



Voilà!

A monthly newsletter from
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serving company, leadership and individual staff



Voilà! - April 2019 Edition

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Hello again!

It's been quite a while since I've released a Voila! newsletter, but I'm feeling refreshed, inspired, and ready to work after taking some time out to travel (more about that later). I also want to mark a very special milestone for me and my business: April 1 marks the 15th anniversary of The Parks Image Group.

After 15 years of running my own company, I feel I am who I was destined to be. I wouldn't have made it this far without the contributions of some special people in my life. Thanks to the support of my late husband, Bernie Moskow, along with hard work and concentrated effort, I have gained a lot of self-confidence and I am able to inspire others to be the best version of themselves and to be kind to others.

Besides my husband, I have had two great people who influenced me and inspired me. First, Lya Sorano, the founder of Atlanta Women in Business, was always supportive and encouraged me to step out of my comfort zone. Because of her, I co-wrote two books, became a board member at one of the great universities in Atlanta, was featured on TV shows, radio programs, and was

mentioned in magazines, and was honored with the Results Count award several years ago. These are only a few accomplishments of which I am very proud. Thank you Lya!

My other mentor, Professor P M Forni, who founded the John Hopkins Civility Project in 1997, passed away in early December. Though we unfortunately never met, Professor Forni was a guest speaker at a mastermind group I belonged to years back. When he started speaking about civility, I had an epiphany and knew I wanted to learn all about civility and teach civility in the workplace. After I started practicing civility myself, I realized my life had changed for the better. I was happier and it gave me the opportunity to touch others' lives in very small but important ways — and make the world a more pleasant place to boot. Professor Forni, thank you and rest in peace.

In this *Voilà!* I want to share some stories from my travels along with thoughts on etiquette, spring trends, and more. And please look out for more *Voilà!* newsletters in the months ahead. It feels great to be back!

Peggy

"If you sit and wait to feel like you are the most confident person in the room, you are probably going to be left by yourself." - Jacinda Ardern

Traveling the World

As I mentioned before, I've had the good fortune of crisscrossing the globe over the last year and a half. I truly believe that travel can be one of the greatest teachers, opening us up to new experiences, learning about cultures and customs different from our own, and giving us something that feels so lacking in today's modern times: wonder. Here are some of my most memorable trips...

Morocco



I visited Tangiers in Morocco for one day in 1970 and went back 25 years later, again for one day, with my husband. I had since dreamed of going back so I could spend more than eight hours there! The opportunity opened up in November 2017 when my friend, Peggy, and I embarked on a girls trip for 10 days.

Morocco has a mystical and mysterious aura to it. It's reminiscent of many movies: Think of *Casablanca*. *The Man Who Knew Too Much*, and the desert scenes of

Lawrence of Arabia. Morocco is very colorful: blue skies, white houses, flower pots in every hue. It's paradise on earth!

When we drove into Marrakech, I turned to Peggy, and said: "I could live here." The Ben Youssef Madrasa (the former Islamic college decorated with colorful tiles) was stunning, while the Jardin Majorelle wowed us with its indigo-colored house that once belonged to the French painter, Jacques Majorelle, and later to the famous designer, Yves Saint Laurent.

Being half-French and loving fashion, I could not wait to see the YSL Museum and the exhibition of many of his original designs. Another beautiful site was visiting the medina in Rabat and the Hassan II Mosque in Casablanca, which is absolutely breathtaking! We also enjoyed lunch at Rick's Café in Casablanca, which is an exact replica of Humphrey Bogart's lair in *Casablanca*, the movie, complete with piano bar.

The afternoon and evening drive to the desert where dinner was served Berber-style under a tent was fascinating. Peggy and I fell in love with the same camel. His name was Anafi, the sweetest animal ever. We wanted to bring him home!



We also had the opportunity to buy argan products made by local women during our trip. You may see argan beauty products at a fancy beauty counter, but their origin is less glamorous. The goats that live in the trees here love the pulp of the nuts. They eat the whole fruit, despite the fact that their bodies can't digest the nut. Argan nuts pass through the digestive system of a tree goat whole. Once they are excreted, people gather them from the goat's droppings and crack them open to expose the seeds inside.

Argan nuts contain anywhere from one to three oil-rich kernels. The kernels are then roasted, ground or mashed to produce argan oil, which is one of the most highly sought after culinary and cosmetic ingredients in the world. Think about that the next time you're browsing the aisles at Sephora or Whole Foods!

Machu Picchu



In May 2018, I went to one of the 7 New Wonders of the World, Machu Picchu. It was my 4th New Wonder of the World, and it surely did not disappoint.

The weather was absolutely perfect. As we were driving, I was amazed by how hidden Machu Picchu is in the midst of the Andes Mountains. The Incas built Machu Picchu in the 15th century by carrying enormous stones up steep cliffs and carving them into buildings, temples, baths, and terraces. How on earth did they do this? I have no idea, but it was fascinating to contemplate.

We then visited Bolivia and the floating islands of Lake Titicaca, the highest commercially navigable lake in the world. It was beautiful and the people were very kind and treated us like royalty.

In Peru, Peggy and I fell in love with llamas. They are so sweet and they're related to camels. We tried bringing one back but could not get him a passport in time!

