



Newsletter

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

WELCOME ..

VOLUME 1 ISSUE 4

SEPTEMBER 2008

to the all new E-Newsletter! We welcome your input and ask that you send any feedback to the editor at renee@hrsolutionsllc.com

Want the hard copy?? Just hit PRINT!

THIS MONTH'S FOCUS IS ON...

Information Technology

CPWN Member News

Publisher
The Chesapeake Professional Women's Network

Assistant Publisher
Renee McNally

Editor
The CPWN Newsletter Committee

CPWN
PO Box 654
Bel Air, MD 21014
410-297-9722

DEBORAH WEINER

Deborah Weiner is living-proof the road to achieving journalistic excellence can run through your own hometown.

Since 1991, Deborah has covered Maryland like few others, receiving numerous Emmy awards for in-depth and investigative reporting, along with the prestigious Alfred I. Dupont award from Columbia University.

Born in Pikesville, Deborah attended The Park School. She is a 1986 graduate of Northwestern University in Evanston, Illinois. Deborah received her Masters Degree from the Medill School of Journalism at Northwestern University.

Deborah's first television job

was at WYFF-TV in Greenville, South Carolina. In 1991, she moved back home, to report for WBFF-TV's new ten o'clock news.

In 1994, ABC News hired her as a correspondent. She covered the Clinton Administration and Capitol Hill for all of the network's local affiliates. She also reported for Good Morning America and World News Tonight weekend editions.

In 1997, Deborah returned to Baltimore as WBFF's main anchor. She left the station after the birth of her second child. But in-depth journalism was never far from Deborah's heart. In May 2002, she joined WBAL-TV 11's special projects unit, working on in-depth and investigative reports, as well as follow-

ing Maryland politics.

When not working, Deborah's proudest accomplishment is her family. She lives in Baltimore County with her husband and two children.



Sponsor: Curves—Nancy Laudenslager

Intrinsically, Nancy gravitates toward experiences and careers where there is plenty of opportunity for professional growth and personal fulfillment. Owning three **Curves** in Harford County for the past six years certainly fit this criteria. Assisting women reach and maintain a healthy body and spirit definitely ranks as one of the ultimate highlights of her life. What a privilege and honor to help hundreds of women make amazing, very personalized, and sometimes life saving transformations in their lives!

Through Curves and its generous members, each year Nancy has given back to the community by spearheading substantial food drives, significant breast cancer awareness and fund raising support, generous adopting of families at holidays, and many other worthy charitable contributions.

BOARD OF DIRECTORS

President

Lorrie Schenning

Peoples Bank

lschenning@peoplesbanknet.com

Vice President

Jennifer Lewis

Safe Net

Jennifer.lewis@safe-net.com

Treasurer

Mary Ann Bogarty

PNC

maryann.bogarty@pnc.com

Secretary

Renee McNally

HR Solutionsllc.

renee@hrsolutionsllc.com

Immediate Past President

Laura Henninger

Henninger & Henninger

laura@henningerslaw.com

Board Members At Large

Nancy Laudenslager

Patty Desiderio

Kim Schmidt

Sandy Glock

Melissa Barnickel

Ann Davidson

Clean your hard drive. Save disk space.

One of the reasons your computer performance can slow down is not having enough **hard drive space** available. Especially if you like to download music files and videos, your **hard drive** might become full when you least expect it.

So here are some suggestions to make some **space** and organize your **hard** drive.

