

When Women Gather, Magic Happens!

January Sponsor



Beth Dickerson grew up in Jarrettsville, Maryland. Her love for cleaning began at an early age when she would follow her grandmother around as she did her housework. What hooked her was that great sense of accomplishment at the end of the day.

During college Beth worked for a woman who had her own cleaning company. She is always quick to tell those she introduces Beth to that she actually ran her business while she was on a much deserved vacation.

With college graduation came change. Beth got married, moved to Bel Air, and resigned from cleaning to begin a career with a financial services firm.

Beth had numerous opportunities at the firm. She obtained her Masters degree and learned a great deal about many aspects of business. After 18 years with the firm, Beth was ready for a change – a new challenge. Her husband suggested giving cleaning a try again. This time owning and operating her own cleaning company.

Since 2011, Beth has operated Cornerstone Cleaning out of her Phoenix, MD home where she resides with her husband and two children. Many of her clients have been with her since the beginning and are considered part of the family. Cornerstone Cleaning offers its services to Baltimore City, Baltimore, Carroll, and Harford Counties as well as south York County, PA. What sets Cornerstone apart from the rest is their focus on quality, not quantity. They are an affordable quality cleaning service with quality professionals you can trust.

Beth knows that having a clean home makes a positive difference in the lives of home owners. Cornerstone has partnered with Cleaning for a reason® to positively impact the lives of women battling cancer. They look forward to making a positive difference in your home and community!

Publisher
Chesapeake Professional Women's Network
Editor
Jody Youll
CPWN
PO Box 654, Bel Air 21014
www.cpwnet.org

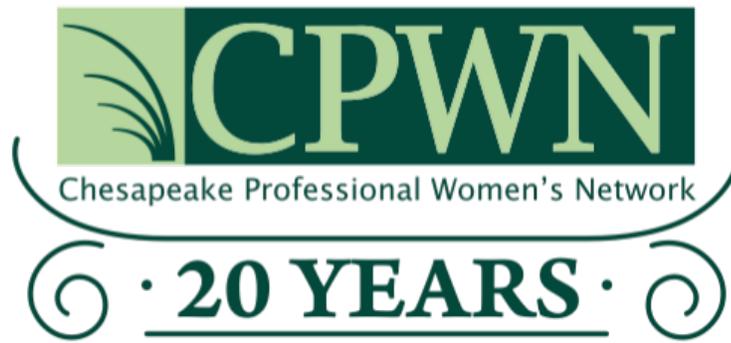
Inside this issue:

- Events 3
- Member News 4
- Committee & Board Directory 5
- Sponsorship & Membership Details 6-7



Cornerstone Cleaning •
www.cornerstonecleaningco.com
443-895-1915 • beth@cornerstonecleaningco.com





When Women Gather, Magic Happens!

January Speaker **Brian Sanderoff, WellBeing GPS**



Brian Sanderoff is the director and principal owner of the Well Being Healing Center and Holistic Pharmacy in Owings Mill, Maryland.

In the past 20 years of clinical practice, Brian has been able to integrate his traditional medical training as a pharmacist with his experience and unique knowledge base in the realms of nutrition and herbalism into a practice geared towards finding the true underlying causes of diseases. Through careful examination and evaluation of a patients symptoms, health history, family

history, lifestyle and stresses, Brian is able to devise a plan of action that helps attain the patients specific goals in a directed and timely manner. The tools of Brian’s trade are nutritional and herbal supplements, advice about lifestyle – including diet, exercise, sleep, stress reduction and coping mechanisms – and an intuitive sense of “health direction.”

Brian is certified as a FirstLine Therapy Healthcare Provider – a formal therapeutic lifestyle change program geared towards weight loss and normalizing blood pressure, blood sugar, cholesterol, hormonal balance, immune function, brain chemistry, etc.

Brian earned his B.S. Pharmacy degree in 1984 from The University of Maryland School of Pharmacy. Upon graduation he managed and later owned 2 small community pharmacies in downtown Baltimore neighborhoods.

For over 17 years (beginning in 1993) Brian hosted and produced “Your Prescription for Health”, a talk radio program that began as a straight medical show but quickly evolved into a forum for discussion about alternative or complementary medicine. The show had at times been syndicated into Los Angeles and Washington, D.C. from its home base in Baltimore.

In the past, Brian owned and operated a nearly 10,000 square foot wellness center that included a holistic pharmacy, organic café, yoga studio, personal training studio and a clinical area with treatment rooms for alternative health practitioners.

Brian currently teaches a course entitled The Holistic Approach to Anti-Aging for the Johns Hopkins University Odyssey Program and is a past Clinical Assistant Professor and formerly taught a course on herbalism and alternative medicine at the University of Maryland School of Pharmacy.

