



Newsletter

Chesapeake Professional Women's Network, Inc.
Building Relationships. Growing Businesses.

APRIL 2010

This Month:

Pamper Me

WELCOME ..

to the all new
E-Newsletter!

We welcome your input
and ask that you
send any

feedback to the

editor at

Melissa_harbold@ml.com.

Want the hard copy??

Just hit PRINT!

CPWN Member News

Publisher

The Chesapeake
Professional Women's
Network

Assistant Publisher

Melissa Harbold

Editor

The CPWN Newsletter
Committee

Pamper Me Event!

CPWN's First Ever!

Join us for an evening of wine & hors d'oeuvres while enjoying **Make-Overs, Massages, Manicures, Skin Care Consultations, Blood Pressure Screening, and More.**



Tuesday, April 13, 2010

5:30 - 8:30PM

Maryland Golf and Country Clubs, Bel Air, MD

Cost \$40 members/\$45 guests

Vendors will also be on hand to provide information about cosmetic surgery, laser hair removal, spray tans, stress in the workplace, exercise, nutrition and fitness tips.

Raffle tickets for beautiful gift baskets will be sold for \$1.00 each or six for \$5.00! *(Proceeds to benefit Family & Children Services.)*

Y OF CENTRAL MARYLAND OFFERS A BREAK FOR STRESSED FAMILIES IN HARD TIMES: FREE FAMILY

At a time when Marylanders are dealing with layoffs, a sliding stock market and home foreclosures, the Y of Central Maryland is responding by launching a series of free Family Nights at Y locations across the state.



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Member News and Items of Interest

BOARD OF DIRECTORS

President

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Sandy Glock

Melissa Harbold

Andrea Kirk

Carolyn Evans

Wendy Lee

Liz Hopkins



Harford Family House & SARC joint fundraiser

Harford's 1st Annual Most Beautiful Baby Contest

Harford County non-profit organizations that serve primarily women and children in crisis, are partnering in two fundraising ventures, a Mother's Day Raffle and Harford's Most Beautiful Baby Contest.

Point Breeze Credit Union

Point Breeze Credit Union is offering 10 \$1,500 scholarships for students to help cover the cost of college tuition. Learn more at www.pbcu.com or contact Genie Briggs at 410-771-3850 x 265

WISEMAN NAMED PRESIDENT OF MEDIWISE

Bel Air, Md. – March 11, 2010—Theresa G. Wiseman has been named president of MediaWise, Inc., a media relations consulting business. She was previously director of media relations at College of Notre Dame of Maryland. MediaWise, based in Bel Air, works with clients to help them tell their stories through the media (print, radio, television and Internet).

Theresa G. Wiseman, President, MediaWise, Inc., 836 South Main Street, Suite 101, Bel Air, Maryland 21014, 410-960-0230, mediawise@comcast.net

Y of Central Maryland

Wine Tasting at the Walter and Betty Ward Family Center

Saturday, May 1, 2010 6:00pm-9:00pm

\$40 Members/ \$50 Non Members/ \$60 at the Door

Featuring food and wine pairings created by Jon Kohler of Pairings Bistro

All proceeds go to Send a Child to Camp. For Tickets and more information contact Suzanne Green @ 410-679-9622 or Suzannegreen@ymaryland.org

The CPWN Board of Directors and its members extend our sincere condolences to Jeannette Stancill on the passing of her mother. Our thoughts and prayers are with you at this time.

Please submit your Member News and Items of Interest to:

Melissa_harbold@ml.com



President's Message

Greetings members! The time has changed again and it is starting to stay light longer. It seems like the last time I wrote a message the time was changing. Easter is this weekend and before you know it summer will be. This is a great time to be thankful for all the wonderful things in our lives.

For those of you who missed our March meeting, our speaker was John L Herman Jr. AKA Herman. It was definitely an interesting presentation with plenty of useful information. If you couldn't find anything to take away from the presentation he provided us with a free copy of his book!