- 1.Delete files that you no longer use. Explore the files on your computer and delete those that you really don't need anymore.
- 2.Delete files stored in the C:WindowsTemp folder. Unless you have used this folder to store something personal, Windows uses this folder to store temporary files only.
- 3.Delete Temporary Internet Files. This are copies of websites and other internet content that are saved on your computer for faster viewing. To delete them, if you are using Windows XP, go to the Control Panel, find the Internet Options icon and double click on it. In the General Tab find the Browsing History section, and click on the Delete... button and finally on the Temporary Internet Files option click the Delete files... button. When the Confirm windows appears, click on Yes.
- 4.Remove programs that you don't use anymore. If you are using Windows XP, go to the Control Panel, find the Add or Remove Programs icon and double click on it. A window with a list of the programs installed on your computer will show. If you find a program that you know you don't use anymore, then click on the Remove button to uninstall it.
- 5.Remove trial programs that you don't want. Sometimes after buying a new computer it will come loaded with trial software. Some you might want, some you may not want. Using the same method as last step, identify trial software in the Add or Remove Programs window and uninstall it.
- 6.Empty the recycle bin. When you delete files, they go to the recycle bin and they are still taking **space** from your **hard drive**. Find the Recycle Bin icon on your desktop, right click on it and select Empty Recycle Bin.
- 7.Defragment your **hard drive**. After you delete files on your **hard drive**, the remaining files on your **hard drive** become fragmented. The defragmentation process will organize your files so that they can be accessed quicker when you need them. This will not change in any way where your files are located. To do this if you are using Windows XP click on Start -> All Programs -> Accessories -> System Tools ->Disk Defragmenter. Then click on the Defragment button.

Alternatively, you can use a software called CCleaner to remove unused files from your computer and free some **hard drive space**. It will also remove temporary internet files. You can download it at www.ccleaner.com and it is free.



EVENT CHECK IN

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

Necessary Equipment For a Home Office

Having a space that is set aside for your work is not only a great way to make sure that your work gets done, it can also ensure that you have all the tools that you need in one place. Take the time to make sure that your home office is well-equipped, and while you should remember that everyone works differently, these tools can make things a great deal simpler.

1. Internet and Computer If you are looking into network marketing or multilevel marketing, you will find that you need to make sure that you have access to the internet. This is a good way to get in touch with people and provide quality, up to the minute service. You will also find that you can learn a great deal from the internet, so don't think that you can get by with just a phone. While you might consider a business account with your local internet service provider (ISP) you'll find that as long as your local service is relatively reliable, it should be fine.

2. Phone As important as the internet is, you'll still find that a phone is important. You don't need a completely separate line, but if you want to really reassure clients, let them hear the sound of your

voice. You'll find that this can really let them know who you are and instill a great deal of trust.

3. Printer If you are going into business for yourself, take the time to print out everything. You'll find that this is a great way to make sure that you have copies of every transaction and receipts from every purchase, and you'll find that sometimes you need them. Take the time to make sure that everything gets filed away as well.

4. Backup system If you do a lot of work online or store a lot of information on your computer's hard drive, you'll find that a mechanical failure can wipe out a lot of work. Take some time to make sure that you keep all of your information intact by employing a backup device of some kind. While some large companies have services that will back up their work nightly, you'll find that routinely saving things to a flash drive or an external hard drive can save you a lot of grief.

5. Waste basket You'll find that placing a waste basket by your desk can go a long way towards keeping everything tidy. Keep one nearby and empty it often, and you'll see your desk space improve tremendously while working from home.



WANTED!

Newsletter Committee Members
Meeting Time: 3rd Monday of Month, 9:00 AM
Meeting Place: Open Door Café
Contact: Renee McNally

COMMITTEE CHAIRS

Ambassador & Membership

Kim Schmidt
Hess Hotels Group
kim-schmidt@hesshotels.com

Events & Meeting Speakers

Nancy Laudenslager
Curves
nlauden@crosslink.net
and
Mary Ann Bogarty
PNC
maryann.bogarty@pnc.com

Fashion Show

Patty Desidario
Patty's Gifts & Baskets
pattygiftbaskets@comcast.net
and
Ann Davidson
Key Title, Inc.
adavidson@key-title.com

Publicity & Newsletter

Renee McNally
HR Solutions, LLC
renee@hrsolutionsllc.com

Website

Jennifer Lewis
Lewis Web Solutions
jlewis@lewiswebsolutions.com
and
Diane Dei
AG Edwards
diane.dei@agedwards.com

Membership Dues: \$85
Meeting Sponsorship: \$100
plus door prize

www.cpwnet.org

New Member Highlight

Meet Kristie Lee!

Kristie works for Cornerstone Recruiting/ Office Solutions. Office Solutions is a woman owned recruiting company based in Bel Air that provides organizations with quick, effective solutions to office staffing needs. They can provide temporary and permanent employees in the office realm (clerical, customer service, accounting, ,etc). Kristie has been in recruitment for 7 years and enjoys meeting new people and learning something new on a daily basis. She says, "I am a very detailed oriented person; this has helped me greatly as a professional and most importantly- in being a mom.

