of Marathon Oil by day and Continental by night. In 2001, she retired from Continental/United and from Marathon Oil in 2015. She is now owner/travel specialist of Cruise Planners, an American Express Travel Representative, providing the "Key to the World." Don't let the name fool you. Cruise Planners offers complete land and cruise expertise — not just cruises for leisure, luxury, and group clients.

Donna thanks her sponsor, **Lynda Broussard**, for introducing her to this exceptional group of women. The meeting speakers have been exceptional and TPG has provided the opportunity to connect with old friends and make many new ones.

TPG BOOK BABES

If you enjoy reading, please join the TPG Book Club. It's a wonderful time of food, fellowship, and friendship. Guest are welcome! Registration is open on the TPG website. For more information, contact **Corine Prieto**, **TJ Jeter-McAvoy**, or **Rhonda Parker**.



TPG Book Club Reading Selections for the rest of 2017:

July 22- "The Handmaid's Tale" by Margaret Atwood
August 26 - "What Remains of Heaven" by C. S. Harris
September 23 - "The Spy" by Paulo Coelho
October 28 - "And Then There Were None" by Agatha Christie
November 25 - "The Dry" by Jane Harper
December 16 - TPG Book Babes Holiday Party

PLEASE NOTE:

**Reading selections
are subject to change.
Updates will be posted
in Monday Announcements
and in the Newsletter.**

In Memoriam



A celebration party to honor the life of former TPG member and board president, **SUSAN ASHLEY**, was held Sunday, June 25 from 5:00-7:00 p.m. at Cindy's Palace Banquet Hall, 1102 FM 2977 Road, Richmond, TX 77469.

For those who wish, instead of usual remembrances, a donation may be made to the Smith-Phares Foundation and mailed to the attention of Joan Smith, 13923 Britoak, Houston, TX 77079

HOUSTON ROLLER DERBY!

Join us for a fun-filled evening of exciting Women's Roller Derby!

Saturday, July 15, 2017

Doors open at 6:00 p.m.

Games from 7:00

to 10:00 p.m.

Revention Music Center

520 Texas Avenue • Houston, TX

Club Level Seating — \$35.00



NETWORKING HUMP DAY HAPPY HOUR

Networking Opportunity to gather with friends and meet new friends!

Wednesday, July 19

5:00 — 7:00 p.m.

Hungry's (upstairs) in Rice Village

2356 Rice Blvd • Houston, TX

—Registration is recommended—

See Monday Announcements



▶ **Special Reminder: The TPG July meeting is one week later than usual, due to the July 4 Holiday. Look forward to seeing all the TPGers on Tuesday, July 11!**

New job, new address, new husband, new outlook on life.....If you have news about yourself, your family, or your company, we would love to share it in the newsletter. Maybe you've recently received an award or been accepted to head a project; maybe you've had a grandchild or taken a fabulous trip. We want to get to know you better!

Email **Kim L. Creque-Jenkins**, kjenkins@bentransact.com to be included in the August newsletter!

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June Breakfast Photos



A fond farewell to long time TPG member Jane Brennom, who is relocating to Florida. You will be missed!



Members and guests enjoyed our June meeting speaker, chef Monica Pope.



A Derby participant mingled to share her adventures.

REMINDER FROM THE TPG CARING AND CONCERNS GROUP

The Chair for the Caring and Concerns Committee, a sub-committee of Philanthropy, is

Kim Jenkins

She can be reached by email at

tpgcaring@yahoo.com

(checked daily)

If you need assistance, or if you know a member who may have a need, please let her know.

MAD COMMITTEE BUSY WITH KIPP AND ANGELA HOUSE

Liana Hillendahl and **Pam Longley** attended the 8th grade graduation for **KIPP Sharpstown** and handed out certificates provided by **Ann Miller** to those 8th graders who participated in the **TPG Reading Program**. They presented a pink rose to each of the girls who were in **The Powerful Phoenix Sisters** girls' leadership program. The Fine Arts teacher volunteered to be next year's coordinator for the girls' program.



The Reading Intervention Director at KIPP, **Amanda Ybarsabal**, sent a thank you to all the TPG reading mentors outlining the specific progress made because of their work with the students. Of the 14 kids who participated in the program this year, 90% are now reading at least 1-2 levels above their reading ability at the start of the school year!! Amanda will be Pam's guest at the August meeting, and we hope she will say a few words to help recruit more volunteers for next year.

Pam got 6 of the KIPPsters started on a school garden in April and they planted peppers, herbs and tomatoes, which they had a great time harvesting for their families.



In our continuing support of **Angela House**, we will collect gently worn clothing, shoes, jewelry and other accessories at the August and September TPG meetings. If you are thinking about purging your wardrobe, this may be a good time to do it! More information will be in the Monday Announcements and the next issue of the newsletter about sizes they need. We will also set up a workshop in late September led by **Angela Vabulas** for the women at Angela House on job interviewing. We will talk about how to dress, what to say and not say and do some role playing. If you would like to join us, please contact **Trish Strangmeyer Felt** at trishphoto@yahoo.com for more information.