April is our "Woman's Night out Event" to

be held at the Maryland Golf and Country Club on April 13, 2010 from 5:30-8:30. It will be an evening for you to pamper yourself with mini-makeover's, massages, manicures, skin care consultations and much more. There will be a drink fountain, hors d'oeuvres and desert. We will also be raffling off several fabulous gift baskets. Please come out and join us for this evening of relaxation and fun. All proceeds raised will be donated to Family and Children's Services.

Have a Happy Easter and I look forward to seeing you at our "Women's Night Out!"

Mary Ann

Pamper Yourself at Home: Kitchen Cosmetics

There are all sorts of things in the Kitchen cabinets and fridge that can be used for a cleansing and refreshing facial.

As part of their five-day Spa Indulgence program, the Mandarin Spa at The Chedi in Ubud, Bali, offers an afternoon of practical fun and experiments.

The Kitchen Cosmetics Class can be done easily at home as a way of using up what you did not get around to eating. A great way to have an at home spa day.

Avocado Mask

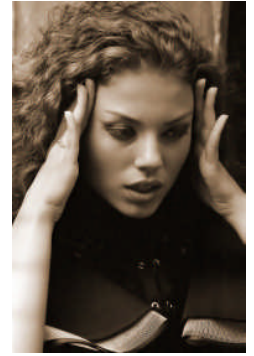
Directions: Mash the creamy insides into a soft paste and apply to face using the avocado stone to massage the Flesh into your skin with small upward circular motions. Wash off with warm water after a few minutes. The Nourishing oil is naturally rich in Vitamin E and leaves your skin feeling soft.



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WAYS TO ALLEVIATE STRESS

You might ask yourself, "Why should I work at trying to reduce stress?" In addition to improving your health, releasing stress can help you get your thoughts together. It can help you to create some personal time for yourself so you can relax. It can also help you to enhance your relationships with your family or your spouse. When you are calm and relaxed, you can focus on many things with a clear mind. Being relaxed can also help you to solve problems you may be experiencing at home or work. Here are some simple steps you can take right now to help reduce your stress! You may find some of these activities fun and interesting!



Eating Certain Foods

Certain foods can fight stress in several ways. Oatmeal can boost levels of serotonin, which is a calming brain chemical. Foods with Omega-3 fatty acids, like salmon and tuna can reduce levels of cortisol and adrenaline, which are the stress hormones released in your blood that take a toll on the body over time. A nutritious diet can have an impact on stress by beefing up the immune system. Oranges make the list for their wealth of vitamin C.



Exercise

Go to the gym and slug that punching bag! Take up a weight training or a martial arts class! Get moving with a high stepping aerobics class! High energy exercises such as these will release those negative emotions of stress. However, if those types of exercises are not your cup of tea, try yoga, bike riding, or a walk in the park. Dancing to your favorite music is another good way to release some of that stress. Any of these activities will decrease stress hormones like cortisol and increase endorphins, which are the *feel good chemicals*, which will give your mood a natural boost! So get active!



Massage Therapy

This is a great method to release stress because massage can be very beneficial for adults. Physically, massage therapy can relieve muscle tension and stiffness from stress. It can reduce muscle spasms and relax away pain. Headaches and migraines can also be relieved from massage. It can also improve blood circulation and reduce blood pressure. For pregnant women, it can alleviate some of the discomforts of pregnancy. Mentally, massage therapy can help relieve mental stress to give you a peace of mind. It can restore mental alertness and reduce your levels of anxiety.



Stress Reducing Breathing

Breathing is an ideal way to release stress because it's fast, easy, and free! Anyone can do it at anytime or anywhere. All you need is to do is stand or sit in a relaxed position. Slowly inhale a deep breath through your nose. Then slowly release the breath out of your mouth. Repeat this several times. This method is known for lowering blood pressure and helping many who suffer from asthma.

<http://www.release-stress-now.com/alleviatestress.htm>



New Member Spotlight



Kathy Casey

Q: Do you like to be in pictures or would you rather be the person holding the camera?

A: Holding the camera – I like orchestrating from behind the scenes!

Q: What is your favorite vacation spot?

A: Surf City, which is on Long Beach Island in New Jersey

Q: Have you ever traveled abroad?

A: When in High School I travelled to Italy, Germany and Switzerland. When in college, I studied in Spain for a summer. Just a few years ago, we travelled through Ireland when visiting my daughter during her semester abroad.