Publisher
Chesapeake Professional
Women’s Network

Editor
Jody Youll

CPWN
PO Box 654
Bel Air, MD 21014
www.cpwnet.org

Inside this issue:

- Calendar of Events 2
- Member News 3
- Committee & Board 4
- Directory
- Sponsorship & 5-6
- Membership Details



What's Happening at CPWN

TUESDAY, JANUARY 10 - Member lunch, Richlin Ballroom, Edgewood. 11:15-1:15. Please see registration policy below.

TUESDAY, FEBRUARY 14 - Member lunch, The Greene Turtle, Bel Air (Harford Mall). Sponsored by Aubrey Schwartz, Adage Source, Inc., The meeting will be a structured networking activity to help you meet other members of CPWN and hone your networking skills. Please see registration policy below.

If you have special food needs, please email jeannette.stancill@fitzgeraldfinancial.net

Event registrations closes Thursday before the event.

Cancellation Policy: Please remember it is CPWN policy that change to an event registration must be made NO LATER THAN noon Friday before the event. If you do not notify CPWN by this time, you will be responsible for the full registration fee.



Sengstacke & Evans, LLC

Carolyn Wilson Evans
Attorney at Law

39 E. Churchville Road
Suite 200
Bel Air, Maryland 21014

Phone: 410-420-0809
Fax: 410-420-0296
ccvans321@aol.com

**Weyrich
Cronin
Sorra &
CHARTERED**

*A firm that provides
Close Personal Attention*

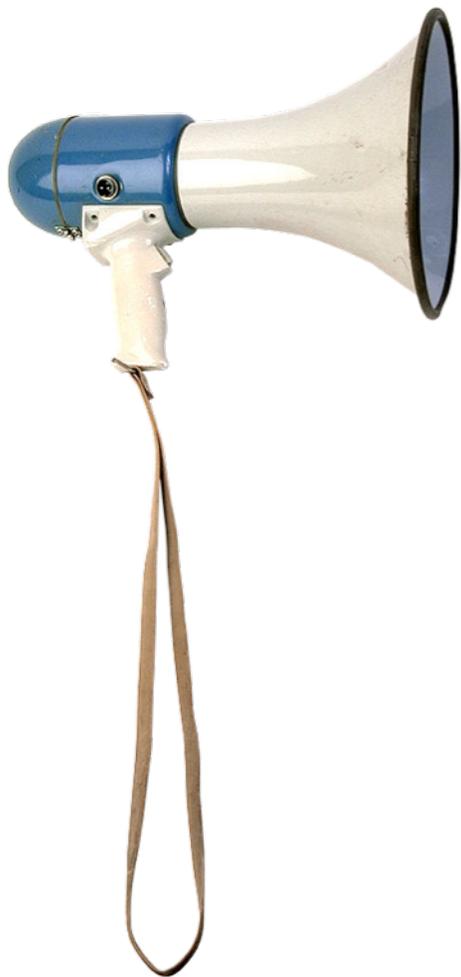
Kelly A. Bedsaul
Supervisor

139 North Main Street, Suite 201
Bel Air, Maryland 21014
(410) 838-2237 (410) 879-2237
(866) 212-2237 Fax: (410) 893-9527
E-mail: KellyB@wscpa.com
www.wscpa.com



Certified Public Accountants
Financial Consultants

At each meeting two attendees' cards will be drawn to be featured in the following month's newsletter.



Member News

Items for Member News can be submitted by the 15th of each month to Melissa Harbold at melissa_harbold@ml.com and will be published at her discretion and available space.

I hope you like the redesign of the newsletter. I will be publishing it monthly for 2017 (after that, who knows?). If you have something special you'd like to shout out - ie. an award, a promotion - send it to Melissa.

Jody Youll, Editor

Member Anniversaries

21 Years

Libby Plunkett
Carolyn Evans
Sandy Glock
Laura Henninger
Peggy Meyers

9 Years

Kathy Heidelmaier

8 Years

Lisa Fuller

6 Years

Maria Schnople
Wendy Wright

4 Years

Heather Lamont
Diana Klug
Sylvia Arrington
Gina Shaffer

3 Years

Nahid Shahry
Cynthia Wood

2 Years

Coral Phillips
Valerie Keys

1 Year

Elizabeth Cook
Annabel Lusardi
Lisa Quigley
Jackie Panowicz
Adam Smallow



BOARD OF DIRECTORS AND COMMITTEE CHAIRS

Board of Directors

President

Melissa Harbold, CFP®
Merrill Lynch
melissa_harbold@ml.com

Vice President

Bev Smith
The Lee Tessier Team,
Keller Williams American Premier Realty
beverlybsmith@aol.com