African Safari

In July 2018, I felt it was time to do something exciting, fun, and a bit scary. I went on safari in Tanzania and Kenya. A safari is a bit daunting at first when you are surrounded by giraffes, lions, elephants, gazelles, wildebeests, and baboons. But the anxiety dissipates when you realize that the animals could not care less that you are there. These big huge animals walk in front of your jeep or Land Rover and don't even pay attention to you.

I was lucky enough to see the Big Five (elephant, buffalo, lion, leopard, and rhino). Watching these big animals in their natural habitat was mind-boggling. This is where you understand the true meaning of "the circle of life."

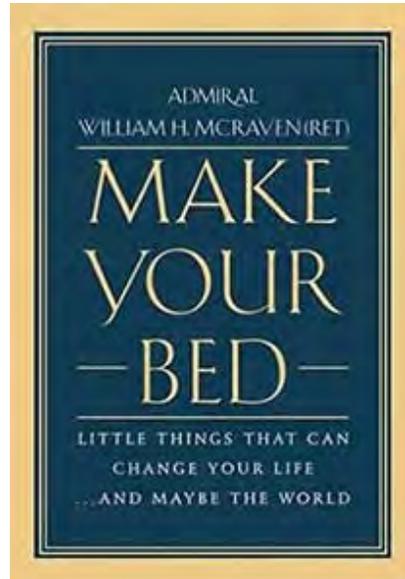
We also visited the William Holden Animal Orphanage, which allowed us to get close and personal with the animals. In Kenya, we took a hot air balloon at dawn so we could observe the vast grasslands of the Maasai Mara. Breathtaking!



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Book Corner: *Make Your Bed*

This [small book](#), which expands from a graduation speech that Navy SEAL Admiral William H. McRaven (RET) gave on May 17, 2014 at the University of Texas at Austin, did indeed get me to start making my bed daily. Why make your bed? Because starting your day with a task completed will help set the tone for the rest of the day. I read this little book in one sitting and bought a copy for all 13 members of my Circle of Friends. I want to thank my friend, Bill, for recommending it. It's simple, but very inspiring!



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Etiquette Corner: Don't Just Sit There

I was horrified to read this week about a man who attacked an elderly woman on the NYC subway. He was arrested soon after the incident made the news, thanks to video footage which quickly went viral. But here's the thing: Several people filmed the attack, but nobody stood up to defend the woman or ask him to stop. They just sat there with their iPhones out.

I understand that there's a risk in speaking up, but too often I see people buried behind their devices, not engaging with the world at large. When they see injustice, they get footage that they might show off later to friends, or maybe post on social media. How often do they intervene, or stand up for someone?

If you don't feel confident or daring enough to take action when you see something troubling happening, at least try to alert a person of authority. Civility means looking out for other people, not idly standing by with your iPhone held out. It's easy for bad people to act out — particularly against vulnerable people — when their behavior goes unchecked. So don't let it!



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Style Corner: Spring Trends

The sun is coming out and the sweaters are going back into storage! I for one am so ready to embrace the warmer temperatures with some new looks. Here's what's in store for the season...

1. Head-to-Toe Neutrals: Deck yourself out in tones of beige, gray, and khaki for a timeless, elegant effect. *Very Out of Africa* meets Faye Dunaway in *Bonnie and Clyde*.
2. Polka Dots: Spring is in a spotty mood. Treat yourself to a sundress with small dots, or



make a big splash with a funky silk or chiffon scarf with oversized spots.

3. Crochet: Soak up that '70s-inspired, bohemian vibe with a crochet knit top or cardigan.
4. Bright Orange: It takes confidence to pull off this bold hue, but it's making major waves this season. Look for pieces in a vivid Tropicana shade, and you'll feel like you've been given a shot of Vitamin D.
5. One-Shoulder Tops: The cold shoulder trend lives on, and it's an easy way to add some instant appeal to an otherwise basic little

black dress. Be sure to moisturize — or even add some shimmering body bronzer — your bare shoulder to make it even more alluring.

6. Ruffled Blouses: Romantic, feminine, and a fun way to jazz up your straight-edged power suit. Your go-to starched shirt can sit this season out.
7. Fringe: Another trend with retro roots. Channel your inner Stevie Nicks with a tasseled hem, or play it safe with a fringed leather bag.
8. Animal Prints: Some swear that animal print is a neutral. For best results, stick to just one piece — and one animal, be it leopard or zebra — at a time. Mid-length skirts in leopard prints are especially popular right now, and can be paired with a simple tucked-in tee and a denim jacket.
9. Mix-and-Match Prints: Fashion pros can mix florals and stripes with aplomb. Start by pairing pieces with similar color palettes — say, a navy and white Breton striped tee worn with a floral-print skirt featuring splashes of the same colors — or get your toes wet by playing around with your accessories until your comfort level grows.
10. Black-and-White Checks: Check mate! Plaids, houndstooth, and checkerboard prints were all over the runways. Try pairing a sleeveless checked top with cropped black trousers for an Audrey Hepburn-esque effect.

"Find out who you are. And do it on purpose." - Dolly Parton

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