BARBARA STALEY
SALES ASSOCIATE

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- Web maintenance ■ Ads ■ Business cards ■ Logos
- Event invitations ■ Flyers ■ E-mail campaigns
- PowerPoint ■ Social media ■ Banners



anne@anneswansondesign.com

Monthly Sponsorships Still Available

\$100 to be a TPG Monthly Sponsor

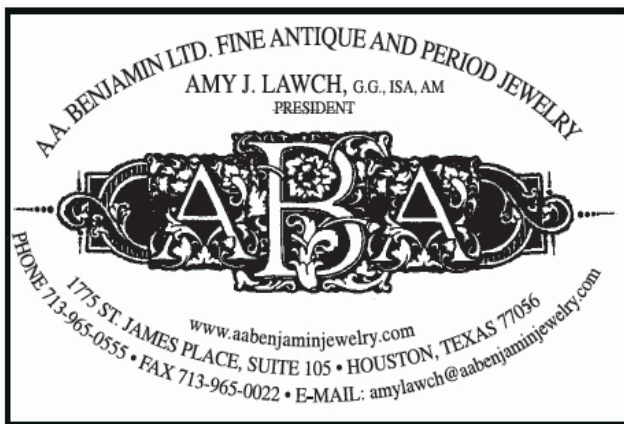
One (1) TPG Sponsor will be featured at monthly Breakfast Meetings. Such Sponsor will be able to present a 60 second "elevator speech" about their business and shall receive a full-page Company write-up and logo in the monthly TPG newsletter for such month. Sponsors may also place Company "swag" goodies with business cards at every table at their breakfast meeting.

Now accepting monthly sponsors for June through December 2017.

Guidelines:

- Participants may sign up for only one sponsorship within a six-month period.
- The \$100 fee must be paid when reserving a sponsoring month.
- The \$100 fee is non-refundable if the participant cannot fulfill their monthly commitment.
- Participants may not switch or trade with someone for another month without the Board's permission.

For information, please contact Rhonda Parker at rap@attorneyresource.com or 972-984-0654.



<http://www.aabenjaminjewelry.com>



martha@martharaymond.com



<http://www.keystonehomes.net>



www.elainesflorist.com

HAPPY JULY BIRTHDAY TO TPG MEMBERS

Linda Bridges	July 1
Keveny S. Avila	July 12
Elizabeth (Beth) M. Garrett	July 21
Rhonda A. Parker	July 22
E. Kim Laughon	July 26
Julie Barry	July 27
Candi A. Clement	July 31



Original art by Vicki Henrichs. © All Rights Reserved

Did we miss listing your birthday? We really want to congratulate you.

We need your help in updating the TPG Website!



Marlena Berger
REALTOR®, ABR, GRI
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Making Dreams Come True!

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Interested in advertising your business or services to fellow TPG members?

There is space available for advertising in our monthly newsletter! Advertise your business for the low cost of \$25 a month or reduce the cost further by paying \$125, in advance, for six months of advertising.

The standard ad size is that of a business card. At no additional cost you may include a link to your website which will be printed below your business card ad.

Not only are you able to network with fellow TPG members, your advertising dollars help to defray the cost of our newsletter and website.

If you are interested in exploring an ad in the monthly TPG Newsletter, please email:

Kim Jenkins, kjenkins@bentransact.com



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<http://greymarkconstruction.com>

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Breakfast Reservation Form – Tuesday, July 11, 2017

Coffee and Networking at 6:45 a.m. Buffet served promptly at 7:00 a.m.

Register for the breakfast online at www.tpghouston.org by **WEDNESDAY, JULY 5, 2017** to receive the lowest price. The process is easy and very user friendly!

Member fees: \$25. Guest fees: \$30.

It is our policy that reservations for our monthly breakfast meeting be made no later than the Thursday before each meeting. Reservations must be received by the deadline to receive this pricing.

Late reservations will incur an additional \$10 charge.

PLEASE NOTE: Once you have registered, you owe the fee for the breakfast even if you do not attend.

Club Express Tips:

- You will receive two emails: an email confirmation of your reservation and a second email with confirmation of your online payment. If you do not receive two confirmations after registering online, please contact Cindy Jennings at cjennings@carltonstaffing.com
- If you don't see the "Register" box, scroll to the right, or scroll down. If you cannot remember if you have registered, click on "Registrants" on the event page and you can see all who are registered.
- If you have trouble, change your browser. Close out and open Mozilla Firefox rather than Internet Explorer.

NOTE: Online reservations end at midnight on THURSDAY, JULY 6, 2017. Make checks payable to The Professional Group. Your cancelled check serves as your receipt. CASH IS NOT ACCEPTED.

Reservations are not transferable to another member or guest and cannot be made by telephone. No reservation will be accepted after the deadline without approval of the Meeting Coordinator, on a space available basis. To request approval after this deadline, email cjennings@carltonstaffing.com A late fee of \$10.00 will be added to the base cost, IF space is available, and IF the reservation is accepted.

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