Q: What do you like to do in your “me time?”

A: I like reading, walking our beagle, Buddy, out in the neighborhood and visiting with family and friends.

Q: What was the last book you read?

A: My Fearful Symmetry By: Audrey Niffenegger (she also wrote the Time Traveller’s Wife) I liked My Fearful Symmetry better than the Time Traveller’s Wife- lots of twists and turns you wouldn’t have expected.



Pamper Yourself at Home: Kitchen Cosmetics

Con’t from page 3

Lemon Refresher

For this slightly astringent and tightening for the face, you'll need:

- 1 lemon or lime
- 1/2 tsp cold water

Directions: Mix the Lemon or lime juice and the water in a bowl. Gently pat on to your face after your avocado mask. The lemon/lime acidity acts as a toner to tighten the skin and close the pores after a facial.



COMMITTEE CHAIRS

Ambassador & Membership

Elizabeth Hopkins
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Sandy Glock
Open Door Café
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Fashion Show

Wendy Lee
Susquehanna Spine & Rehab
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Publicity & Newsletter

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Merrill Lynch
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Jennifer Lewis
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Membership Dues:
\$85

Meeting Sponsorship:
\$125
plus door prize

www.cpwnet.org

EVENT CHECK IN

For record keeping purposes, please remember to check in at all events, even if you have pre-paid.

Do You Know How to Pamper Yourself? Here are Five Quick Tips

<http://www.allizon.com/pamper-yourself-tips.php>

Women. Ahh, we can do it all. We do it all. Right? Well, almost. I know of far too many mommies, or far too many entrepreneurs, or far too many work-from-homers that know how to do just about everything. That is, everything but pamper themselves.

Women today have to wear 10,000 hats just to get everything done. What does a normal week consist of? How much are you in charge of completing? Add it up. Make a list. I made a little list just to see what I was doing every week, and it made me realize something. I was in need of a break. A well deserved break.

Sure, men are busy, too. But, we'll leave that to another article. This is an article for those who understand it's NOT okay to leave an empty granola bar box in the cabinet. Are little things like these starting to drive you mad? Well, join the club, and then read these 5 ways to pamper yourself and retire the hats for at least just a bit.

1. Buy yourself something pretty. I'm a fan of jewelry and flowers. No, it doesn't have to be especially pricey. You can find a bouquet of flowers at the grocery store for under \$5. And, "fashion jewelry" may seem trendy, but if you think it's pretty...go for it!

Con't page eight



Welcome New Members

Lauren Rebbel

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Pamper Me Sponsors

Since 1998, **Jordan Thomas'** talented staff has been making Harford County gorgeous. Chosen as one of Salon Today Magazine's "Top 200 Salons" and Harford's best year after year, our staff continues to be recognized for their technical expertise, creativity and customer service. Jordan Thomas takes pride also in being part of our community. From going "green" to fundraising for what's dear to us and others, Jordan Thomas has truly become a staple in and around our county.

<http://www.jordanthomassalonandspa.com/>

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Proud to be recognized as one of the

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in North America**

by Salon Today Magazine



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of MARYLAND

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At Forest Hill Health + Fitness you will receive friendly, personal and professional service in our clean and bright facility. When you join Forest Hill Health + Fitness your membership

includes a **FREE** consultation with one of our professional staff to help you develop an exercise program that will fulfill your fitness goals.

Forest Hill Fitness offers Personal Training, Group Fitness and Sports Training.

For More Information contact: Tamara "TJ" at 410-893-4153

2217 Commerce Road, Forest Hill, MD 21050 www.foreshillhealthfitness.com

More Pamper Me Sponsors

Conveniently located in the middle of Bel Air, the leading health professionals at **Susquehanna Spine & Rehab** are dedicated to helping you achieve your health care goals. Whether it is recovering from an auto, work or sports injury; pain from wear and tear, pregnancy, migraines or herniated/slipped disc. We can also help with vitamin and nutritional counseling or achieving optimal wellness. We combine skill and expertise that spans the entire chiropractic wellness spectrum. Dr Shawn Lee use traditional chiropractic techniques, spinal decompression, physical therapy, dry needling and many others to find the treatment that best suites each patient. Dr. Shawn Lee and his wife Wendy are committed to bringing you better health and a better way of life through the highest quality of chiropractic and physical therapy care. Pain is not the disease, but a sign of something wrong! Don't let pain or injuries interfere with your life.

