## Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00-8:50</td>
<td>Registration</td>
</tr>
<tr>
<td>9:00-9:50</td>
<td>Assembly in Auditorium</td>
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<tr>
<td>10:00-10:50</td>
<td>Session 1</td>
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<tr>
<td>11:00-11:50</td>
<td>Session 2</td>
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<tr>
<td>12:00-1:00</td>
<td>Lunch</td>
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<tr>
<td>1:15-2:05</td>
<td>Session 3</td>
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<tr>
<td>2:15-3:05</td>
<td>Session 4</td>
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</tbody>
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*Exhibits open from 8:30-2:30 pm*

A light lunch will be provided. Your $20 registration fee includes a gift bag, 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. There are no mammograms available this year.

The Women’s Forum was begun 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 thirty-fifth annual Fredericksburg Women’s Forum.

### Acknowledgments


Additional donors will be listed in the program for March 18.

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

### Sponsored by

- Fredericksburg Parks and Recreation
- Fredericksburg City Schools and Maintenance Department & the Central Rappahannock Regional Library

womensforuminfred.org

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Join us at
**James Monroe High School**
**Fredericksburg, VA**

Registration is $20 per person. On-site registration opens at 8 a.m. on March 18, 2017. Mail-in pre-registrations should be post-marked by March 11, 2017, and sent to:

**Women’s Forum Registration**
P.O. Box 3274
Fredericksburg, VA 22402

35th Annual
Barbara Hicks Geslock
**WOMEN’S FORUM**
March 18, 2017

A community service project by and for the Women of the Fredericksburg Area. A day of workshops, networking, and exhibits by and for the women of the Fredericksburg area.
Assembly

Ms. Valerie Hopson-Bell
9:00 a.m.

Upon moving to Virginia and locating in the Fredericksburg area, Ms. Hopson-Bell developed the first long-term care ombudsman program for the Rappahannock Area Agency on Aging. She continued that position until 2007 and then developed her own business, ElderCare Connections, L.L.C. She is a private certified geriatric care manager who helps families care for their loved ones more effectively. Earlier in her career, she developed ombudsman care programs in North Carolina where she supervised over 300 facilities in six counties.

Valerie holds an undergraduate degree in Human Services with an emphasis on Gerontology from Elon University. She has studied human services systems in several foreign countries. She works with several agencies on aging in this area and has volunteered with Micah Ministries for years. Valerie and her life partner live in the area, have two sons, and several grandchildren. We welcome Ms. Valerie Hopson-Bell to the 35th annual Barbara Hicks Geslock Women's Forum.

Sponsoring Organizations and Board Members

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

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

Delta Sigma Theta Sorority, Inc.
Adrian Wood, Elaine Lawson, Euneicia Johnson-Byrd

Fredericksburg Host Lions Club
Betty Monroe, Marie Knoxville

Fredericksburg National Organization for Woman
Amy Clayton, Diana Egozcue

Twelve and One Club
Marguerite Young, Delores Brown, Sylvia Johnson

Special Assistance: Professional Greeters Club

In 1911 in Europe, March 8, 1911 was designated International Women's Day. Women's rights were a hot topic politically, and many were writing books about the contributions of women to history. When the depression hit women's rights was no longer an important issue. Later, in the 1950s and 60s the women's movement revived and by the 1970s women's history information became a field of study in many universities. In 1978 in California March 8 was chosen International Women's Day.

In 1981 the United States Congress passed a resolution establishing National Women's History Week. One of the co-sponsors of this resolution was Barbara Mikulski, a Democrat from Maryland. As attention to women's history grew the week was extended to include the month of March. Women's History information became part of the history curriculum in many schools in America. The purpose of studying women's history has been to increase knowledge and understanding of women's history, and their contributions to society.

Each year the President of the United States signs a Proclamation declaring that March is Women's History Month in America thus encouraging the appreciation for women in society today. The history of contributions and achievements made by women is not just for women, but for all citizens of the world. Knowing and understanding women's history helps women realize their potential, their ability to accomplish anything they wish to achieve and their place in society.

womenshistory.about.com/od/womenshistorymonth/a/