



NEWSLETTER

Women Making a Difference in Business and the Community

2020 TPG Board

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Networking

Liana Hillendahl

Philanthropy/MAD

Vicki Brooks

Programs

Martha Raymond

Social Media

Lauren Becerra-Gongora

Special Interests & Events

Danika Cline



Rhonda Parker
President 2020

Letter from the President

Greetings,

SHOW UP! REACH OUT! GIVE
BACK!

We are currently living in unprecedented times. With most of our community under self-quarantine, working from home in our sweatpants and t-shirt has become the new normal. It has never been more important than now to stay connected with each other in any way we can. Various TPG committees and groups have reached out to each other by phone calls, emailing, texting and even using video-conference platforms, such as Zoom, to communicate.

I encourage you to “reach out” to a family member, friend, co-worker or fellow TPG member to say hello, check on their well-being and see if you can “give back” by going to the store for them or have food delivered to their home. This pandemic doesn’t stop us from making someone’s day by reaching out and giving back.

If you or another TPG member have a need during this difficult time, please send an email to: caring@tpghouston.org.

Stay healthy & safe,

Rhonda Parker

COVID-19

8 WAYS

to keep yourself in a good physical and mental condition during the COVID-19 period



To stay connected to others, regularly speak with work colleagues, your family and friends.

1



To prevent feelings of helplessness, plan your day as much as possible.

2



Regularly practice physical exercise and relaxation to ensure your mental and physical wellbeing.

3



To keep energised, devote time to creative activities and at the end of the day review what you have achieved.

4



Separate your private and professional activities to ensure efficiency and to maintain a work-life balance.

5

Be selective and limit the time you spend watching the news to maintain your peace of mind.

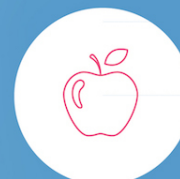
6



7

Eat at regular times, choose a light, balanced and varied diet to maintain energy levels and boost your immune system.

8



HSE
Occupational Health & Safety
and Environmental Protection unit



Happy Birthday!



| | |
|------|----------------------------|
| 4/3 | Deborah A Korkmas |
| 4/4 | Donna Boyer |
| 4/4 | Regina R Williamson |
| 4/7 | Patricia C Garcia |
| 4/12 | Susan C Smith |
| 4/24 | Amelia Alder |
| 4/24 | Kathleen (Kate) T Gabriele |
| 4/30 | Dayna Burnett |
| 5/19 | Vicki R White |
| 5/21 | Marguerite B Muzikowski |
| 5/23 | Kathleen M Long |
| 5/23 | Liana M Hillendahl |
| 5/23 | Martha E Raymond |
| 5/24 | Ann Houston |
| 5/25 | Nikky LaWell |
| 5/29 | Patricia A Frederick |
| 6/6 | Susan K Thompson |
| 6/8 | Ann C O'Connor |
| 6/22 | Kay W Boyd, EdD |
| 6/28 | Susan E Howard |



ATTENTION

As previously mentioned, the events for Mister McKinney's Women's History Bus Tour and April Networking Breakfast meeting were cancelled in accordance with the the guidelines provided by the CDC. We are closely monitoring the situation day by day and will you keep you updated regarding the May and June Breakfast meetings and any future events. We look forward to catching up with you!

As always, TPG values your contributions and our relationship. Stay heathy!

New to TPG? Join a Committee!

TPG has many committee opportunities open to all members. Committees are an essential part of this organization for planned events throughout the year. These committees are a great way to get involved and meet other TPG members. If you have interest in being on a committee please contact the committee chair.

Communication · Deb Korkmas · dkorkmas@edens.com

Guests & Member Services · Kate Gabriele · kategabriele@yahoo.com

Meeting Coordination · Cindy Jennings · cjennings@carltonstaffing.com

Networking · Liana Hillendahl · pen_art@outlook.com

Philanthropy/MAD · Vicki Brooks · Vbrooks979@gmail.com

Programs · Martha Raymond · martha@martharaymond.com

Social Media · Lauren Becerra-Gongora · lbb5626@gmail.com

Special Interests and Events · Danika Cline · danikahcline@gmail.com

TPG Membership Requirements

To become a member of The Professional Group, a woman must:

- Attend one breakfast and/or committee-sponsored event as a member-sponsored guest
- Have a background in either corporate or entrepreneurial profession. Retired women are welcome!
- Be sponsored by an existing member, fill out the online application and be approved by the Board.

Don't have a sponsor? Have questions? Please contact the chair of Guests and Member Services, Kate Gabriele, and she will be happy to introduce you to one of our members. Send an email to membership@tpghouston.org

Caring and Concerns

If you or someone you know in TPG has an immediate need due to illness or other critical circumstances, please contact Caring and Concerns at tpgcaring@yahoo.com.



LAWELL
PHOTOGRAPHY
WALL PORTRAIT DÉCOR
NIKKY@LAWELLPHOTO.COM
713.523.4916 •
LAWELLPHOTO.COM
HOUSTON, TX



TPG Monthly Sponsor

TPG Monthly Sponsorship is a great opportunity to feature your business or organization at a Monthly Breakfast Meeting, in the Monday Announcements and TPG Quarterly Newsletter.

For details please contact Teresa Doyle at teresa.doyle@comcast.net

Guidelines:

- Must be a current TPG member.
- Sponsorship is on a first come basis.
- Registration for sponsorship is posted on the TPG website under Events Calendar. It is up to the sponsor to register for this event.
- The cost of sponsorship is \$100. The fee must be paid when reserving a sponsoring month and does not include the cost for the breakfast. You will still need to register for the breakfast as normal.
- Sponsorship is limited to one within a six-month period.
- Sponsor may not switch or trade with someone for another month without the Board's approval.
- Sponsors are responsible for their own items at the breakfast meeting. They may arrive at 6:30 am to set up. Items must be taken off the tables no later than 8:45 am.

Any changes to the sponsorship program or calendar must have board approval.



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Follow us on
twitter

@TPGHouston

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.