You can reach Kristie at

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.

Sponsor, con't

One of Nancy's latest ventures, as a partner, was to create and implement a highly successful Women's Expo at Ripken Stadium. The Biggest Winners from Curves were a continual inspiration to her in producing the event.

Previous to Curves, 17 years were spent working in a variety of interesting and challenging positions in continuing education at colleges including, the position of Dean, Continuing Education. The opportunities to provide so many people with a means to enhance their quality of life are truly an incredible part of her life. Walking the talk as a true lifelong learner, Nancy continually keeps herself updated with courses and certifications in the health and wellness field.

Over her professional career, Nancy has gladly served and participated in many boards and professional organizations and also currently maintains leadership positions within the regional Curves organization.

On a personal note, two beautiful granddaughters (well, actually princesses) are the light of her life. Trail biking, travel, and spending time with family are favorites. And there's no doubt that her two energetic and amusing Dalmatians and her partner, Anthony, help keep her full of zip.



BEACON STAFFING
ALTERNATIVES

Sheryl L. Davis Kohl *President*
ssheryl@beaconstaffing.com

16-2 S. Philadelphia Blvd. 200 East Joppa Rd., Suite 107
Aberdeen, MD 21001 Towson, MD 21286
Phone: 410-297-6600 Phone: 410-847-9550
Fax: 410-297-6601 Fax: 410-847-9001

www.beaconstaffing.com

Ideas to keep your PC performing smoothly

Other than the telephone the most important technology tool for many businesses is the computer. In many businesses, it may even be the most important. When the **PC** is running **smoothly** the business runs **smoothly** too. When it's not, panic often arises.

There are things that can be done to help prevent problems. Using the following as a guideline will greatly assist in keeping the tool in good shape.

1) Have the right software installed.

Every computer will come with the operating system installed. The first ones to install would be Anti-virus, firewall and ones that will protect you from ad-ware and spy-ware. After those it's time to determine what other software you need to do your work.

2) Keep the operating system software and prevention software updated.

Just as important as having these packages installed on your system you need to be sure that they are up-to-date and are regularly updated. Most will allow you to set a time to update. Ideally it should be done once a day at a time that you know that the computer will be connected to the Internet.

3) Think before adding new software or upgrades.

It's always best to consider all factors before adding new software or updates. Is the computer powerful enough to run the updated software? Will the software impact any other installed software? Will it require system resources that may slow the system to an unusable level? These are just a couple of the questions that should be raised when looking at new and upgraded software.

4) Clean and organize your Hard Drive.

Even though computer data storage devices are getting bigger, so in many cases are the files being stored on them. Software packages can take up a lot of space, as can music and video files. It's a good idea to occasionally check your drive and remove outdated and unwanted software, and other files. Email is another source of storage hogs. There may be multiple message with the same attachment or just old messages that have attachments. The Hard Drive is nearly always working and it does

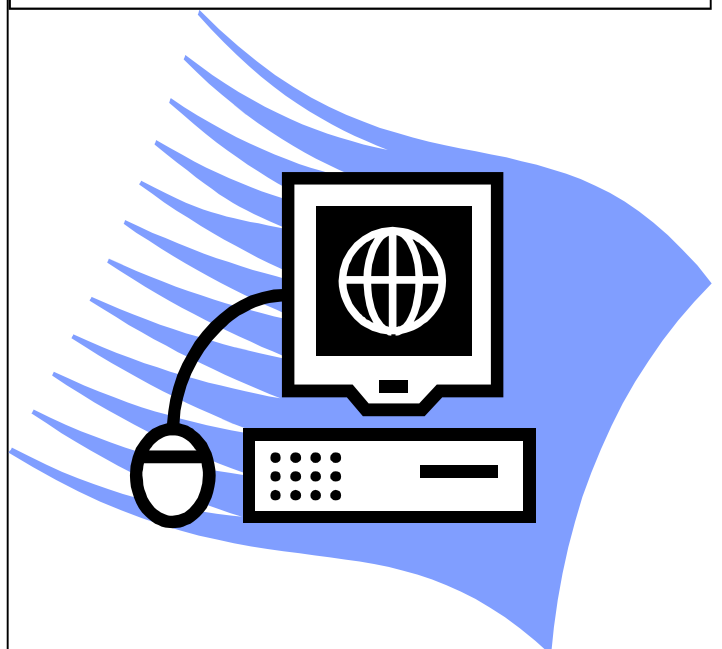
have mechanical parts that can fail. You will want to back up critical files routinely for quick restore in case of a failure.