Wendy Lee, 2105 Laurel Bush Road Suite #103 Bel Air, MD 21015 443-512-0025



Pamper Yourself

Con't from page 6

2. Do something to make you feel better about your body. Take a bubble bath, paint your toes, pluck your eyebrows...do something to pamper that body of yours.
3. About that body. Are you one of those "negative-self-talkers?" One of the best ways to pamper yourself is to STOP that right now. Stop that negative gibber-jabber.
4. Perhaps you've heard of a gratitude journal. It's a wonderful way to make yourself aware of 3 good things that happened to you throughout the day. I want you to use this same idea for an *I Love Me journal*. Take some time to write 3 reasons you love yourself, everyday! Point out all the wonderful things about your body, your mind, and your spirit. You can pamper yourself by loving yourself.
5. Daydream. Kids do it all the time. Go back to your child-like innocence and enjoy a lovely day-dream. Imagine yourself somewhere beautiful. Think pleasant thoughts. Be at one with the moment, which is currently yours.

You can pamper yourself. You can take just a few minutes each day to appreciate and love yourself. Take care of yourself and everyone in your life will be better off. Even the one who left the empty granola bar box in the cabinet...

<http://www.allizon.com/pamper-yourself-tips.php>

Y of Central Maryland

Con't from page one

“It is core to our mission to remain as affordable and accessible to as many people as possible and opening our centers to the public for free on Family Nights is a tangible example of this commitment. We believe these initiatives will help the broadest number of people in our community stay connected to positive influences that keep spirits, minds and bodies healthy and happy”, said John Hoey, President and CEO of the Y of Central Maryland.

In January, the Walter and Betty Ward Family Center Y hosted a free Family Night event. The Y was the site of Y-Olympics with rock climbing, team skiing, floor hockey, Wii Ski Jumping, as well as family crafts and healthy snacks. Over 250 people from the community came out for the event.

“We recognize that now, more than ever, is the time for people to connect with their families and communities. The Family Nights are designed to provide members and non-members alike the opportunity to relax, spend time with their families and bond with their neighbors,” said Hoey.



Suzanne Green, Center Director for the Walter and Betty Ward Family Center Y said that “Our focus is bringing families together for activities that help to develop spirit, mind, and body. We’ve added a whole new realm of programs to begin in March to encourage families to spend time together at the Walter and

Betty Ward Center, including a teen room, photography classes, book clubs, chess clubs, and gardening classes.

Our Mission:

The Y of Central Maryland is a charitable organization dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

Our Commitment:

At the Y, we are committed to providing family-oriented, affordable, high quality programs that lead to:

- Every child and youth deepening positive values, their commitment to service and their motivation to learn
- Every family building stronger bonds, achieving greater work/life balance and becoming more engaged with their communities

An enhanced quality of life in the communities in which we operate

The Y is a place for everyone. People of all races, ages, faiths, gender, abilities, backgrounds and incomes are welcome and financial assistance on a sliding scale is available to those who would otherwise be unable to participate.

Our Values:

Caring, Honesty, Respect and Responsibility



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Building Relationships. Growing Businesses.

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CPWN MEMBER BENEFITS

Monthly meetings to network and promote your service or product.

Advertising in our online membership directory with website and e-mail 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 & Meeting Sponsorship

A monthly newsletter with calendar of events, networking tips, member updates, and articles of interest.

Upcoming Events

April 13, 2010

Damper Me

Maryland

Golf & Country Club

5:30— 8:30

Sponsor: Leslie Dohler

\$40/\$45

May 11, 2010

Van Diver Inn

Theresa Walter

**Havre de Grace Chief
of Police**

11:30— 1:30

Sponsor: Janis

McGuire

June 8, 2010

Mountain Branch

Maryland Attorney

General Gansler

11:30— 1:30

Sponsor: Sarah

Bleach