Treasurer

Wendy Lee
Susquehanna Spine & Rehab
wendy@susquespine.com

Assistant Treasurer

Kelly Bedsaul
Weyrich, Cronin & Sorra, Chartered
kellyb@wcscpa.com

Secretary

Kim Zavrotny
McComas Funeral Home
kzavrotny@mccomasfuneralhome.com

Immediate Past President

Carolyn W Evans, Esquire
Sengstacke & Evans, LLC
cevens321@aol.com

Board Chairs

Events

Jeannette Stancill
FitzGerald Financial Group
jstancill@monarchmtg.com

Fashion Show

Mary Ann Bogarty
Harford Bank
mabogarty@harfordbank.com

Marketing

Meggin M'Gonigle-Reeder
MegginM'Gonigle-
Reeder@bankofamerica.com

Membership Co-Chair

Wendy Wright
The Wright Fit
wendy@thewrightfit.net

Newsletter Editor

Jody H Youll
Madaco Mktg/Coffee News
madacomarketing@gmail.com

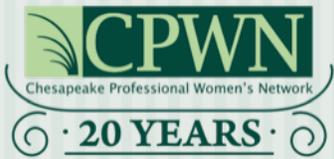
Board Member at Large

Ronnie T. Davis

Longstream Coaching & Training, LLC
ronniedavis@longstreamct.com

CPWN

P.O. Box 654
Bel Air, MD 21014
www.cpwnet.org



2016-2017 CPWN Sponsorship Guidelines

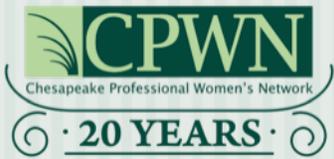
Contact: Lisa Fuller at Lisa.Fuller@insurewithfuller.com , to arrange your sponsorship. Sponsorships are offered on a first come-first served basis.

Regular Monthly Meetings

- Be a member in good standing (annual dues paid, no outstanding invoices).
- Sponsorship may be used to promote the business that employs you or that you own (in whole or in part) and that is the business you are registered with in CPWN's records.
- Sponsorships fee is \$150 (unless designated a special event) and includes 1 event registration (**please** do not register for the event, as your 1 event registration is done automatically).
- Sponsorship fee is to be paid in advance of the sponsored event.
- Provide a door prize.
- Exclusive use of table tops to put marketing material, promotional items, etc. Please arrive early to distribute the material.
- 5 minutes to speak/present. Please do not go over this time limit.
- Sponsors are featured in CPWN's newsletter. Provide, in a Word doc if possible, 250-300 words about your company. Someone from the newsletter committee will contact you the month prior to the event. A headshot is recommended as well.
- All sponsorships are subject to approval of the Board of Directors of CPWN.
- Sponsorship guidelines are subject to change by the Board of Directors of CPWN.
- All meeting locations, speakers, etc., are subject to change by the Board of Directors of CPWN.
- No co-sponsorships are available.

Happy Hours

- Must be a member in good standing (annual dues paid, no outstanding invoices).
- Sponsorship may be used to promote the business that employs you or that you own (in whole or in part) and that is the business you are registered with in CPWN's records.
- Sponsorships fee is \$50 and includes 1 event registration (**please** do not register for the event, as your 1 event registration is done automatically).
- Sponsorship fee is to be paid in advance of the sponsored event.
- Exclusive use of table tops to put marketing material, promotional items, etc. Please arrive early to distribute the material. You may put up a banner advertising your business.
- 5 minutes to speak/present. Please do not go over this time limit.
- All sponsorships are subject to approval of the Board of Directors of CPWN.
- Sponsorship guidelines are subject to change by the Board of Directors of CPWN.
- All meeting locations, speakers, etc., are subject to change by the Board of Directors of CPWN.
- No co-sponsorships are available.



MEMBER BENEFITS AND POLICY

CPWN Member Benefits

- Monthly meetings to network and promote your service or product.
- Advertising in our online membership directory with website and email links.
- Varying meeting dates, times and locations to meet your busy schedule.
- Topical speakers on issues pertaining to women and business.
- Opportunities for women to support and mentor each other in both business and personal aspects of our lives.
- Special events as appropriate.
- Meeting sponsorship opportunities.
- A monthly newsletter with the calendar of events, networking tips, member updates, and articles of interest.
- Facebook posting for New Members with contact information.
- Facebook posting of Current Member Spotlights.

CPWN Membership Policy

- Membership with CPWN is by individual and not by company.
- It is not transferable.
- When a member leaves, transfers or changes employment, the member carries her membership to her new place of employment, or it may lapse.
- An unexpired membership is not transferred to the member's replacement at her prior employment.

Opinions expressed by the authors do not necessarily reflect those of the Publisher or the Board of Directors of The Chesapeake Professional Women's Network, Inc. Reproduction or use of material in whole or part is forbidden without prior written permission of CPWN.