5) Keep the area and air vents clean.

One of the biggest dangers to the computer is heat. And the inter working of a modern machine generates a lot of it. It's important to **keep** the air vents clean and free from dust, dirt and other air flow inhibitors such as paper and sticky notes. You don't want to have the computer in a cabinet that has little to no air flow and **keep** it away from the heating source of the room.

6) Know where important documentation is located.

In the case that the computer does decide to break it's important to have the contact and/or warranty information easy to find. If you have a maintenance plan that allow for checkup and cleaning, have it done at the recommended times and when possible just before the warranty expires. Also know where the system restore and other software disk are located. Make sure there are current backups and have them available



Member News & Items of Interest...

HR Solutions will be holding their September Business Breakfast on **September 11** at 8:00 AM at The Open Door Café. The topic will be Advanced Interviewing Techniques. Go to www.hrsolutionsllc.com to register.



CALLING ALL MEMORIES OF DANIELE!!

We need your pictures, memories and funny stories about Daniele for our October issue! Send them to renee@hrsolutionsllc.com by September 20th!

Websites of interest...

www.aauw.org—American Association of University Women

www.athenafoundation.org—Athena Int'l

www.bizwomen.com—news and networking site

www.enterprisingwomen.com—magazine for women business owners

www.nawbo.com—Nat'l Association of Women Business Owners

www.womens-exchange.com—Organization provid-

ing networking, education and articles for women in business

www.womensleadershipexchange.com—social organization providing conferences, resources, coaches and networking for women executives

www.ewomennetwork.com—promotes women in business through events, awards, grants, education, and networking.



You're Invited!

New Member Orientation

Thursday, September 26, 2008

8:30am – 9:30am

Ramada Conference Center

(on the opposite end of Richlin Ballroom)

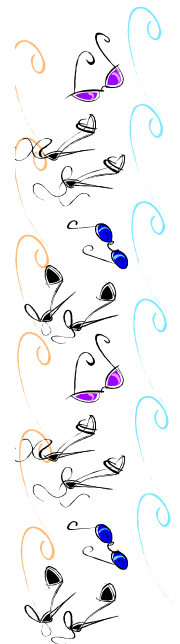
1700 Van Bibber Road

Edgewood, MD

Attendees will be entered to win door prizes!

RSVP: Ploumi Saliaris @

Ploumi.Saliaris@susquehanna.net by 9/19/08.





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

Welcome

New Members!

Irmgarde Brown

Paper Mountains

316 Whitney's Ct.

Havre de Grace, MD 21078

brown@paper-mountains.com

410-939-6701

Janowitz, Sarah

Glass Jacobson

10711 Red Run Blvd
Suite 101

Owings Mills, MD 21117

sarah.janowitz@glassjacobson.com

443-922-9390

Zang, Charlotte

AFLAC

185 Hazelmoor Drive
Earlville, MD 21919

charlotte_zang@us.aflac.com

410-275-2464



UPCOMING EVENTS

September 9, 2008

11:30AM - 1:00PM

Maryland Golf & Country Club

Speaker: Deborah Weiner - WBAL

Mbrs/Non Mbrs - \$20/\$25

rsvp at www.cpwnet.org or 410-297-9722
Deadline is Friday before the event at Noon.

October 14, 2008

10th Annual Fashion Show

Maryland Golf & Country Club

6:00 PM—10:00 PM

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.

Newsletter Copyright 2008,
Chesapeake Professional Women's Network

Address editorial and other inquiries to:

The Editor
CPWN Newsletter
CPWN
PO Box 654
Bel Air, MD 21014
renee@hrsolutionsllc.com

